

## Newborn Medications

1. **Vitamin D Drops:** Vitamin D drops should be started within the baby's first few days of life. The CDC recommends a dose of 400 IU per day for breastfed infants. Vitamin D is necessary for the absorption of Calcium and Iron, which are essential to your child's growth and development.
2. **Saline Nasal Drops:** Saline is used to loosen and clear mucus in the nasal passages and should be started shortly after birth. If the congestion is making your baby uncomfortable and interfering with sleep and feeding it may be necessary to use a nasal aspirator/bulb syringe after administering the nasal drops to remove some of the mucus. It is important to clean the nasal aspirator well with soap and water after each use.
3. **Mylicon (Simethicone):** Mylicon an over-the-counter medication used to help relieve discomfort caused by excessive gas and/or colic. If you notice after 1-2 weeks of age that your baby has become very gassy, fussy and inconsolable, you can try mylicon to help alleviate these symptoms. The dose is 0.3mL.
4. **Gripe Water:** Gripe water is an herbal remedy used to help relieve colic, as well as gas, reflux and other gastrointestinal problems in infants that sometimes begin to occur 1-2 weeks after birth. Before administering, check the label to make sure the ingredient list does not contain any alcohol, sucrose or carbon/charcoal.
5. **Fever Reducer:** We recommend that you keep acetaminophen on hand (brand names Tylenol or Little Remedies). Do not administer under 2 months of age without consulting with our office first.

