



Outpatient Bilirubin Visits

Information for you to take home

Why does your infant require follow-up?

Upon discharge, all infants have their bilirubin levels checked to determine if they are at an increased risk of jaundice.

- Bilirubin is a normal pigment made when red blood cells break down in the body; it is usually processed by the liver, recycled and eliminated in the infant's stool
- When an infant has jaundice it means either his/her body is making too much bilirubin, or the liver is not getting rid of it quickly enough
- Most of the time, jaundice is not harmful, however in some situations it may need to be treated

What do you need to do?

Return to Bluewater Health as instructed by your pediatrician or nurse 24 to 48 hours after discharge, or as instructed.

Ensure you bring your baby's temporary health card slip.

Proceed to room A2701 of the laboratory at 10:00am. This is located on the second floor of the Norman Site (take the elevator to the 2nd floor, turn right until you see the first hallway, make a left, until you reach the next hallway, make another left and continue until you see the appropriate room on the right side); you may need to knock on the door if it is a weekend.

Once there, the lab staff will register your infant and he/she will receive heel prick to draw a small amount of blood.

Following the procedure you will then return to your Pediatrician's office for the results. **Note:** If it is a weekend, please return to the Maternal Infant Child Department, 3rd floor, for the results.

Depending on your infant's bilirubin level, you may be given further instructions if the infant requires treatment.

What can you do at home to reduce the bilirubin level?

In the mean time, you may expose your infant to indirect sunlight by placing him/her near an open window for a few hours during the day.

Ensure your infant receives adequate fluid intake – this may mean feeding every 3 hours with extra supplementation (pumped breast milk or formula).

For any further questions please call extension 5213 or 8440 and our staff will be glad to answer any outstanding questions or concerns.

Questions:

Maternal Infant Child, Ext. 5213
Bluewater Health, Sarnia
89 Norman Street, Sarnia, Ontario N7T 6S3
Telephone: 519-464-4400