

National policy for extremely premature infants.

Below is an English language summary of the nutrition section of “Nursing extremely premature infants”*, a policy document issued by The National Board of Health and Welfare in Sweden.

Swedish government authorities have developed a national policy for the nursing of extremely premature infants.

According to the guidelines, breast milk should be the first choice for enteral nutrition. Breast milk is recommended as the most favourable nutrition due to, for example, its ability to reduce the risk of babies developing necrotising enterocolitis (NEC).

If the mother’s own milk is insufficient, bank milk (donor milk) is recommended as second choice. Only as third choice should breast milk substitutes be considered.

Unfortified milk, particularly bank milk, is not recommended due to the risk of protein, energy and mineral shortage.

To ensure sufficient nutrition, breast milk should be analysed and almost always fortified. Fortification should be individualised to reduce the risk of over or underestimating nutritional needs.

The easiest way to guarantee the correct fortification is to analyse the content of proteins, fats and carbohydrates in breast milk.



[Download the full document \(Swedish version only\).](#)

* "Vård av extremt för tidigt födda barn", Socialstyrelsen 2014 (Swedish version).

About The Swedish Way.

The Swedish Way is an unofficial, non-governmental appeal courtesy of Swedish target fortification provider Miris. The appeal serves to raise international awareness of target fortification as a means to optimise the nutrition of human milk for premature babies. Miris’ target fortification procedure and equipment is registered for clinical use in Europe by the Swedish Medical Agency. In its Swedish home market, Miris’ procedure has emerged as a de-facto standard for target fortification, and is currently used by 94% of the country’s neonatal care units (May 2018).

The Miris brand is owned by Miris Holding AB, a public company listed at [Spotlight Stock Market](#), which is a Swedish trading platform.