

## PLEASE HAND TO YOUR GP ONCE COMPLETE

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Post-discharge formulas have been designed specifically to help meet the needs of preterm infants, who are not being breastfed, once they are at home.

**SMA Gold Prem® 2:** helping early arrivals thrive on their return home.

Preterm infants require higher levels of protein, energy and other nutrients, compared to infants born at term, in order to achieve catch-up growth.

**On discharge from hospital, a preterm infant may still have a body weight lower than the birthweight of a term infant<sup>1</sup>**

**SMA Gold Prem® 2** – If a preterm infant still needs to catch up growth after discharge and breast milk is not available, a post-discharge formula is recommended to support their growth until 4 to 6 months corrected age. Regular monitoring of their growth post discharge is strongly recommended to avoid overfeeding once a steady growth velocity is achieved.<sup>1</sup>



REFERENCES: 1. Haiden N et al. Gastroenterology Nutr. 2025;81(2):421-441.

**IMPORTANT NOTICE:** We believe that breastfeeding is the ideal nutritional start for babies as breast milk provides a balanced diet and protection against illness for a baby. We fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with sustained breastfeeding up to two years of age. We also recognise that breastfeeding may not be an option due to certain medical conditions. Parents should only feed Infant formula for special medical purposes under supervision of a healthcare professional after full consideration of all feeding options, including breastfeeding. Continued use must be assessed by the healthcare professional in relation to the baby's progress bearing in mind any social and financial implications for the family. Infant formula should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **The following products must be used under medical supervision.** SMA Gold Prem® 1 is a special formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is suitable for use as the sole source of nutrition for preterm babies from birth. SMA Gold Prem® 1 is not intended for use with older preterm babies, for whom a special catch-up formula such as SMA Gold Prem® 2 is more appropriate. SMA Gold Prem® 2 is a special catch-up formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is a nutritionally complete formula for use on discharge from hospital or when a low birthweight formula is no longer appropriate. It is suitable for use as the sole source of nutrition up to 6 months corrected age. SMA Gold Prem® 2 is not intended for use with newborn preterm babies, for whom fortified breast milk or a low birthweight formula such as SMA Gold Prem® 1 is more appropriate.

# Helping your preterm low birthweight baby thrive at home



**SMA Gold Prem® 2**  
200 ml bottle  
PIP code: 371-0530  
(1 x 200 ml)

**SMA Gold Prem® 2**  
800 g powder  
PIP code: 416-2418  
(1 x 800 g)

**IMPORTANT NOTICE:** We believe that breastfeeding is the ideal nutritional start for babies as breast milk provides a balanced diet and protection against illness for your baby. We fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with sustained breastfeeding up to two years of age. We also recognise that breastfeeding may not be an option due to certain medical conditions. You should only feed Infant formula for special medical purposes under supervision of a healthcare professional after full consideration of all feeding options, including breastfeeding. Continued use must be assessed by the healthcare professional in relation to the baby's progress bearing in mind any social and financial implications for the family. Infant formula should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **These products must be used under medical supervision.** SMA Gold Prem® 1 is a special formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is suitable for use as the sole source of nutrition for preterm babies from birth. SMA Gold Prem® 1 is not intended for use with older preterm babies, for whom a special catch-up formula such as SMA Gold Prem® 2 is more appropriate. SMA Gold Prem® 2 is a special catch-up formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is a nutritionally complete formula for use on discharge from hospital or when a low birthweight formula is no longer appropriate. It is suitable for use as the sole source of nutrition up to 6 months corrected age. SMA Gold Prem® 2 is not intended for use with newborn preterm babies, for whom fortified breast milk or a low birthweight formula such as SMA Gold Prem® 1 is more appropriate.

**sma**  
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www.smahcp.co.uk  
ROI 1800 931 832  
www.smahcp.ie

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**sma**  
Nutrition

# Supporting the nutritional needs of formula fed preterm low birthweight infants after discharge



Information for parents and carers of babies born prematurely, who have been discharged from hospital with SMA Gold Prem® 2



# Meeting your baby's nutritional needs in hospital



## Why does my baby need extra nutritional support?

The last 4 weeks of pregnancy are a very important period of growth and weight gain for your baby. Therefore, if born prematurely, your baby may weigh less than babies who were born at full-term.

**Preterm babies require higher levels of protein, energy and other nutrients, compared to infants born at full-term, in order to achieve catch-up growth**

Your baby may have been fed **SMA Gold Prem® 1** in hospital to promote catch-up growth



In preparation for discharge, your baby may have been moved on to **SMA Gold Prem 2® 90 ml**



Specially designed formulas for preterm infants at home are available on prescription, so you will need to visit your GP. To ensure that your baby continues to receive the specialist nutrition required, please give the tear-off section of this leaflet to your GP so they can prescribe **SMA Gold Prem® 2**.

These products are food for special medical purposes and must be used under medical supervision.

# Helping your preterm low birthweight baby thrive at home



**On discharge from hospital, a preterm baby may still have a body weight lower than the birthweight of a baby who was born at full-term**

When it's time for you to take your baby home, there may still be some catching up to do. To help with this, you'll be given a post-discharge formula called **SMA Gold Prem® 2**.

## What is SMA Gold Prem® 2?



**SMA Gold Prem® 2 is a nutritionally complete formula for the dietary management of preterm low birthweight infants to help meet their nutritional needs when they are discharged from hospital**



## PLEASE HAND TO YOUR GP ONCE COMPLETE

To be completed by a healthcare professional on baby's discharge from hospital; once complete please hand to your GP.

### INFORMATION FOR GP - BABY'S DETAILS

Baby's Full Name:

Name of Parent/Guardian:

Name of hospital where baby is being discharged from:

Discharge Date:

/ /

### NUTRITION SUPPORT RECOMMENDED:

This baby has been discharged on **SMA Gold Prem® 2** – a post-discharge formula specially formulated to help promote catch-up growth in bottle-fed low birthweight/preterm infants on discharge from hospital.

Upon discharge, the baby will have a limited supply of the product. See overleaf for more information on **SMA Gold Prem® 2**.

Updated Recipe



**SMA Gold Prem® 2**  
200 ml bottle  
PIP code: 371-0530  
(1 x 200 ml)



**SMA Gold Prem® 2**  
800 g powder  
PIP code: 416-2418  
(1 x 800 g)

Name and title of Healthcare Professional:

Date: