



### Discharge Instructions for Baby HIV Prevention

**Keep these instructions for:**

- 1. Information about baby’s medicine(s)
- 2. Baby’s appointment information
- 3. Important phone numbers

### MEDICINE:

\*Baby’s doctor may change how much medicine to give baby and when the last dose will be at follow up appointments.

ZIDOVUDINE (AZT): \_\_\_\_\_ ml to be given at: \_\_\_\_\_ a.m. \_\_\_\_\_ p.m.

\*Last day of AZT is \_\_\_\_\_

NEVIRAPINE (NVP) – if needed: \_\_\_\_\_ ml to be given at: \_\_\_\_\_ a.m. \_\_\_\_\_ p.m.

Last day of NVP is \_\_\_\_\_

LAMIVUDINE (3TC) - if needed: \_\_\_\_\_ ml to be given at: \_\_\_\_\_ a.m. \_\_\_\_\_ p.m.

Last day of 3TC is \_\_\_\_\_

### APPOINTMENT:

\*An appointment has been booked with Dr. \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Phone appointment

In-Person appointment

**Pediatric Infectious Disease Clinic**

Royal University Hospital  
103 Hospital Drive  
Saskatoon, SK  
Phone: 306.844.1159

**Regina Infectious Disease Specialists**

2<sup>nd</sup> Floor-Medical Office Wing  
Regina General Hospital- 1440 14th Ave.  
Regina, SK S4P 0W5  
Phone: 306.766.3502  
(\*Nurse Coordinator will phone at 2 weeks for follow up)

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Health Care Provider ID: \_\_\_\_\_ Date: \_\_\_\_\_

**See page 2 for detailed instructions**

**Medication Information:**

- **This medicine will help prevent baby from getting HIV**
  - Baby will be on zidovudine (AZT) and possibly nevirapine and lamivudine
  - Baby must get medication(s), do not miss any doses
  - Make sure you know correct dose before you leave hospital
- **You will be sent home with all medications and syringes needed**
  - Hospital staff will assist in ensuring nevirapine medication is available for baby.
- **Never mix medication in formula.** If baby does not drink all the formula, then they will not get all the medicine.
- Give medicine to baby **before or during a feeding:**
  - Use a syringe to draw up the amount of medicine you need to give baby
  - Put the syringe in baby's mouth, just inside the cheek
  - With 4 to 5 gentle pushes on the plunger give the medicine
  - If baby does not feed when medicine should be given, still give the medicine on time
  - You can also use a bottle nipple instead of the syringe to give the medicine
- **If your baby spits up medication:**
  - Within 15 minutes of giving the medicine, **give the dose again** and stay on schedule.
  - More than 15 minutes after giving the medicine, **do not give the dose again.**
  - If you forget a dose, give the missed dose as soon as you remember. The next dose will be 12 hours later – this becomes your new timing schedule.
- **Breast/chestfeeding is NOT recommended, if you would like more information call your HIV Care Provider.**
  - HIV can be passed through breast/chestmilk even if mom/birthing parent is on HIV medicines and has an undetectable viral load
  - **Free formula is available through the Saskatchewan Formula Program or NIHB**

Prince Albert: 306-765-6535

Saskatoon: 306-655-1783

Regina: 306-766-3994

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**\*\* ATTEND ALL MEDICAL APPOINTMENTS FOR BABY AND GET ALL BLOOD WORK\*\*****Appointment Information:**

- Appointments will be booked for you and may be by phone or in person.
- Tests for HIV and to monitor baby's health will be ordered by the doctor.

**Important phone numbers**

Please call:

- To update your phone number or address if it changes
- If you have any questions or concerns about baby's health, medications, formula, etc.

**Saskatoon****Positive Living Program****Phone: 306-655-1783****Regina****Regina Infectious Disease Specialists****Phone: 306-766-3502 (Nurse Coordinator)**