

Infloran

Probiotics for your baby

Probiotics are friendly bacteria that normally live in our gut and help to keep us healthy. They do this by protecting the gut from bad bacteria and boosting the immune system.

What is Infloran?

Infloran contains two types of probiotics: *Bifidobacterium bifidum*, or infantis, and *Lactobacillus acidophilus*. Infloran has been selected for use in Mater's Neonatal Critical Care Unit as it has been approved for use in infants in Australia by the Therapeutic Goods Administration (TGA).

Why does my baby need probiotics?

Probiotics do not inhabit the gut prior to birth. Some of these good bacteria are transferred from mother to baby during birth and from breast milk; however, preterm babies do not get as much good bacteria as they need in this way. Preterm babies and babies born with some cardiac abnormalities are at risk of a serious gut disease called necrotising enterocolitis (NEC). Studies in preterm babies show that probiotics halve the risk of getting NEC. Probiotics have also been shown to improve feed tolerance and reduce the time it takes preterm babies to tolerate full feeds.

When does my baby start probiotics?

It is recommended that probiotics are started as soon after birth as possible for all babies born less than 32 weeks gestation. Infloran will be given regardless of feed volumes unless your baby has a strict 'nil by mouth' (NBM) order by the doctor.

Probiotics will be continued until your baby reaches 36 weeks corrected gestational age or as directed by your baby's treating medical team.

How are probiotics given to my baby?

The contents of the Infloran capsule are mixed into a small amount of sterile water and given via your baby's feeding tube once a day. Infloran is stored in the fridge to ensure the active ingredients are preserved.

Are there any side effects?

The two types of probiotics in Infloran have no recorded side effects. However, there remains a small potential risk for probiotics to cause infections, as seen in some other types of probiotics. Routine probiotic supplementation has been safely used in Japan since 1999 and in Italy since 2004 for babies weighing less than 1500 g.

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