



Your baby and **Vitamin K**

Vitamin K is a vital nutrient that our body needs for blood to clot and stop bleeding. Babies are born with very small amounts of vitamin K in their bodies. Vitamin K deficiency bleeding or VKDB, is a condition that occurs when the baby does not have enough vitamin K.

Protect Your Baby From Bleeds

How can I prevent VKDB?

The good news is that VKDB is easily prevented. The easiest and most reliable way to give babies vitamin K is by a shot into a muscle. One shot given at birth will protect your baby from VKDB.

Is Vitamin K safe?

Yes. Vitamin K is safe and has no increased risk to the infant. The American Academy of Pediatrics have recommended vitamin K for all newborns since 1961.



*About half of all babies who develop
VKDB bleed into their brains.*



What are the warning signs of VKDB?

In the majority of cases of VKDB, there are NO WARNING SIGNS at all before a life-threatening bleed starts. Babies who do not get a vitamin K shot at birth might develop any of these signs of VKDB:

- Easy bruising especially around the baby's head and face
- Bleeding from the nose or umbilical cord
- Paler than usual skin color or, for dark skinned babies, pale appearing gums
- Yellow eyes after the baby is 3 weeks old
- Blood in the stool, black tarry stool or vomiting blood

Resources

<http://www.cdc.gov/ncbddd/vitamink>

<http://www.aafp.org/home.html>

<http://www.healthychildren.org>

<http://evidencebasedbirth.com>

Source: Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities