

## OUTCOMES OF DIFFERENT INTERVENTIONS ON BREAST MILK JAUNDICE IN TERM NEONATES

### Background

Breast milk jaundice (BMJ) is often seen in healthy growing infants on exclusive breast feeding. There are many treatment regimens, one of which is the discontinuation of breast milk for a short duration.

### Objective

To compare the treatment outcomes in infants with BMJ treated with two different regimens.

### Method

A prospective case control study was conducted from June 1<sup>st</sup>, 2006 to May 31<sup>st</sup>, 2008 in newborn infants admitted to the hospital with BMJ. The control group consisted of infants switched to formula for 24 hours instead of breast milk; and the study group infants were continued on breast milk. All infants were simultaneously treated with phototherapy. Data was analyzed by using Chi-square or Fisher's exact test and t- test.

### Result

Sixty-two term newborns were included: 36 in the control and 26 in the study group. Demographic data were similar in both groups. Mean admission serum bilirubin level were  $19.99 \pm 1.65$  mg/dl and  $20.28 \pm 2.10$  mg/dl ( $P=0.55$ ) in control group and study group respectively. Rate of bilirubin decrement and duration of phototherapy were  $0.35 \pm 0.11$  mg/dl/h versus  $0.36 \pm 0.01$  mg/dl/h ( $P=0.83$ ), and  $30.28 \pm 12.64$  hours vs.  $24.71 \pm 9.90$  hours ( $P=0.07$ ), in the control and study groups respectively. Weight gained and lengths of hospital stay were  $25.98 \pm 14.43$  g/day versus  $34.09 \pm 12.52$  g/day

( $P=0.025$ ), and 3 vs. 2.7 days ( $P=0.006$ ) in the control and study groups respectively.

### **Conclusion**

**Infants with breast milk jaundice do not need to discontinue breast milk during phototherapy treatment.**