



晚期早产婴儿常见问题

常见问题和解答

恭喜您有一个新生孩子！此讲义有助于回答您对晚期早产婴儿可能有的提问。

晚期早产是什么意思？

晚期早产意味着分娩发生在怀孕的第 34 周到第 36 周结束之间。

如果您的宝宝出生在这段时间，就属于提早出生的婴儿（大约出生在预产期之前的 4 到 6 周）。

我的宝宝是晚期早产婴儿，我需要知道些什么？

早产婴儿出生后需要额外的住院时间。“额外住院时间”可能意味着几天，或者几周。因为每个婴儿都是不同的，所以住院时间将取决于婴儿的独特需求。

与足月婴儿相比较，比较会影响早产婴儿的常见问题是：

- **进食。**晚期早产婴儿的吮吸和吞咽的条件反射不成熟，需要更多时间来学习如何接受喂食。一些早产婴儿需要几周才能准备好母乳喂养。在学习如何自己接受喂食的同时，早产婴儿需要辅助的喂食方式可能包括：
 - 管喂食：将一根管子向下放在婴儿的喉咙里
 - 手指喂养：用一颗手指连同管子放在婴儿的嘴里
 - 乳房与管：用母亲的乳头连同管子一起给婴儿喂食
- **黄疸。**这意味着婴儿血液中有高含量的胆红素 **bilirubin**（当红血球分解时的产物）。黄疸会使皮肤黄色。一些晚期早产婴儿需要对黄疸进行光疗（用特殊光线治疗）。
- **保持温暖。**晚期早产婴儿保持体温有困难。有些婴儿需要一个恒温箱帮助将其体温保持在正常范围内。
- **低血糖。**当婴儿晚期早产时，您的护理团队会定期检查他们的血糖。这些检查通常会在最初的 24 至 48 小时之前进行，那段时间会比较频繁地发生低血糖。如果低血糖，您的宝宝将被给予某种形式的糖，以提高血糖水平。



我的宝宝是晚期早产婴儿，护理团队会因此额外关注些什么？

您的护理团队的首要任务是确保宝宝的安全。他们会额外关注：

- 宝宝的血糖
- 宝宝是否需要管喂食
- 宝宝在吃多少
- 宝宝需要多少练习以学习进食
- 宝宝是否有黄疸（请参阅第 1 页）
- 宝宝的生命体征：体温，心率，呼吸频率（呼吸）和氧饱和度
- 宝宝的体重
- 宝宝是否需要一个恒温箱

我的晚期早产宝宝什么时候可以出院？

宝宝的护理团队不会告诉您宝宝会留在医院多长时间，而是会关注宝宝的发育。当您的宝宝能够做某些事情时，护理团队会决定宝宝已准备好回家了。

这些事情可能包括：

- 您的宝宝很容易用嘴进食
- 您的宝宝每次进食至少要服用一盎司（30 毫升）或更多分量
- 您的家人觉得您可以独自喂养婴儿了
- 您的宝宝的体重正在增加（每天 20 至 30 克）
- 您的宝宝在开敞婴儿床能保持正常的体温
- 您的宝宝的胆红素水平正在下降，不需要光疗治疗了
- 通过汽车座椅试验。这意味着您的宝宝放置在汽车座椅上 90 分钟后能保持正常血氧水平。这是出院前完成的最后一件事。有时，婴儿第一次没有通过汽车座椅试验，需要第二天重复测试。

有问题吗？

在医院期间，新生儿护理团队或照顾您孩子的儿科团队很高兴回答您可能遇到的任何问题。

出院后如有问题，请向您的婴儿初级保健服务提供者提问。

These things might include:

- Your baby is feeding easily by mouth
- Your baby is taking at least one ounce (30mL) or more with each feeding
- Your family feels comfortable feeding the baby on your own
- Your baby is gaining weight (20 to 30 grams per day)
- Your baby maintains normal body temperatures while in an open crib
- Your baby's bilirubin level is going down and they don't need treatment with phototherapy
- Passing a *car seat trial*. This means your baby keeps normal oxygen levels while placed in their car seat for 90 minutes. This is one of the last things done before discharge. Sometimes, a baby doesn't pass the car seat trial the first time and the test needs to be repeated the next day.

Questions?

While in the hospital, the neonatal or pediatric team caring for your baby is happy to answer any questions you may have.

