

Cook Children's Home Health
Home Phototherapy Instructions
(682) 885-6294 or (800) 747-8242

Goal: The parent or primary caregiver(s) will be able to operate the home phototherapy unit safely and comply with the safety and monitoring guidelines upon completion of the instructions.

Equipment:

_____ Wallaby/Ohmeda Blanket _____ PEP Crib _____ Crib/Blanket

- Equipment set up – The phototherapy unit will need to be set on a hard, flat surface close to your infant. **DO NOT** put the Biliblanket electrical unit in bed with your infant.
- The CCHH representative will demonstrate properly plugging the phototherapy unit into a three prong outlet (grounded).
- The CCHH representative will demonstrate the On/Off switch.
- The CCHH representative will demonstrate applying Biliblanket with protective covering directly to the infant's back or abdomen. The CCHH representative will reinforce no clothing or baby blanket between Biliblanket (phototherapy unit) and your infant. Your infant can wear clothing as long as the Biliblanket is underneath his or her clothing against the skin.
- The CCHH representative will demonstrate the use of protective eyewear and no clothing (diaper only) while your baby is in the crib.

Safety Guidelines for the Caregiver:

- Understand why phototherapy has been ordered for your newborn.
- Understand the need for constant adult supervision while your newborn is receiving phototherapy treatment.
- Understand when your baby should be using phototherapy lights.
- Understand when and how to notify Cook Children's Home Health in case of equipment failure.
- Understand when to call the physician or nurse.

Monitoring the Progress of Phototherapy:

- Blood testing will be monitored as ordered by your baby's physician.

Biliblanket:

- If your baby is using a Biliblanket, make sure that the paddle is directly against your baby's skin. You may put clothing on your baby, but the paddle should be placed under the clothing touching your baby's skin.
- The paddle can be placed either on your baby's back or stomach.
- Your baby will keep the paddle on all the time except if you are changing his/her diaper or bathing him/her. Your baby is able to be held and can sleep and eat with the paddle on.

Crib:

- If your baby has received the crib, you will place him/her in the crib with only a diaper. Eye goggles have been provided to protect your baby's eyes from the lights while he/she is in the crib. The blue piece of paper that sticks to the inside of the crib that separates his/her head and body also has protection for your baby's eyes.
- Your baby should only be taken out of the crib to feed, change the diaper or bath him/her.
- If your baby also received a Biliblanket for phototherapy, the paddle will be placed under him/her in the crib. When you take your baby out to feed or console him/her, the paddle will come out with your baby.
- The protective goggles can be removed when you take your baby out of the crib. Be sure to replace them prior to putting your baby back in the crib.

Monitoring Infant:

- It is important to do frequent feedings for your infant every 2-3 hours either with breastfeeding, formula, or both as ordered by your physician. You do not want to go more than 4 hours between feeding your baby.
- You will need to monitor the amount of wet diapers your baby is having in a 24 hour period.
- Your baby may have an increased number of loose stools. The color of the stool may also have a green color which is normal. This is the bilirubin being removed from your baby's body through his or her stools.
- Make sure to change your baby's position in the crib after each feeding to expose the different areas of your baby's body to the light. If your baby has the Biliblanket, rotate the blanket from your baby's back and stomach.
- If your baby is using the crib, you will need to check his/ her temperature under the arm with a digital thermometer at each feeding before removing your baby from the crib. You want to make sure your your baby is not getting too cold or too hot while getting the phototherapy in the crib. The temperature should be between 97.5° F and 99.5° F axillary.

Things to Watch for and to Report:

- Understand when to contact your baby's doctor:
 - Diarrhea – large green liquid stools, greater than 7-8 diapers in a 24 hour period
 - Less than 3 wet diapers in a 24 hour period
 - Decrease in amount of formula or breastfeeding time for 3 or more feeding
 - Vomiting
 - Temperature less than 97.5° F or greater 99.5° F under the arm
 - Difficulty in wakening your infant for feedings

Daily Log Sheets:

- You will be educated on how to use the 24 hour log sheets when monitoring your baby.

Notice to Parent/Primary Caregiver:

Your physician has prescribed your child's course of treatment, which involves this phototherapy equipment. Neither the dealer nor the manufacturer make any claims, warranties, or representations regarding the suitability of the type of treatment for your child's particular requirements, nor will the dealer or manufacturer assume any responsibility of the success or failure of any treatments administered by the equipment.

Please keep this daily log handy and fill in the all the information while it is fresh in your mind. This is information your doctor may want to know.

Date: _____

Baby's Name: _____ Today's Weight: _____

Today's Bilirubin Level: _____ Next Doctor's Appointment: _____

Time	Amount of Time Phototherapy Off	Axillary Temperature (97.5° – 99.5° F)	Amount Fed		Urine	Stool
			Breast	Formula		
8 AM						
9 AM						
10 AM						
11AM						
12 Noon						
1 PM						
2 PM						
3 PM						
4 PM						
5PM						
6PM						
7 PM						
8 PM						
9 PM						
11 PM						
12 Midnight						
1 AM						
2 AM						
3 AM						
4 AM						
5 AM						
6 AM						
7 AM						
8 AM						

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