

Outpatient Bilirubin Visits

Why Does Your Baby Require Follow-up?

Upon discharge, all babies 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 baby's stool.
- When a baby has jaundice it means either their 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 24 to 48 hours after discharge or as instructed by your paediatrician or nurse.

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

If coming to the hospital Monday through Friday 8:00 am to 4:00 pm, proceed to the second floor of the Norman Building. Take the elevator to the 2nd floor, turn right until you see the first hallway, turn left, until you reach the next hallway, turn right and continue until you see Laboratory Services on the left side. **If you are coming to the hospital Saturday or Sunday** proceed to room A2701 of the laboratory at 10:00 am.

Once there, your baby will be registered and receive a heel prick to draw a small amount of blood.

Following the procedure you will then return to your infant's doctor's office OR paediatrician'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 baby's bilirubin level, you may be given further instructions if your baby requires treatment.

What Can You Do at Home to Reduce the Bilirubin Level?

In the meantime, you may expose your baby to indirect sunlight near an open window for a few hours during the day.

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

For any further questions or concerns please call 519-464-4400 Ext. 5213 or 8440.