

## GOING HOME

### Preemie bottle nipples

- In the NICU, your baby has been feeding with a very slow flow bottle nipple (Dr Brown's 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 very slow flow (Preemie) bottle nipple.
- Currently, Dr Brown's is the only brand that makes very slow flow (Preemie) nipples.
- We have provided you with some to take with you.
- If needed, you can purchase additional bottles and nipples from department stores (e.g. Target, Walmart), or online (e.g. [www.Amazon.com](http://www.Amazon.com) ).
- We suggest that you continue to use these very slow flow (Preemie) nipples for at least a week, and talk with your baby's PCP before changing.
- The next level up from a Preemie nipple is a Level 1 nipple.
- If you try a Level 1 nipple and your baby appears just as comfortable as when using a Preemie nipple, then they may be ready to move to this next level.
- If your baby struggles with a Level 1 nipple (e.g. coughing, gulping, milk spillage, stressed appearance, frequent breaks to catch breath), it is ok for them to stay using a Preemie nipple as long as they need.
- 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 preemie nipple	Dr Brown's ULTRA Preemie nipple
Very slow flow	Preemie nipple	Dr Brown's Preemie 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 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.