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BabyWeigh™ scale

👉 parents' instructions



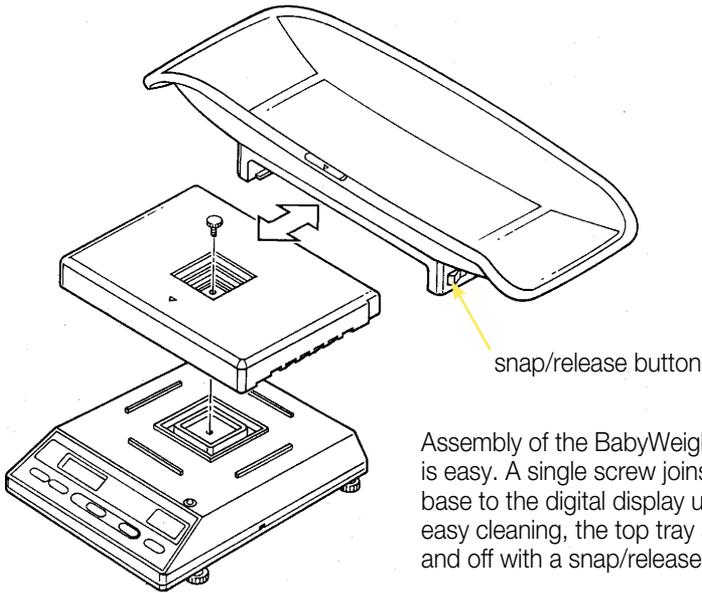
***Congratulations on making
the decision to breastfeed your baby!
Research shows that mothers' milk provides babies
with the ideal nutrition for growth and extra
protection from infection, allergies and some chronic
diseases. Sustaining breastfeeding requires
commitment on your part, but these efforts represent
an important contribution to your baby's health.***



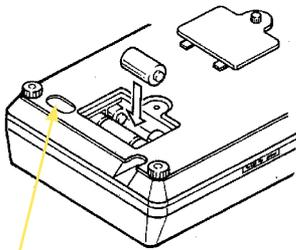
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Assembly of the BabyWeigh™ scale



Assembly of the BabyWeigh™ scale is easy. A single screw joins the tray base to the digital display unit. For easy cleaning, the top tray slides on and off with a snap/release button.



electrical adapter input

The BabyWeigh scale operates with an electrical adapter or with 6 “C” alkaline batteries.

For further information on the operation of the BabyWeigh scale, see the operator’s manual.

Why use the BabyWeigh™ scale?

Your baby's doctor, nurse, or lactation consultant has recommended that you use the BabyWeigh scale to help you with breastfeeding during the first days or weeks that you are home with your baby. The BabyWeigh scale allows you to measure the amount of milk your baby consumes during breastfeeding, simply by weighing your baby on the scale before and after the feeding. Use of the BabyWeigh scale will help you and your pediatric care provider determine whether your baby needs additional milk until your particular problem has been resolved.

What if my baby needs additional milk temporarily?

When a breastfeeding baby receives additional milk, it is known as a **complement** or **supplement** to breastfeeding. A complement is the giving of extra milk during or immediately after a breastfeeding. For example, you might use a Supplemental Nursing System™ (SNS™) to give extra milk during the feeding, or an alternative feeding method to give extra milk right after a feeding.

A supplement involves replacing a breastfeeding with milk given by some other method. Commonly, a supplement is used when the mother and baby are separated during a feeding time. Use of the BabyWeigh scale will help you and your pediatric care provider decide how much additional milk to use as a complement or supplement to breastfeeding.

What is Test-Weighing?

Weighing infants before and after a breastfeeding to measure the amount of milk consumed is known as “test-weighing.” The “before” weight is subtracted from the “after” weight to determine the amount of milk consumed. For test-weighing to work accurately, a baby must be weighed in **exactly** the same clothing and blankets before and after the breastfeeding, so that only the milk intake is “different” between the two weights.

