

Top questions to ask when admitted to the NICU

Understanding Your Baby's Condition

1. Why was my baby admitted to the NICU?
2. What is my baby's current condition?
3. What are the main concerns or risks for my baby at this time?
4. Are there any immediate treatments or interventions that my baby needs?

Care and Treatment Plan

1. What is the treatment plan for my baby?
2. What medications or treatments will my baby receive and what are they for?
3. How often will my baby be monitored and what is being monitored?
4. How long do you expect my baby to stay in the NICU?

Understanding the NICU Environment

1. Can you explain the equipment and monitors being used for my baby?
2. Can you explain what the different alarms and sounds mean?

Feeding and Nutrition

1. How will my baby be fed? (e.g. breastfeeding, bottle, tube or another way)
2. What will my baby be fed? (e.g. breast milk, donor milk, or formula)
3. Will my milk or my baby's feedings need to be fortified?? If so, what type of fortifier will be used? Are there other types of fortifiers available?
4. Can I provide breast milk or be involved in feeding my baby?
5. How is my baby's nutrition being monitored?

Parental Involvement

1. How can I participate in my baby's care?
2. How can I contact the NICU staff if I have questions or concerns?
3. Will there be regular meetings held to discuss my baby's progress with the care team?

Potential Complications and Outcomes

1. What complications or outcomes should I be aware of?

Support for Parents and Families

1. What emotional and psychological support is available to parents?
2. How can we manage stress during this time?
3. Are there resources or support groups available to us?

Preparing for Discharge

1. What are the criteria for my baby to be discharged from the NICU?
2. What kind of follow-up will be needed after we are discharged?
3. Will we receive training on how to manage our baby at home?
4. What should we expect during our transition from NICU to home?
5. Are there any signs or symptoms that I should watch for when my baby is discharged?