

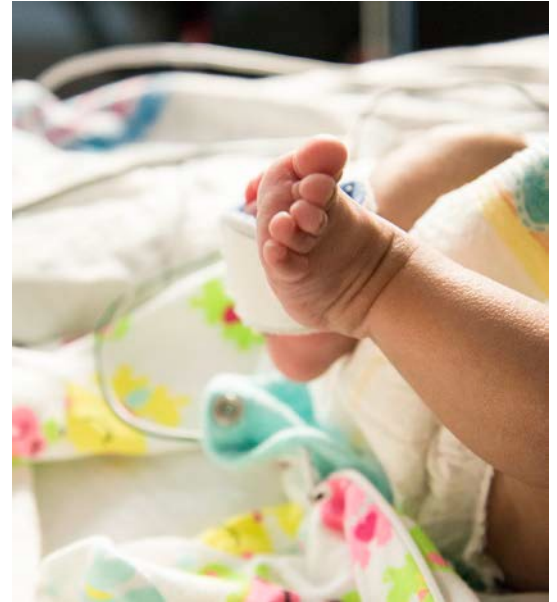
# **IVH Care Bundle for Your Baby**

## *Protecting your infant's brain*

*Welcome to the Neonatal Intensive Care Unit (NICU) at University of Washington Medical Center (UWMC). Our goal is to provide your baby with safe, high-quality care that will help with their development.*

### **What is IVH?**

Babies who are born early are at risk of having bleeding in their brain. This bleeding is called an *intraventricular hemorrhage* (IVH). It can occur when the brain is not yet fully developed. Most IVH occurs in the first 3 days after birth.



*Our goal is to provide your baby with safe, high-quality care.*

The risk of IVH is highest in babies who:

- Are born before 30 weeks of pregnancy
- Weigh less than 3 pounds, 5 ounces at birth

You received this handout because one or both of these risks are true for your baby.

### **What is an IVH care bundle?**

Research shows that by providing special care, we can help reduce IVH in babies born early. Our NICU team has a plan of care to help protect your baby's brain. We call this special care an "IVH care bundle."

For the first 3 days your baby is in the NICU, we will closely follow this plan of care. It is critical that your baby be handled or touched only when receiving care. For that reason, you will not hold your baby

during the first 3 days. Please know that it is our goal to allow you to hold your baby as soon as they are medically stable, or as soon as the IVH care bundle is performed. We understand that this is a difficult time and want you to know that protecting your baby's brain is our highest priority.

There are signs on your baby's door and in the room to remind everyone to focus on the tasks in the IVH care bundle.

## How can I help care for my baby?

The most important things you can do for your baby during this time are:

- Be patient while your baby is receiving this care. We will help you hold your baby as soon as it is safe.
- Help keep your baby's room dark and quiet.
- Wait to comfort your baby during the "hands-on" care times. These occur every 6 hours. Let your baby sleep between these care times.
- **Please know that NICU staff may need to provide lifesaving care between these care times.** Keeping your baby safe and healthy is our first priority!
- Remind visitors and other family members that your baby needs to rest as much as possible during these first 3 days of life.

During your NICU stay, we will help you learn how to care for, bond with, and comfort your baby. If you have any questions, please ask any member of your baby's care team.

Thank you for helping us protect your baby's brain!

Sincerely,

UWMC NICU Care Team

### Questions?

Your questions are important. Talk with a member of your baby's care team if you have questions or concerns.

Neonatal Intensive Care Unit:  
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