



---

# Parent Information for Supplement Use

---



This Easy Read document has been written in partnership with Sunderland People First. It is an Easy Read version of the DOLFIN Supplement Leaflet





---

## Contents

Getting in touch with us . . . . .	4
Parent information for supplement use. . . . .	4
Supply of the supplement. . . . .	5
Storing the supplement. . . . .	7
During the study . . . . .	7
Weighing your baby . . . . .	8
How much supplement to give to your baby. . . . .	8
What you need to do before you make up the supplement . . . . .	10
Making up the dolfin supplement: Things you will need . . . . .	11
After you have given the supplement. . . . .	12
How to give the supplement when breastfeeding . . . . .	12
How to give a supplement shot before a breastfeed . . . . .	13
How to give the supplement by bottle or tube feeding . . . . .	18
Making up the supplement to give by bottle or tube feeding . . . . .	18
Giving the supplement when your baby is eating solid food . . . . .	22
If your baby vomits feed with supplement . . . . .	23
If your baby does not eat or drink all of the supplement. . . . .	24
If you think your baby may have a food allergy . . . . .	24
Travelling or going on holiday. . . . .	24
If you have any questions. . . . .	24

## GETTING IN TOUCH WITH US



If you have any questions or want to discuss this study more please speak with one of the doctors or nurses looking after your baby.

If you are already at home please contact your local NHS clinical team.



You can also email the DOLFIN study team at: [dolfin@npeu.ox.ac.uk](mailto:dolfin@npeu.ox.ac.uk)

Or call us at: 01865 617919

## PARENT INFORMATION FOR SUPPLEMENT USE



Thank you for taking part in this study.



This booklet explains what will happen during the study and how to give the supplement to your baby.



This is an Easy Read booklet.  
For more information please look at the Parent Information for Supplement Use leaflet. This is in your discharge pack.



Babies born early (before 28 weeks of pregnancy), or those who have difficulties around birth, have a higher risk of problems with their child development.



We are looking at whether a nutritional (food) supplement given with a baby's usual milk or food can help their child development.



There are different ways to give the supplement depending on how you are feeding your baby.



You can take part if you are feeding your baby by:

- Breast
- Bottle
- Tube

## SUPPLY OF THE SUPPLEMENT



If you joined the study in hospital, you will be given a box of supplement to take home.  
If you joined the study from home, we will deliver a box of supplement to you.



Each box includes:  
Packets of the supplement



Scoops to measure out the supplement

---



Clips to close the packet.

---



We will send you more supplement when we think you are running low.

---



You can get in touch with your local NHS clinical team if you need more supplement. You can also contact the DOLFIN study team.

---



Please let your local NHS clinical team know if you change address so we know where to send the supplement.

---



If you are not going to be home or you miss the delivery you can rearrange it.

## STORING THE SUPPLEMENT



Store the supplement in a cupboard or drawer at room temperature away from direct sunlight.



Put any supplement which is past the **use by** date in the bin.  
This date is printed on the sachet.

## DURING THE STUDY



Someone from your local NHS clinical team will get in touch with you every month for the first 6 months. This is to check how you and your baby are getting on in the study.



Please let your local NHS clinical team know if you want them to contact you regularly after 6 months.

## WEIGHING YOUR BABY



As your baby grows you will need to give more supplement.



It is important that you get your baby weighed each month so you know how much supplement to give.

You may weigh your baby at a community weighing centre or medical centre. If you need help getting your baby weighed contact your GP, health visitor or local NHS clinical team.



When weighing your baby please write the date and your baby's weight in their red book if you can.

## HOW MUCH SUPPLEMENT TO GIVE TO YOUR BABY



You should give your baby 1 level scoop for each kilogram of their body weight.



If you are not sure how much supplement to give, contact your local NHS clinical team for help.





Each scoop of supplement needs to be given with a certain amount of milk – it is fine to give each scoop in more milk than this.

---



How much milk you need to give depends on how you are giving the supplement to your baby.

---



You can mix a smaller amount of the milk you normally use with the supplement to give before a breastfeed.

This is called a supplement shot.

---



Table 1 on page 17 shows the smallest amount of milk to give with a supplement shot.

---



You can also mix the supplement in your baby's usual milk feed.

Table 2 on page 21 shows the smallest amount of milk to give.

---

## WHAT YOU NEED TO DO BEFORE YOU MAKE UP THE SUPPLEMENT



Clean the area you are using to make up the feed.



Wash your hands using soap and water.



You will need to sterilise any feeding equipment you will use to keep your baby safe.



Before sterilising, clean the equipment in hot soapy water.



If you are using a sterilising system, you should follow the maker's instructions.

---

## MAKING UP THE DOLFIN SUPPLEMENT: THINGS YOU WILL NEED

Before making up the DOLFIN supplement it is a good idea to get the things you will need ready.



A packet of the supplement

---



2 scoops

---



A clip to close the packet

---



Scissors

---



Your baby's usual milk for mixing with the supplement.

