

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

新生兒黃疸之護理指導

Sir/Lady:

Nursing instructions for neonatal jaundice

I. Physiological Jaundice:

Characteristics: Jaundice appears 2-3 days after birth, with the skin appearing light yellow, the sclera (white of the eyes) slightly yellow, and the urine slightly yellow, but with no discomfort symptoms⁵. Jaundice is most apparent between the 4th and 6th days. In full-term infants, jaundice usually disappears by the 10th to 14th day after birth, while in premature infants, it may persist for 3-4 weeks.

II. Pathological Jaundice:

Characteristics: Jaundice appears within 24 hours after birth, or after 1 week, or reappears after it has subsided. This type of jaundice lasts beyond the time limit of physiological jaundice. Jaundice may be severe when the serum bilirubin level surpasses what is typically seen in physiological jaundice.

III. Precautions:

- (1) During the first two weeks after birth, avoid placing the newborn in a too dark room. Ensure there is sufficient light for observation.
- (2) Pay attention to the baby's stool appearance and color (refer to the stool chart in the children's manual).
- (3) The mother should be aware of both her and her husband's blood types (including RH and ABO types).
- (4) The mother should not take any over-the-counter medication during pregnancy or after the baby's birth without medical advice.
- (5) Follow the doctor's instructions for regular check-ups and follow-up visits.
- (6) If the newborn's hands (palm or back), soles, and face appear similarly yellow, or if the baby seems weak or overly sleepy, vomits, has a fever, shows yellowing of the skin and whites of the eyes, or has poor appetite, lethargy, or poor spirits, seek immediate medical attention.

IV. Some breastfed newborns may have jaundice that persists until about two months of age, but this is not dangerous and will not lead to pathological jaundice or affect the baby's intelligence. You may continue breastfeeding.

If you are still unclear about something or have any questions, please contact the nursing station in the ward