

## **Abidec Multivitamin Drops** **Information for parents and carers of premature babies**

This leaflet is about the use of Abidec Multivitamin drops (often just called Abidec). The leaflet has been written specifically about the use of this medicine in premature babies and may differ from that provided by the manufacturer.

<p><b>Name of drug: Vitamins A, B, C and D</b> <b>Brand name: Abidec Multivitamin drops</b></p>
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### **Why is it important for my baby to take this medicine?**

Vitamins are essential for healthy growth and development. They are normally obtained from eating a healthy diet. Breast milk and formula feeds contain some vitamins, but not enough for a premature baby. Premature babies need more vitamins. Abidec contains four different vitamins and is given to ensure your baby has all the vitamins they need for growth and development.

Giving Abidec means your baby will meet the Department of Health and Social Care recommendation that babies from birth to 1 year of age should have a daily supplement of vitamin D. You do not need to give extra vitamin D.

### **What is Abidec available as?**

Abidec is a liquid medicine.

### **When should I give Abidec?**

Abidec is given once a day and may be given at a time that suits you. Give the medicine at about the same time each day so that this becomes part of your baby's routine care.

### **How much should I give?**

Abidec is given to babies born at less than 34 weeks. The dose is 0.6ml once a day.

### **How long will I need to give Abidec for?**

Abidec should be started when your baby is tolerating full milk feeds. If you are breastfeeding you should continue to give Abidec until your baby is 1 year from their due date. If you are feeding with formula you should continue until 6 months from their due date, then either give Abidec 0.3ml once a day or 5 drops of Healthy Start vitamins.

### **How should I give it?**

You will be supplied with Abidec when your baby is discharged from hospital. Measure the right amount into a specially designed oral syringe (this will be supplied by the hospital when you go home). If your baby will not take the medicine you should contact the neonatal outreach nurses for advice (01603 286838, leave a message on the voicemail and somebody will aim to get back to you within 24 hours).

### **When should the medicine start working?**

The medicine will be working straight away but you will not see any difference in your baby because the medicine is being given in addition to the vitamins they are getting in their milk.

### **What if my baby is sick (vomits)?**

Wait until the next dose and then give the normal dose.  
DO NOT give double the dose.

### **What if I forget to give it?**

Wait until the next dose and then give the normal dose.  
DO NOT give double the dose.

### **What if I accidentally give too much?**

Never give your child more than the doctor has advised.  
If you think you may have given too much Abidec, contact your GP or NHS 111.

### **Are there any possible side effects?**

Vitamins are a normal part of the diet so you should not notice any side effects.

### **Can other medicines be given at the same time as Abidec?**

Check with your doctor or pharmacist before giving any other medicines to your baby, this includes herbal and complimentary medicines.  
Once your baby is old enough they can have medicines that contain paracetamol or ibuprofen if necessary.

### **Where should I keep this medicine?**

Keep the medicine in a cupboard away from heat and direct sunlight.  
Make sure children cannot see or reach the medicine.

## **General Advice**

- Try to give medicines at around the same time each day.
- Make sure that you always have enough medicine. Order a new prescription from your GP at least 2 weeks before you will next run out.
- Make sure that the medicine you have at home has not reached the 'best before' or 'use by' date on the packaging. Give any old medicines to your pharmacist to dispose of.
- Keep the medicine in the original container that it was provided in.

## **Who to contact for more information**

Your doctor, pharmacist or nurse will be able to give you more information about Abidec.