---



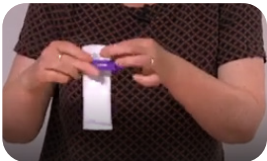
If you are giving the supplement as a supplement shot you will also need a container for mixing the milk and supplement.



If you are giving the supplement through a nasogastric or gastrostomy tube you may also need a connector lid for the bottle.

---

## AFTER YOU HAVE GIVEN THE SUPPLEMENT



Close the packet using the clip.



Once open, supplement packets only last for 24 hours. Any leftover supplement should be thrown in the bin.

Any leftover milk with supplement in it must be thrown away after 1 hour.

---

## HOW TO GIVE THE SUPPLEMENT WHEN BREASTFEEDING



You can mix the supplement with a small amount of milk and give it to your baby before a breastfeed.

This is called a supplement shot.



You can use a syringe, teat, FingerFeeder or cup to give the supplement shot.



If you prefer you can give the supplement while you breastfeed using a supplemental nursing system.



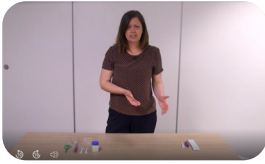
Staff looking after your baby will help you choose which way works best for you.

## HOW TO GIVE A SUPPLEMENT SHOT BEFORE A BREASTFEED



This part shows you how to give a supplement shot before a breastfeed.

Table 1 on page 17 shows how much supplement and milk you will need to give.



We have made a video which shows you how to make up a supplement shot to give before a breastfeed.



Scan the QR code below to watch the video, or you can find the video on the DOLFIN website ([www.npeu.ox.ac.uk/dolphin](http://www.npeu.ox.ac.uk/dolphin)) [youtu.be/4zVvDSDbNPw](https://youtu.be/4zVvDSDbNPw)



Prepare the milk you need to mix with the supplement and let it cool. Please do not use hot milk.



Tap the packet of supplement so the powder goes to the bottom.



Cut open the packet with scissors.



Use the scoop to measure out the right amount of supplement.



Measurements are in level scoops.  
Use the handle of the other scoop to level off the supplement.

---



Do not put left over supplement from the scoop back into the packet. Throw it in the bin.

---



Add the correct number of scoops to the container.

---



Use the scoop to break up any lumps.

---



Use the syringe to suck up the right amount of milk.

---



Add the milk from the syringe into the container.

---



Use the tip of the syringe to mix the milk and the supplement.

---



Suck up the mixture from the container into the syringe.

---



Gently tap the syringe to get rid of any air bubbles.

---



Give your baby the supplement and then breastfeed your baby as normal.  
Leftover milk mixed with supplement should be thrown away after 1 hour.



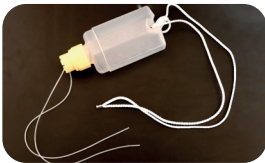
**TABLE 1: Number of scoops of supplement and smallest amount of milk needed for babies being given a supplement shot before a breastfeed**

Baby weight	Number of scoops	Smallest amount of milk (ml)
More than 1kg but less than 2kg	1	3
More than 2kg but less than 3 kg	2	6
More than 3kg but less than 4Kg	3	9
More than 4kg but less than 5Kg	4	12
More than 5kg but less than 6Kg	5	15
More than 6kg but less than 7kg	6	18
More than 7kg but less than 8Kg	7	21
More than 8kg but less than 9Kg	8	24
More than 9kg but less than 10Kg	9	27
More than 10kg but less than 11Kg	10	30
More than 11kg but less than 12Kg	11	33
More than 12Kg	12	36

## HOW TO GIVE THE SUPPLEMENT BY BOTTLE OR TUBE FEEDING



This part shows you how to give the supplement by bottle or tube (nasogastric or gastrostomy tube).



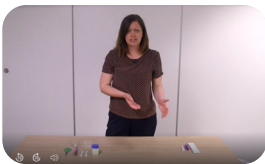
If you are giving the supplement by supplemental nursing system you should also follow these instructions.

TABLE 2: Number of scoops of supplement and smallest amount of milk needed for babies being given supplement by bottle, tube, or supplemental nursing system

Baby weight	Number of scoops	Smallest amount of milk (ml)
More than 1kg but less than 2kg	1	15
More than 2kg but less than 3kg	2	30
More than 3kg but less than 4kg	3	45
More than 4kg but less than 5kg	4	60
More than 5kg but less than 6kg	5	75
More than 6kg but less than 7kg	6	90
...	...	...

Table 2 on page 21 shows you how much supplement and milk you need to give to your baby.

## MAKING UP THE SUPPLEMENT TO GIVE BY BOTTLE OR TUBE FEEDING



We have made a video which shows you how to make up the supplement to give by bottle or tube feeding.



