

Phototherapy at home service

Your baby needs phototherapy treatment for jaundice. This leaflet explains how we will provide that treatment in your own home. Use this leaflet together with our leaflet, Jaundice in newborn babies.

What is phototherapy at home?

If your baby needs phototherapy for longer than expected, we will consider providing that care in your own home. Before we do that, we need to be confident that your baby can control their temperature and they are feeding without difficulties.

The doctor will make an assessment of your baby before making the decision to transfer care to your home. You and your baby will be transferred home with the equipment (biliblanket) to continue phototherapy at home.

For effective treatment, phototherapy should be applied for most of the time (24 hours a day). You can give your baby short breaks (up to 30 minutes) for nappy changing, feeding and cuddles. Your baby does not need any other special care.

How will the jaundice be monitored?

When a baby is on phototherapy we do regular blood tests to check the bilirubin level (the yellow pigment that makes a baby jaundiced) which needs to be below a certain level before we to stop phototherapy. The blood tests are done by taking a small sample of blood from a heel prick. One of our nursing team will visit each day to do this. If the level rises we might need to readmit your baby to the hospital for further assessment.

Our team will let you know when phototherapy can be stopped. Once it has been stopped we will need to take a further blood test the following day, to make sure the level is not rising again.

How to use the biliblanket

The BiliSoft™ LED Phototherapy System gives light therapy for the treatment of jaundice. The nursing team will show you how to set up the system at home:

1. Gently insert the BiliSoft™ fibre optic pad into a BiliSoft™ pad cover. The light side should face up and should be against the padded side of the cover.
2. Place the baby on the padded (thickest) side of the BiliSoft™ cover. Adjust the straps as needed. **Important:** Be sure the maximum area of illumination is in contact with your baby's skin. The pad can be placed under the baby's back **or** on the front.
3. Swaddle your baby as needed. The baby, along with the light pad, may be covered or wrapped in a thin blanket. It is possible to hold and feed the baby while continuing treatment. Your baby will continue to receive effective phototherapy treatment as long as the light section of the pad remains in direct contact with their skin.
4. Turn the BiliSoft™ box on.
5. Insert the fibre optic cable in the box.

Important things to note

- For hygiene reasons, never place a baby directly on the bare fibre optic light pad. The light pad must be covered with the BiliSoft™ pad cover.
- Do not lay or hang the fibre optic cable where it could be crushed. This could damage the cable's outer cover and the optical fibres.
- Do not bend the fibre optic light pad or cable at a sharp angle.
- Do not place anything on the fibre optic cable.
- If the fibre optic cable or light pad is ripped, punctured or otherwise damaged, stop using and contact the nursing team immediately.
- Do not scratch, touch or soil the fibre optic lenses at the end of the fibre optic cable.
- The light box is **not** waterproof. Do not put it somewhere where it will be exposed to liquids.
- Liquids that enter the unit can damage it and create an electric shock hazard.

Contact us

If you have any questions or concerns about the phototherapy at home service, please contact the Neonatal Outreach Team, **t:** 020 7188 4025, **mobile:** 07789 921525 (7 days a week, 8am-6pm). Out of these hours, the Neonatal Unit reception desk is available for general advice, **t:** 020 7188 4045.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit, **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline. **t:** 020 7188 3003, Monday to Friday, 10am-5pm
e: letstalkmedicines@gstt.nhs.uk

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

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