Guidelines for Nutrition Feeding Regimen for Discharge

LOW NUTRITION RISK:
- Appropriate growth trajectory
  \textit{Decline in weight Z-score of 0.8 or less from birth to discharge along with proportional length and head circumference growth}
  - No known nutrition deficits
  - <14 days of parenteral nutrition

MOB still pumping

Significant frozen milk available
   \[>/= 25-30 \text{ grams/day x7-14 days}\]
   \text{Mother's Milk or Breastfeed ad lib}

<25 grams/day x7-14 days
   \text{3-4 feeds/day Term MM 24}

Minimal - No frozen milk available
   \[>/= 25-30 \text{ grams/day x7-14 days}\]
   \text{Mother's Milk or Term Formula}

<25 grams/day x7-14 days
   \text{3-4 feeds/day Transitional Formula}

MOB no longer pumping

Significant frozen milk available
   \[>/= 25-30 \text{ grams/day x7-14 days}\]
   \text{Term Formula}

<25 grams/day x7-14 days
   \text{Transitional Formula}

Consider Mother's Milk or Term Formula once 40 weeks PMA if continued appropriate growth

(c) Revised October 2020
BWH Department of Nutrition