

## GOING HOME

### ULTRA Premie bottle nipples

- In the NICU, your baby has been feeding with an ultra slow flow bottle nipple (Dr Brown’s ULTRA Premie nipple).
- Slower flowing bottle nipples can be helpful when infants are learning to coordinate sucking, swallowing, and breathing.
- Going home, we believe that your baby would still benefit from using this ultra slow flow (ULTRA Premie) bottle nipple.
- Currently, Dr Brown’s is the only brand that makes ultra slow flow (ULTRA Premie) nipples.
- We have provided you with some to take with you.
- These nipples are not sold in stores, however, can be purchased online from the manufacturer ([www.drbrownsbaby.com](http://www.drbrownsbaby.com)), or other online sellers (e.g. [www.Amazon.com](http://www.Amazon.com) and [www.Walmart.com](http://www.Walmart.com) ).
- We suggest that you continue to use these ultra slow flow (ULTRA Premie) nipples until you have been seen by an outpatient feeding therapist, who has assessed your baby as being ready to transition to the next flow level.
  - To arrange a feeding therapy appointment at our NICU follow up clinic, please call 617-525-4120.
  - The feeding therapist will observe your baby feeding and assess if they can manage a faster nipple safely.
  - If your baby struggles with a faster nipple (e.g. coughing, gulping, milk spillage, stressed appearance, frequent breaks to catch breath), it is ok for them to stay using an ULTRA Premie nipples as long as they need.
  - The next level up from an ULTRA Premie nipple is a Premie nipple. Later on, they may be ready for a Level 1 nipple.
  - Once your baby is able to manage with a Level 1 nipple, then you can use any brand of bottles and nipples you prefer (just check that the packaging says Level 1, slow, or newborn).

#### Bottle nipples (in increasing order of flow):

FLOW RATE	NAMES	EXAMPLES
Ultra slow flow	Ultra premie nipple	Dr Brown’s ULTRA Premie nipple
Very slow flow	Premie nipple	Dr Brown’s Premie nipple
Slow flow	Level 1 bottle nipple	Green ring disposable nipple, nipples marked Level 1, slow, or newborn
Fast flow	Level 2-3 nipples	White and yellow ring disposable nipples, nipples marked medium, standard flow, or 3-6mths

Note: Ultra Premie and Premie nipples must be used with the Dr Brown’s bottle and vent system. Newborn, Level 1, 2, and 3 nipples can be used without a vent.