



Jaundice and Your Baby

Jaundice is when the skin and the whites of the eyes turn yellow. It happens when a chemical called Bilirubin builds up in the baby's blood. This is usually caused by the baby's liver not being fully mature yet. Jaundice can last one month or more in babies who are breastfed. It usually clears up in less than 2 weeks in babies who are formula fed.

What to do at home:

- Watch your baby to see if he or she is getting more yellow. Undress your baby and look at his or her skin under natural sunlight. You may not be able to see the yellow color under regular house lamps or lights.
- Feed your baby often.
 - If you are breastfeeding, feed your baby 8–12 times a day.
- Keep track of how many times your baby pees (urinates) and poops (has a bowel movement) each day. Watch for changes.
- Keep all follow-up visits as told by your baby's doctor. This is important. Your baby may need blood tests.

Call a doctor if:

- Your baby's jaundice lasts more than 3 weeks.
- Your baby stops wetting diapers normally. Beginning the fifth day after birth, your baby should have:
 - 6 wet diapers a day.
 - 3 stools a day.
- Your baby gets fussier than normal.
- Your baby is sleepier than normal.
- Your baby has a fever. (100.4°F)
- Your baby throws up (vomits) more than normal.
- Your baby is not nursing or bottle-feeding well.
- Your baby does not gain weight as expected.
- Your baby's body gets more yellow.

Get help right away if:

- Your baby turns blue.
- Your baby stops breathing.
- Your baby starts to look or act sick.
- Your baby is very sleepy or is hard to wake up.
- Your baby seems floppy or arches his or her back.
- Your baby has an unusual or high-pitched cry.
- Your baby has movements that are not normal.
- Your baby's eyes move oddly.
- Your baby who is younger than 3 months has a temperature of 100.4°F (38°C) or higher.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.