

Patient Information Leaflet

**TAKING YOUR BABY HOME ON AN APNOEA MONITOR**

**Produced By: NICU**

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At first you will probably find it stressful having you and baby at home on an Apnoea Monitor. You should soon gain confidence in your skills and in the effectiveness of the monitor.

The first time the alarm sounds you may want to start to stimulate your baby straight away. It is important to stop first and check to see if your baby is breathing. It may be a false alarm.

When you go home your baby may be more irritable than normal and their routine may be upset. This often happens after a baby has been in hospital. Normally the baby will settle down in a few days.

**You need to be aware of the following information:**

- Make sure an adult is able to hear the alarm at all times.
- Sleep baby in the same room as an adult who can answer the alarm.
- Do not sleep baby in the same bed with other people. The monitor will not alarm as it will pick up other people's breathing patterns.
- Keep baby on its back when asleep.
- Make sure the nappy is not too tight therefore restricting stomach breathing movements.
- The monitor must be used every time the baby is put down to sleep.
- Do not rely on the monitor when travelling in a car as vibrations can be picked up as breath signals.
- Go to the GP if you think your baby is unwell.
- Complete normal immunisations as advised by the GP.
- Do not smoke near your baby.
- Keep people with infections away from your baby.
- Avoid long journeys or tiring occasions and mixing with crowds for 6 months.
- Test the monitor daily.
- If the monitor is dropped or damaged in any way immediately ring NICU on 01983 822099 then press 1 and ext. 6337.

**What to do if the alarm sounds:**

- Check your baby
- Is he/she breathing?
- Is her/his chest moving?
- Is she/he a normal colour?
- Does he/she rouse when picked up?

**IF YOUR BABY IS NOT BREATHING START RESUSCITATION. CALL 999**

Even if your baby has stopped breathing but started again your baby must be seen by a Doctor immediately. Do not drive your baby to hospital. Call 999. You need to go by ambulance as your baby may stop breathing again.

**Return of the monitor:**

- Your baby will need to be on a monitor for 3-6 months or as long as clinically indicated.
- Please return your monitor to the community nursing team or directly to NICU at St Mary's hospital.

Please notify NICU of a change of in address before you move so we can maintain contact with you and your baby.

Ref: **NICU/AP/01**