

VITAMIN & SUPPLEMENT GUIDE

Birth Weight	Feed	Supplement & Vitamins
> 2500g	Breastfed exclusively	0.3 ml Abidec od until 18 months of age Then from this age, all children who are not on 600ml formula require vitamin A and D supplementation until 5 years of age (use Healthy Start, Abidec or Dalivit)
< 2500g (LBW)	Formula (term) Fed	0.3 ml Abidec od until 1 year of age Then from this age, all children who are not on 600ml formula require vitamin A and D supplementation until 5 years of age (use Healthy Start, Abidec or Dalivit) 1ml Sytron od until 6 months corrected age commenced at 28 days of age
< 2500g (LBW)	Breastfed or Expressed Breastmilk (EBM)	0.6 ml Abidec od until 5 years of age 1ml Sytron od until 6 months corrected age commenced at 28 days of age
<1000g (ELBW)	Preterm Formula >150 ml/kg	No supplementation until on term formula (see above)
<1000g (ELBW)	Preterm Formula <150 ml/kg	Supplementation commences when neonate is on full enteral feeds of >150mls/kg

DRUG CALCULATIONS

Unit of weight Equivalent

1 kilogram (kg) 1000 grams

1 gram (g) 1000 milligrams

1 milligram (mg) 1000 micrograms

1 microgram (mcg or μg) 1000 nanograms

Converting lb to kg and kg to lb

$$\text{lb} = \text{kg} \times 2.2$$

$$\text{kg} = \text{lb} \div 2.2$$

Formula

$$\frac{\text{AMOUNT REQUIRED}}{\text{AMOUNT AVAILABLE}} \times \text{VOLUME AVAILABLE (IN MLS)} = \text{VOLUME REQUIRED (IN MLS)}$$

OR

$$\frac{\text{WHAT YOU WANT}}{\text{WHAT YOU'VE GOT}} \times \text{WHAT'S IN IT} = \text{VOLUME REQUIRED}$$

Example

1. SPIRONOLACTONE SYRUP is available as 25mg in 5mls. A baby requires 15mg. How many mls should be given?

$$\frac{15\text{mg}}{25\text{mg}} \times 5\text{mls} = 3\text{mls}$$

2. Give a baby 0.4mg of ATROPNE SULPHATE This is available as 600 mcg in 1 ml. How many mls should be given?

$$\frac{400\text{ mcg}}{600\text{ mcg}} \times 1\text{mls} = 0.6\text{mls}$$