The BabyWeigh scale will display the difference between the “before” and “after” weights in grams. A gram of weight gain is approximately equal to 1 milliliter (ml) or 1 cubic centimeter (cc) of milk intake. For example, if your baby weighs 2400 g before the feeding and 2430 g after the feeding, the weight gain between the “before” and “after” weights is 30 g, which corresponds to 30 ml or 30 cc of milk intake.

What is unique about the BabyWeigh™ scale?

Research conducted with the BabyWeigh scale has shown that parents can perform test-weights accurately for both term and premature infants.

A special feature of the BabyWeigh scale is that it automatically subtracts the “before” from the “after” weight, and displays this calculation in an easy-to-read digital format. Additionally, the scale is lightweight, portable, and easy to use.

Are there any safety precautions with Test-Weighing?

You should place the BabyWeigh scale on a flat, stable surface such as a kitchen table that is wider and longer than the scale. The base of the scale should not extend over the flat surface of the table, and the scale should not wobble or jiggle. **Never leave your baby unattended on the scale, even for an instant!**

As a safeguard, you should place one hand just above, but not resting on, your baby at all times when your baby is on the scale. Then, if your baby should move or twist suddenly, you could use your hand to steady your baby. **Under no circumstances should you ever place your baby on the scale and turn or step away.**

How do I perform Test-Weights?

Although performing test-weights may seem complicated at first, you will find that the procedure becomes simple with a little practice. In fact, it is a good idea to practice using the scale to weigh an object, rather than your baby. Choose something such as a large book(s) or a handbag that weighs approximately as much as your baby, and practice completing “before” weights. Then add a smaller item to the scale, which corresponds to milk intake, and complete the “after” weight. After two or three practices, you will probably feel comfortable weighing your baby when it is time to breastfeed. The steps for test-weighing are outlined on pages 11 and 12.

When you dress your baby for test-weights, be certain that clothing is identical for the two weighings. Even a bootie, hat, or a pacifier that is present for one procedure and not the other will make test-weighing less accurate, because the BabyWeigh™ scale is so sensitive to small changes in weight. Remember that the test-weights may be several hundred grams larger than your baby’s routine (nude) weight, because of the clothing and blankets your baby is wearing.

How should Test-Weights be recorded?

All test-weights, complements, and supplements should be recorded on a milk intake record. An example of a milk intake record, which you may use for your baby, is included at the end of this booklet. Depending on your individual breastfeeding situation, your lactation consultant or your pediatric care provider may give you a different form for recording milk intake. Regardless of which form you use, your baby's milk intake record will be an important source of information as you and your pediatric care provider or lactation consultant revise your breastfeeding plan.

How do I know if my baby needs additional milk?

By performing and recording test-weights for each breastfeeding, you will gain an understanding of your baby's individual milk intake pattern during a 24-hour period. You should ask your pediatric care provider how much milk (in mls or ccs) your baby should receive in a 24-hour period.

Then, you and your care provider can review your baby's individual milk intake pattern and plan to provide complements or supplements so your baby receives the daily intake that was recommended by the pediatric care provider.

How long will I need to use the BabyWeigh™ scale?

The length of time that parents use the BabyWeigh scale will vary with each breastfeeding situation.

In some instances, parents may need to use the BabyWeigh scale for only a few days, and perhaps only for routine daily weights, rather than for 24-hour test-weights. Parents whose babies were premature will probably find that they want to keep the scale until their baby's expected date of birth has passed and the baby demonstrates steady weight gain patterns on complete breastfeeding.

You and your pediatric care provider and/or lactation consultant should decide together when the scale is no longer needed. As you gain experience with breastfeeding your baby, think about your baby's behaviors during breastfeedings in relation to the test-weights. For example, in the first few days after hospital discharge, premature babies sometimes fall asleep at the breast before they have taken very much milk. As they mature, they stay awake longer and tend to feed more steadily and eagerly, taking larger volumes of milk. You can compare changes in your baby's breastfeeding behaviors to changes in test-weights and begin to feel comfortable that you can judge the amount of milk your baby consumes by noting these behaviors.

