

## Jaundice

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Newborn jaundice is a common condition which presents at two to three days after birth, and can be noticed as a yellow colouring of the skin in the face, the upper body and often the whites of the eyes. It is caused by a substance known as bilirubin, which builds up in your baby's blood as a product of the fast breakdown of red blood cells. After a baby is born it can take a little bit of time for their liver to mature enough to efficiently breakdown bilirubin, thus causing newborn jaundice.

**Newborn jaundice is common and will normally resolve spontaneously within 10-14 days.**

A small number of babies will develop jaundice that is significant and requires treatment in hospital. Jaundice can make babies sleepy and reluctant to feed, leading to dehydration which can make the jaundice worse. It is important to offer regular feeds, at least every three hours, if you think your baby has jaundice.

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**If you are worried about your baby's jaundice, or if you notice that your baby's stools are pale/white speak with your community midwife or call NHS 111 for advice.**

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For more information visit:

- **NHS Choices:**  
[www.nhs.uk/conditions/Jaundice-newborn/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Jaundice-newborn/Pages/Introduction.aspx)

