



# How to give vitamin K by mouth (orally)

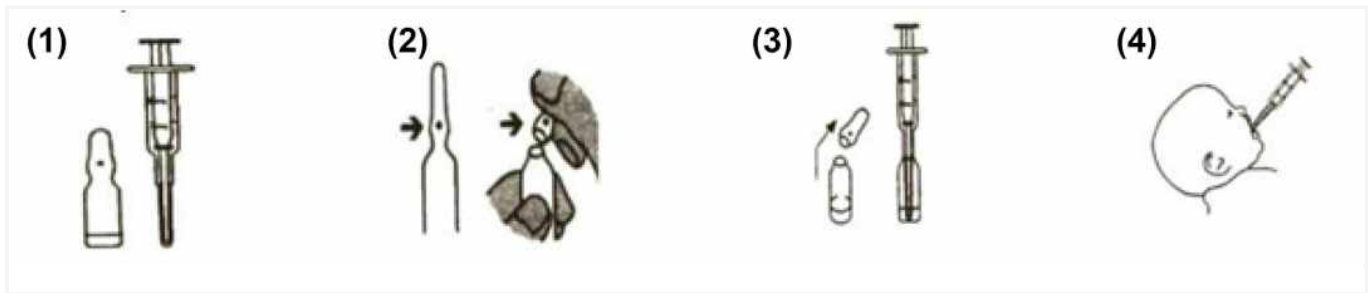
## Information for women, birthing people, and their families

You will be sent home from hospital with vitamin K and some oral syringes for your baby. The following instructions outline how to give your baby this medicine by mouth (orally). If you have any questions, please speak to your midwife, health visitor, or doctor.

- Wash your hands.
- Check the date of the vitamin K. If the vitamin K has expired, please speak to your midwife, health visitor, or doctor.
- Hold the glass capsule (ampoule) upright, and make sure all the liquid is in the bottom part. If needed, gently shake the ampoule to move the liquid to the bottom.
- Hold the bottom part of the ampoule with your non-dominant hand (the hand you **do not** write with). Make sure the spot on the ampoule is facing you **(1)**.
- Gently pinch the top of the ampoule with your thumb and finger of your dominant hand (the hand you write with). Your thumb should be placed just above the dot on the neck of the ampoule.
- To 'snap' the top off, carefully push the top of the ampoule away from you **(2)**.
- Put the syringe provided into the ampoule. The tip of the syringe should touch the bottom **(3)**.
- Pull the plunger up slowly, to pull the medicine into the syringe. Stop when the liquid is level with the second mark (2mg) on the side of the syringe.

The dispenser is designed to draw up the right dose from the ampoule. There may be some liquid left over in the ampoule after the right dose has been removed. This is OK. **Do not give your baby any extra liquid.**

- **Never put the glass ampoule in or near your baby's mouth.**
- Make sure your baby is held safely or is lying in a safe area.
- Carefully put the syringe into the front of your baby's mouth **(4)**, pointing towards the side of their cheek. Gently and slowly press the plunger, to give your baby the vitamin K.



- Give your baby the vitamin K after a feed. The fat in the milk helps the vitamin K to be absorbed.
- If your baby spits out the vitamin K or is sick within 3 hours you will need to give them another dose. Please contact our Maternity telephone triage service, their number is at the bottom of this leaflet.

If you have any concerns or questions, please speak with a midwife, health visitor, or doctor.

### **Who can I contact if I have any concerns?**

Contact our Maternity telephone triage service on 01227 206737 for help and advice.

**Always ask for urgent medical attention if you suspect your baby is unwell.**

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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