Gradually, your baby's behaviors will replace the need to test-weigh. During this process, counting wet diapers and bowel movements, and noting changes in the fullness of your breasts before and after breastfeeding, give you even more information about your baby's intake. Eventually you will become comfortable using this less exact information about milk intake, and you will no longer need the information that test-weighing provides.

As a final step, you may wish to stop performing test-weights and use the BabyWeigh scale to measure a routine (nude) weight for your baby each day. After you have seen a steady pattern of daily weight gain for several days and have reviewed this pattern with your pediatric care provider, you should not need to use the BabyWeigh scale any longer.

Additional questions about Test-Weighing

What if my baby has a bowel movement or urinates during breastfeeding?

For test-weighing to work properly, you should not change your baby's diaper between the "before" and "after" weights. The stool or urine that was "inside" your baby for the "before" weight weighs the same even if it is "outside" your baby for the "after" weight.

What if my baby spits up or drools milk during a feeding?

If your baby spits up or drools milk during a feeding, you may want to use a cloth diaper as a bib. Do not include the bib in either the “before” or “after” weights, because the milk on the bib was not actually consumed by your baby. Your baby’s test-weight without the bib is the amount of milk that was actually consumed.

How do I perform a routine daily weight for my baby?

Your baby’s routine daily weight can be performed by removing all your baby’s clothing, including the diaper. Press the “ON/ZERO” button and wait until a “0” appears in the display. Put a blanket on the scale. Press the “ON/ZERO” button again and wait until a “0” appears in the display and you hear a beep. Then place the baby on the scale. Wait until the display stops fluctuating. The displayed value is the routine daily weight in grams, which can be converted to pounds and ounces by sliding the “g/lb • oz” switch. It is a good idea to perform daily weights before a feeding, and at approximately the same time each day.

What is the purpose of the “REWEIGH” button?

The “REWEIGH” button allows you to recheck your baby’s weight without removing your baby from the scale. Simply depress the button, and the scale releases the previous weight and automatically reweighs your baby.

Does the BabyWeigh scale require any special care?

The scale should not be placed in bright sunlight, direct heat, or near a sink where water might be splashed onto the scale. Also, the BabyWeigh can be operated with an electrical adapter or with six “C” alkaline batteries. When the batteries need to be replaced, the display reads “LO.”

Closing comments

The BabyWeigh scale has been designed to contribute to your breastfeeding experience by providing you with a measure of your baby’s milk intake until your individual problem can be resolved. We hope that you will find the BabyWeigh scale a source of comfort and reassurance as you and your baby develop your own special breastfeeding relationship!

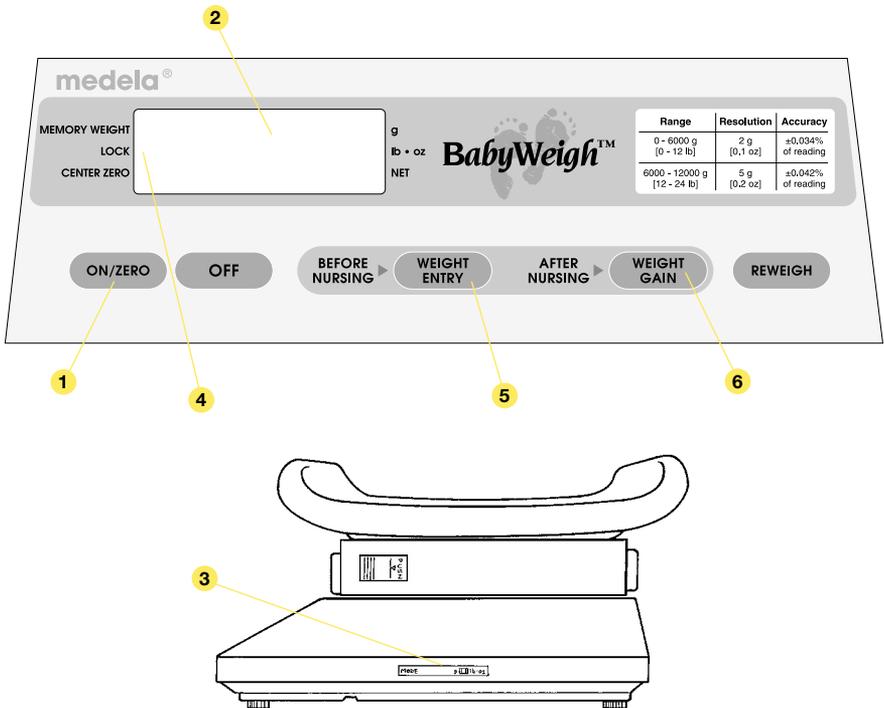
This booklet was written by Dr. Paula Meier, RN, DNSc, FAAN. This information is based on Dr. Meier’s research and clinical work with breastfeeding for premature and high-risk babies.

