

Please hand to your GP once complete

Post-discharge formulas have been designed specifically to help meet the needs of preterm infants, who are not being breastfed, once they are at home.

SMA Gold Prem® 2: helping early arrivals thrive on their return home.

Preterm infants require higher levels of protein, energy and other nutrients, compared to infants born at term, in order to achieve catch-up growth.

On discharge from hospital, a preterm infant may still have a body weight lower than the birthweight of a term infant¹

SMA Gold Prem® 2 – a post-discharge formula – has been designed to help meet the needs of preterm infants until they transition to a standard first infant formula:

- ✓ More protein, energy and other nutrients compared with standard formula to help promote catch-up growth¹
- ✓ Contains a fat blend enriched with SN-2 palmitate to promote softer stools^{2,3}
- ✓ Calcium and phosphorus for bone development⁴
- ✓ Omega 3 and 6 LCs to support brain and eye development^{5,6}

For preterm infants who are formula-fed on discharge, ESPGHAN recommends a post-discharge formula should be given until at least 40 weeks and possibly up to 52 weeks, post-conceptual age.¹



References:

1. Aggett PJ et al. J Pediatr Gastr Nutr 2006; 42: 596–603. 2. Lucas A et al. Randomised controlled trial of a synthetic triglyceride milk formula for preterm infants. Archives of Disease in Childhood 1997; 77: F178–F184. 3. Carnielli VP, Luijendijk IH, van Goudoever JB, Sulkers EJ, Boerlage AA, Degenhart HJ and Sauer PJ, 1995. Feeding premature newborn infants palmitic acid in amounts and stereoisomeric position similar to that of human milk: effects on fat and mineral balance. American Journal of Clinical Nutrition, 61, 1037-1042. 4. Koletzko B et al. Nutritional Care of Preterm Infants: Scientific Basis and Practical Guidelines. Karger Medical and Scientific Publishers: 2014. 5. Carlson SE et al. Am J Clin Nutr 1993; 58: 35–42. 6. Hoffman DR et al. Am J Clin Nutr 1993; 57(suppl): 807S–812S.

IMPORTANT NOTICE: The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use a formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness. **The following products must be used under medical supervision.** **SMA Gold Prem® 1** is a special formula intended for the dietary management of preterm, low birthweight babies who are not solely fed breast milk. **SMA Gold Prem® 1** is not intended for use with older preterm babies, for whom a special catch-up formula such as **SMA Gold Prem® 2** is more appropriate. **SMA Gold Prem® 2** is a special catch-up formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is a nutritionally complete formula for use on discharge from hospital or when a low birthweight formula is no longer appropriate. It is suitable for use as the sole source of nutrition up to 6 months corrected age. **SMA Gold Prem® 2** is not intended for use with newborn preterm babies, for whom fortified breast milk or a low birthweight formula such as **SMA Gold Prem® 1** is more appropriate.

Meeting your baby's nutritional needs in hospital

SMA Gold Prem® 1 is available in 70 ml ready-to-use bottles.

SMA Gold Prem® 2 is available in 90 ml ready-to-use bottles.



Helping your baby thrive at home

SMA Gold Prem® 2 is available on prescription in 200 ml bottle for use at home and 800 g cans of powder.



200 ml bottle
PIP code 371–0530
(1 x 200 ml)

800 g can
PIP code 416-2418
(1 x 800 g)

IMPORTANT NOTICE: The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health. **The following products must be used under medical supervision.** **SMA Gold Prem® 1** is a special formula intended for the dietary management of preterm and low birthweight babies who are not solely fed breast milk. It is suitable for use as the sole source of nutrition for preterm babies from birth. **SMA Gold Prem® 1** is not intended for use with older preterm babies, for whom a special catch-up formula such as **SMA Gold Prem® 2** is more appropriate. **SMA Gold Prem® 2** is a special catch-up formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is a nutritionally complete formula for use on discharge from hospital or when a low birthweight formula is no longer appropriate. It is suitable for use as the sole source of nutrition up to 6 months corrected age. **SMA Gold Prem® 2** is not intended for use with newborn preterm babies, for whom fortified breast milk or a low birthweight formula such as **SMA Gold Prem® 1** is more appropriate.

SMA Nutrition, 1 City Place, Gatwick, RH6 OPA
In the Republic of Ireland: SMA Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland



Information for parents of babies born prematurely, who have been discharged from hospital with SMA Gold Prem® 2



FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS

Meeting your baby's nutritional needs in hospital



Why does my baby need extra nutritional support?

The last 4 weeks of pregnancy are a very important period of growth and weight gain for your baby. Therefore, if born prematurely, your baby may weigh less than babies who were born at full-term.

Preterm babies require higher levels of protein, energy and other nutrients, compared to infants born at full-term, in order to achieve catch-up growth

Your baby may have been fed SMA Gold Prem® 1 in hospital to promote catch-up growth

FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS

Helping your baby thrive at home

How can I continue to support my baby at home?



On discharge from hospital, a preterm baby may still have a body weight lower than the birthweight of a baby who was born at full-term

When it's time for you to take your baby home, there may still be some catching up to do. To help with this, you'll be given a post-discharge formula called **SMA Gold Prem® 2**.

What is SMA Gold Prem® 2?



SMA Gold Prem® 2 is a nutritionally complete formula, specifically designed to help meet the nutritional needs of preterm infants when they are discharged from hospital

Specially designed formulas for preterm infants at home are available on prescription, so you will need to visit your GP. To ensure that your baby continues to receive the specialist nutrition required, please give the tear-off section of this leaflet to your GP so they can prescribe **SMA Gold Prem® 2**.



INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Please hand to your GP once complete

To be completed by a healthcare professional on baby's discharge from hospital; once complete please hand to your GP.

Information for GP – baby's details

| | |
|--|------|
| Baby's full name | |
| Name of parent/guardian | |
| Name of hospital where baby is being discharged from | |
| Discharge date | |
| Nutritional support recommended | |
| This baby has been discharged on SMA Gold Prem® 2 – a post-discharge formula specially formulated to help promote catch-up growth in bottle-fed low birthweight/preterm infants on discharge from hospital. | |
| Upon discharge, the baby will have a limited supply of the product. See overleaf for more information on SMA Gold Prem® 2 . | |
| Yours sincerely | |
| Name & title of healthcare professional | Date |



SMA Gold Prem® 2 is available from most pharmacies as:



200 ml bottle
PIP code 371-0530
(1 x 200 ml)



800 g can
PIP code 416-2418
(1 x 800 g)



UK 0800 081 81 80
www.smahcp.co.uk
ROI 1800 931 832
www.smahcp.ie

©Reg. Trademark of Société des Produits Nestlé S.A.