Scan the QR code below to watch the video, or you can find the video on the DOLFIN website ([www.npeu.ox.ac.uk/dolphin](http://www.npeu.ox.ac.uk/dolphin)) [youtu.be/4zVvDSDbNPw](https://youtu.be/4zVvDSDbNPw)



Prepare the milk you need to mix with the supplement and let it cool. Please do not use hot milk.

---



Tap the packet of supplement so the powder goes to the bottom.

---



Cut open the packet with scissors.

---



Use the scoop to measure out the right amount of supplement.

---



Measurements are in level scoops.  
Use the handle of the other scoop to level off the supplement.

---



Do not put left over supplement from the scoop back into the packet. Throw it in the bin.



Add the correct number of scoops to the bottle of your baby's milk.



Shake the bottle to mix the supplement with the milk. It will take a few minutes for the supplement to dissolve.



If you are feeding your baby using a bottle, feed your baby as usual.



If you are feeding your baby by nasogastric or gastrostomy tube, you may need to put a connector lid on the bottle.



Give the mixture down the feeding tube as normal.

Leftover milk should be thrown away after 1 hour.

**TABLE 2: Number of scoops of supplement and smallest amount of milk needed for babies being given supplement by bottle, tube, or supplemental nursing system**

Baby weight	Number of scoops	Smallest amount of milk (ml)
More than 1kg but less than 2kg	1	15
More than 2kg but less than 3kg	2	30
More than 3kg but less than 4kg	3	45
More than 4kg but less than 5kg	4	60
More than 5kg but less than 6kg	5	75
More than 6kg but less than 7kg	6	90
More than 7kg but less than 8kg	7	105
More than 8kg but less than 9kg	8	120
More than 9kg but less than 10kg	9	135
More than 10kg but less than 11kg	10	150
More than 11kg but less than 12kg	11	165
More than 12kg	12	180

## GIVING THE SUPPLEMENT WHEN YOUR BABY IS EATING SOLID FOOD



As your baby gets older, they will usually drink less milk and eat more solid food.



You can carry on giving the supplement in your baby's milk or give it mixed into their food.



Wait until your baby is regularly eating small amounts of food.



Foods that the supplement can easily be mixed with are:

- Porridge
- Mashed potato
- Ready to use child meals.
- Pureed fruit and vegetables
- Yoghurt



Make sure that the food is cool enough for your baby to eat before you add the supplement.

Please do not use hot food.



Mix each scoop of supplement with at least 3-5 teaspoons of food.



You might still see small amounts of the supplement in the mixture.

This is normal.



Give the food containing supplement at the start of your baby's meal, then give the rest of the meal.



If your baby does not finish the food containing the supplement please throw this in the bin at the end of the meal.

---

## IF YOUR BABY VOMITS FEED WITH SUPPLEMENT



Reflux (vomiting milk after a feed) is very common. If your baby regularly vomits milk containing supplement please get in touch with your local NHS clinical team for advice.

If you think your baby may be seriously unwell please call 111 or 999 for emergency care.

## IF YOUR BABY DOES NOT EAT OR DRINK ALL OF THE SUPPLEMENT



If your baby regularly does not eat or drink all the supplement, get in touch with your local NHS clinical team for advice.

## IF YOU THINK YOUR BABY MAY HAVE A FOOD ALLERGY



If your baby needs tests for a food allergy, please contact your local NHS clinical team for advice.

## TRAVELLING OR GOING ON HOLIDAY



If you are going to be travelling or going on holiday, let the local NHS clinical team know and they will give you advice on what to do.

## IF YOU HAVE ANY QUESTIONS



If you have any questions during the study, you can get in touch with your local NHS clinical team.

You can also contact the DOLFIN study team on [dolphin@npeu.ox.ac.uk](mailto:dolphin@npeu.ox.ac.uk) or 01865 617924.









---

## Local contacts

**Principal Investigator**

{ PI }

**Nurse/Dietitian/  
Lactation consultant**

{ C2 }

{ C3 }

{ PALS Name }

{ PALS }

### Contact address:

NPEU Clinical Trials Unit  
National Perinatal Epidemiology Unit (NPEU)  
Nuffield Department of Population Health  
University of Oxford, Old Road Campus, Oxford OX3 7LF

**T:** 01865 617919 **E:** [dolphin@npeu.ox.ac.uk](mailto:dolphin@npeu.ox.ac.uk) **W:** [www.npeu.ox.ac.uk/dolphin](http://www.npeu.ox.ac.uk/dolphin)

This study is being organised by the National Perinatal Epidemiology Unit (NPEU) CTU at the University of Oxford. The Unit is dedicated to improving the care provided to women and their families during pregnancy, childbirth and the period after birth, as well as the care provided to the newborn. [www.npeu.ox.ac.uk](http://www.npeu.ox.ac.uk)

REC Reference: 22/SW/0009    ISRCTN: 62323236

This project was funded by the National Institute for Health and Care Research Technology Assessment (HTA) Programme. (Project number NIHR 130925).