Performing Test-Weights with the BabyWeigh™ scale

- A. Check that the scale is on a flat surface and does not jiggle or wobble. Use the level indicator on the scale to check your flat surface.
- B. Dress your baby in the clothes and/or blankets to be worn for breastfeeding.
- C. Press the “ON/ZERO” button **1**, and wait until a “0” appears in the digital display **2**. The arrow light should point to “g,” indicating the weight measurement in grams. If arrow lights to “lb • oz,” change select switch on right side of scale to “g” **3**.
- D. Place your baby on the scale, holding one hand just above your baby, and wait until the digital display stops fluctuating. The “LOCK” arrow **4** on the scale is activated, and you will hear a beep. The value that appears in the digital display **2** is your baby’s “before” weight.
- E. While the “before” weight is displayed, press the “WEIGHT ENTRY” button **5** to program the “before” weight into the scale’s memory.
- F. Remove your baby from the scale and then record the “before” weight. Do not turn off the scale while you are breastfeeding.
- G. After breastfeeding*, press the “ON/ZERO” button **1** and wait until a “0” appears in the digital display.
- H. Place your baby on the scale and wait until the digital display stops fluctuating. The value in the digital display is the “after” weight.

* If giving complement just after breastfeeding the baby, conduct the “After Weight” before giving complement.

- I. Remove the baby from the scale, press and hold the “WEIGHT GAIN” button **6** and the scale will calculate milk intake (in milliliters or cubic centimeters). This value will appear in the digital display.
- J. When you remove your finger from the “WEIGHT GAIN” button, your baby’s “after” weight will reappear in the digital display.
- K. Record the “after” weight and the weight gain on your milk intake form.



Milk Intake Record Sample

Baby's Name _____

Date	Time	Before Weight (in grams)	After Weight (in grams)	Weight Gain (in grams)	Complement/ Supplement at breast ¹ (in ml or cc)	Complement/ Supplement not at breast ² (in ml or cc)	Total intake ³ (in ml or cc)	Remarks
4-21	6:05 am	2480	2510	30	0	0	30	Awake, fed in 20 minutes.
4-21	8:13 am	2500	2515	15	0	0	15	Fussy, then fell asleep at breast.
4-21	11:00 am	2500	2550	50	30	0	50	gave 30 ml through SNS
4-22	1:27 pm	2480	2505	25	0	0	25	
4-22	5:00 pm	2450	2502	52	20	0	52	gave 20 ml through SNS
4-22	7:25 pm	2492	2529	37	0	0	37	
4-22	10:05 pm	2476	2502	26	0	34	60	Dad gave 34 ml mother's milk after breast.
4-22	1:15 am	_____	_____	_____	0	45	45	Dad fed mother's milk.
4-22	4:00 am	2492	2529	37	0	0	37	Awake & fed eagerly.
24hrs		Totals	_____	_____	50ml	79ml	351ml	4-21 Total intake = 351ml

¹ Complement/Supplement given to baby while breastfeeding by using a product such as Medela's Supplemental Nursing System (SNS).

² If giving complement just after breastfeeding the baby, conduct the "After Weight" before giving complement.

³ Total intake = Weight Gain + Complement/Supplement not at breast.

