



Congratulations on your new little one!!!

Let us introduce you to our **NICU AT PENN HIGHLANDS DUBOIS**.
Please ask your nurse to show you the Introduction to the NICU DVD.

HOW ARE YOU PLANNING TO FEED YOUR INFANT?

If breastfeeding, it's important to safely prepare and store your breast milk

- The sooner you start pumping the more milk you will have. Please ask your nurse to help you to start pumping within 4-6 hours of delivery. Pumping within the first hour after delivery is best.
- Be sure to wash your hands before expressing or handling breast milk.
- When collecting milk, be sure to store it in clean containers (*these can be provided by your hospital*), such as screw cap bottles, plastic cups with tight caps, or heavy-duty bags that fit directly into nursery bottles. Avoid using ordinary plastic storage bags or formula bottle bags, as these could easily leak or spill.
- When pumping to deliver breast milk to the NICU, clearly label the container with the baby's name, and date and time when milk was pumped.
- We want to use the milk you pumped first.
- Do not add fresh milk to already frozen milk within the same storage container. It is best not to mix the two.

We look forward to meeting you soon!

Questions? Please call (814) 375-6428 or toll free 1-800-745-3314

With your first phone call to the NICU, please ask the nurse to give you a 5 digit security code. This will help us identify that you are the parent of your baby when you call.

Our goal is to provide your baby and family with optimal health, care, and safety.

Welcome to Penn Highlands DuBois NICU!