

Reducing Your Baby's Risk for **Hypoglycemia** After Birth

After birth, your baby might be tested for **hypoglycemia** (low blood sugar). A blood sample, typically taken from the heel, is used to check blood sugar level. The first check is done within the first hours of life and repeated as necessary, usually every 3 hours for the first 12-24 hours.

A baby born with hypoglycemia typically recovers with proper diagnosis and treatment.

Help Your Baby Avoid Hypoglycemia

Before Delivery

- Talk with your obstetrician about hand expressing or pumping breastmilk (colostrum).
- Bring the colostrum to the hospital for your delivery and inform hospital staff so they can properly store it.

In the Delivery Room

- Keep your baby warm by holding them skin-to-skin against your bare chest.
- Feed your baby in the first hour of life, either by breast or bottle.

Mother/Baby Area

- Feed your baby at least every three hours on demand, either by breast or bottle. Note: Late preterm babies may need to be fed every two hours.
- A nurse will check your baby's temperature, pulse and breathing before feedings and check their blood sugar before the first three feedings.
- Pumping or hand expressing breastmilk after feedings will increase your milk production.
- Work with your care team to track how much your baby is eating, peeing and pooping. Your care team can provide instructions and tools to help.

If your baby's blood sugar is low, treatment for hypoglycemia includes:

- Additional breastfeeding
- Formula
- Colostrum or donor breastmilk, if available
- Medication and IV fluids, if necessary

Hypoglycemia Risk Factors



Baby was born early (preterm), at 34-37 weeks gestation.



Baby is smaller than expected at birth.



Baby is larger than expected at birth.



Mom has gestational diabetes or diabetes mellitus.

Common Symptoms



Poor feeding and/or vomiting



Trouble breathing



Low body temperature



Jitteriness, grunting or irritability



Blueish or pale skin color



Difficulty waking



Seizures

If you notice any signs or symptoms of hypoglycemia, tell your health care provider right away.

Contact your and/or your baby's care team with any questions.

This publication was supported by funds through the Maryland Department of Health Maternal and Child Health Bureau Title V Program.

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