

Phototherapy at Home Service

Your baby requires treatment for jaundice in the form of phototherapy. This leaflet explains how we will provide that treatment in your own home. Use this leaflet together with the 'Jaundice in newborn babies' leaflet for parents.

What is phototherapy at home?

If your baby needs a longer than expected course of phototherapy we will consider providing that care in your own home. Before we do that, we need to be confident that your baby is able to 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 require 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 making a baby look jaundiced) which needs to be below a certain level before deciding 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 daily to take a blood sample to check your baby's jaundice level. If the level is rising we may need to consider readmission to the hospital for further assessment.

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

How to use the biliblanket

The BiliSoft LED Phototherapy System provides light therapy for the treatment of jaundice. The Nursing team will show you how to setup the system at home:

1. Gently insert the Bili Soft fiberoptic 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 (i.e. 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 either 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 the skin.
4. Turn the BiliSoft box on.
5. Insert the fiberoptic cable in the box.

Important things to note

- For hygienic purposes, never place a baby directly on the bare fiberoptic light pad. The light pad must be covered with the BiliSoft Pad Cover.
- Do not lay or hang the fiberoptic cable where it could be crushed, this could damage the cable's outer protective cover and the optical fibres.
- Do not bend the fiberoptic light pad or cable at a sharp angle.
- Do not place anything on the fiberoptic cable.
- If the fiberoptic 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 fiberoptic lenses at the end of the fiberoptic 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 on **020 7188 4025** or mobile number **07789921525** (7 days a week, 8am to 6pm). Out of these hours Neonatal Unit reception desk is available for general advice on **020 7188 4045**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit 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 10am to 5pm, Monday to Friday **e:** letstalkmedicines@gstt.nhs.uk

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

Leaflet number: 4476/VER1

Date published: August 2017

Review date: August 2020

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A list of sources is available on request