Jaundice is caused by rising levels of a natural chemical in the blood after birth. It causes a yellowing of the skin, whites of the eyes and the gums (see images on right).

Most babies will not be affected, but a small number require treatment. Most only need monitoring, some require light-treatment, a few require specialist support.

If your baby has signs of jaundice contact your maternity department during the day or night. They will perform a painless and quick bilirubin test. Some babies may need a blood test. Sunshine is not a treatment so please do not place your baby in direct sunlight. Regular feeding can help.

Breathing, colour and movement

If your baby has any of the following call 999 immediately:

- Any change in colour (very pale, blue or dusky)
- Difficulty breathing (noisy grunts, rapid breaths, ineffective breathing, frequent pauses or working hard to breathe)
- Regular jerking of the arms and legs like a fit

If you are concerned about your baby’s health contact your midwife, health visitor or GP.

In an emergency dial 999, during the day or night.

Make sure you have a contact number for your midwife or the hospital before you head home.
# Illness in newborn babies

The following shows how many times your baby should feed and have a wet or dirty nappy in a 24hr period for the first five days of life.

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FEEDS</strong></td>
<td>3-5</td>
<td>8-12</td>
<td>8-12</td>
<td>8-12</td>
<td>8-12</td>
</tr>
<tr>
<td><strong>DIRTY NAPPIES</strong></td>
<td>Black, sticky, tar-like at least once</td>
<td>Can be like Day 1 or changing to Day 3</td>
<td>Lighter, thinner and greener, at least once</td>
<td>2 or more yellow stools which may be seedy</td>
<td>2 or more yellow stools which may be seedy</td>
</tr>
<tr>
<td><strong>WET NAPPIES</strong></td>
<td>2-3</td>
<td>2-3</td>
<td>3 or more</td>
<td>3 or more</td>
<td>6 or more</td>
</tr>
</tbody>
</table>

**Midwife contact details**

Write your midwife contact details below:

For any non-emergency concerns, you can also call NHS 111 if you are unable to contact your midwife.

For more information, please visit www.nhs.uk and search 'illness in a baby'