GOING HOME

ULTRA Preemie bottle nipples

- In the NICU, your baby has been feeding with an ultra slow flow bottle nipple (Dr Brown’s ULTRA Preemie 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 Preemie) bottle nipple.
- Currently, Dr Brown’s is the only brand that makes ultra slow flow (ULTRA Preemie) 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), or other online sellers (e.g. www.Amazon.com and www.Walmart.com).
- We suggest that you continue to use these ultra slow flow (ULTRA Preemie) 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 Preemie nipples as long as they need.
  - The next level up from an ULTRA Preemie nipple is a Preemie 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):

<table>
<thead>
<tr>
<th>FLOW RATE</th>
<th>NAMES</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultra slow</td>
<td>Ultra preemie nipple</td>
<td>Dr Brown’s ULTRA Preemie nipple</td>
</tr>
<tr>
<td>Very slow</td>
<td>Preemie nipple</td>
<td>Dr Brown’s Preemie nipple</td>
</tr>
<tr>
<td>Slow</td>
<td>Level 1 bottle nipple</td>
<td>Green ring disposable nipple, nipples marked Level 1, slow, or newborn</td>
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<tr>
<td>Fast</td>
<td>Level 2-3 nipples</td>
<td>White and yellow ring disposable nipples, nipples marked medium, standard flow, or 3-6mths</td>
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</tbody>
</table>

Note: Ultra Preemie and Preemie 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.