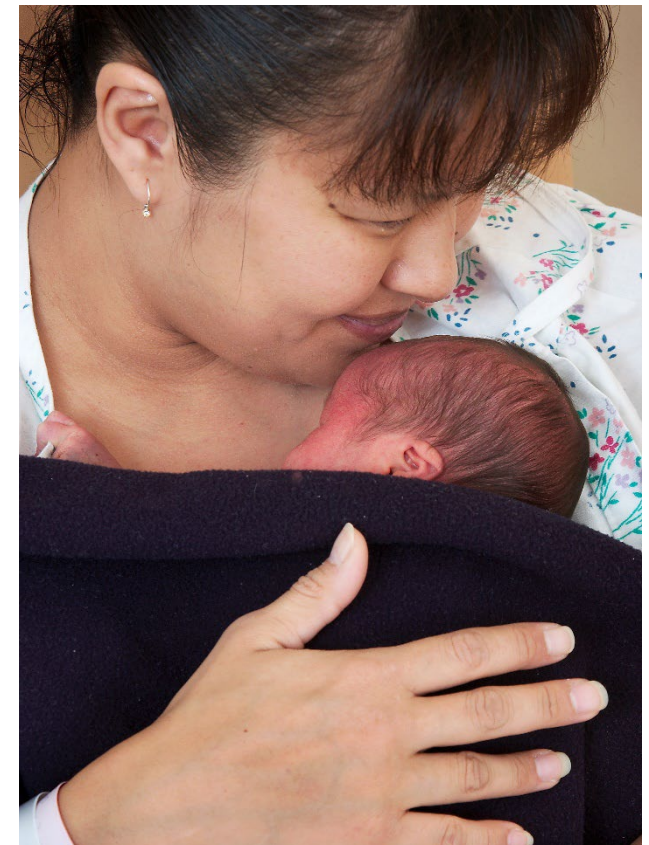
After discharge, please direct questions to your baby's primary care provider.



Late Preterm Babies FAQ

Frequently asked questions and answers

Congratulations on your baby! This handout will help answer questions you may have about your late preterm baby.



What does late preterm mean?

Late preterm means a baby was delivered between the 34th week and the end of the 36th week of pregnancy.

If this was the case for your baby, they were born *prematurely* (about 4 to 6 weeks before your due date).

What do I need to know about having a late preterm baby?

Premature babies need extra time in the hospital after being born. “Extra time” may mean a few days, or it may mean a few weeks. Because every baby is different, this time will depend on your baby’s unique needs.

Common issues that affect late preterm babies more than full-term babies are:

- **Feeding.** Late preterm babies have immature suck and swallow reflexes and need more time to learn how to feed. Some preterm babies need a few weeks before they are ready to breastfeed. Ways of feeding late preterm babies while they learn how to feed on their own may include:
 - *Tube feedings:* A tube is placed down the baby’s throat
 - *Finger feeding:* A finger is placed in the baby’s mouth with a tube
 - *Tube at breast:* The baby feeds on both a tube and the mother’s nipple
- **Jaundice.** This means a high level of *bilirubin* (a product made when red blood cells break down) in your baby’s blood. Jaundice will make the skin yellow. Some late preterm babies need treatment for jaundice with *phototherapy* (treatment with a special light).

- **Staying warm.** It is difficult for late preterm babies to stay warm. Some need an incubator to help keep their body temperature in the normal range.
- **Low blood sugar.** When babies are delivered late preterm, your care team will check their blood sugars regularly. These checks will usually be for the first 24 to 48 hours, when low blood sugar happens more often. If your baby’s blood sugar is low, your baby will be given a form of sugar to increase the level.

What will my baby’s care team be paying extra attention to because my baby is late preterm?

Your care team’s priority is keeping your baby safe. They will be paying extra attention to:

- Your baby’s blood sugar
- If your baby needs tube feedings
- How much your baby is eating
- How much practice your baby needs to learn to eat
- If your baby has jaundice (see page 2)
- Your baby’s vital signs: temperature, heart rate, *respiratory rate* (breathing), and oxygen saturation
- Your baby’s weight
- If your baby needs an incubator

When will my late preterm baby be discharged?

Rather than telling you how long your baby will stay in the hospital, your baby’s care team will watch your baby’s development. When your baby can do certain things, the care team will decide your baby is ready to go home.