

Vitamin K for Babies (Important Information for Parents)

Why is Vitamin K important?

Vitamin K helps the blood to clot. Not enough Vitamin K means there is a risk of haemorrhagic (bleeding) disease for your baby, however we would not recommend Vitamin K if we did not think it was best.

Why do babies need Vitamin K?

All newborn babies have low levels of Vitamin K. In rare cases, this can be fatal. Although this condition is rare, it is sufficiently serious for us to recommend that all newborn babies are given extra Vitamin K at birth to protect them against haemorrhagic disease.

The department of Health (1998) and NHS Choices website recommends that all newborn babies should receive an appropriate Vitamin K regime, to be agreed with the parents.

Vitamin K can be given by injection or by using an oral preparation (taken through the mouth).

At present the only absolutely reliable way of preventing haemorrhagic disease is to give Vitamin K by injection. This is a single injection given at birth.

The available evidence suggests that there is no proven risk associated with Vitamin K injections given to babies to prevent haemorrhagic disease.

Alternatively Vitamin K can be given orally in 3 doses. These are at birth, one week and one month old. You may have to give the second and third dose yourself.

The available evidence shows that this form of treatment is not as effective at preventing haemorrhagic disease.

What if I do not want my baby to have Vitamin K?

Whether or not your baby has Vitamin K is your choice. If you do not wish your baby to have Vitamin K please discuss this with your midwife, G.P. or a Paediatrician.

Please remember

If you are at all worried, or if you would like to know more, please do not hesitate to ask us. When you have made your choice note it on your birth plan.

If you have any comments about this leaflet or the service you have received you can contact :

Consultant Obstetrician and Antenatal Lead
Calderdale Royal Hospital
Telephone (01422) 224131

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"