

Preterm neonatal iron and vitamin recommendations (if Abidec® is unavailable)

The following guidance is designed to provide simple to follow flowsheets for neonatal vitamin and iron supplementation in times of Abidec® shortage.

This guidance follows BDA recommendations (endorsed by BAPM), full guidance can be accessed [here](#).

The NWNODN recommendations for vitamin supplementation in high-risk preterm infants only include licensed medicinal products.

For all infants vitamins and or iron supplements should be commenced when the infant is tolerating enteral feeds – see [NWNODN enteral feeding guidelines](#)

On discontinuation of prescribed vitamins families should be sign posted to NHS recommendations for vitamin supplementation in children.

*The dose of Iron (Sytron® or ferrous fumarate) is dependent on product and infant weight

Sytron® (Sodium feredetate 27.5 mg elemental iron / 5 mL)

Less than 1.5 kg : 0.5 mL Once daily

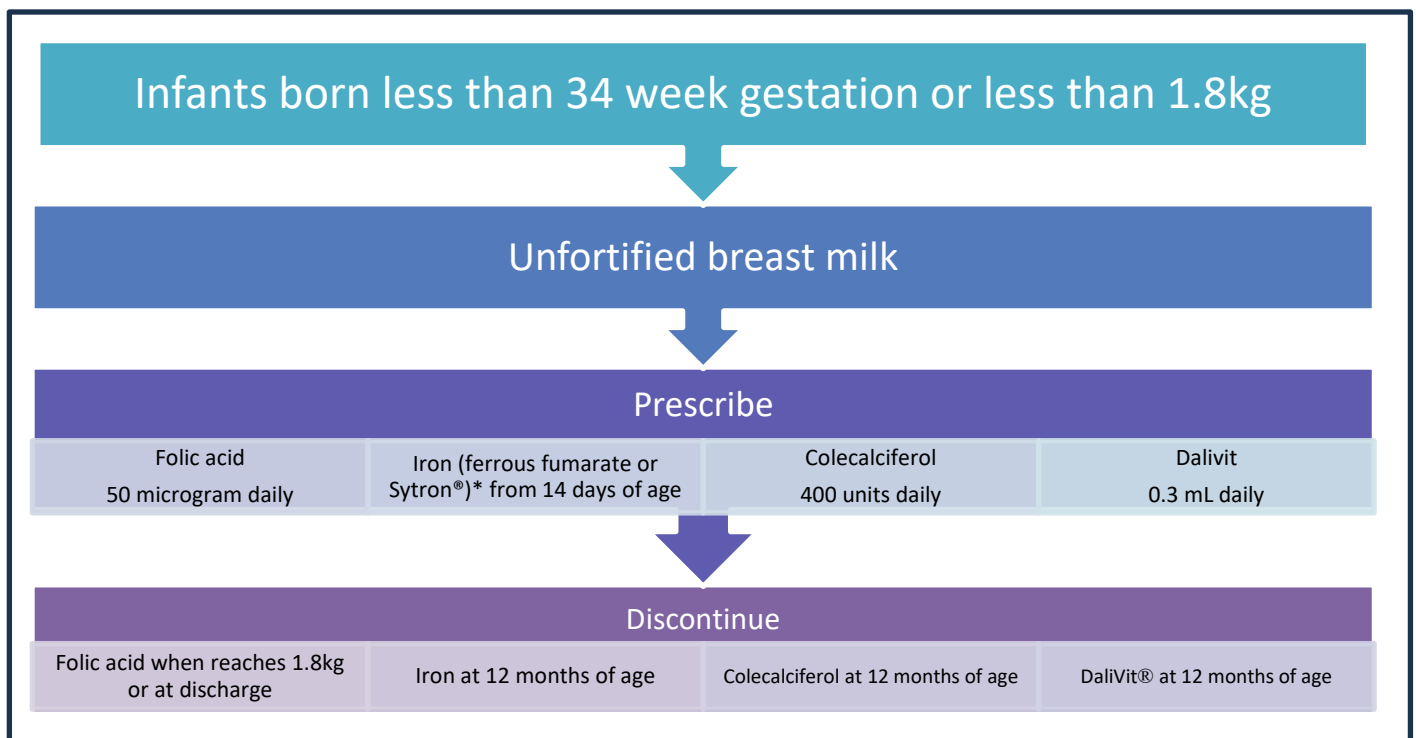
More than 1.5 kg : 1 mL Once daily

Ferrous Fumarate (140mg / 5mL oral solution)

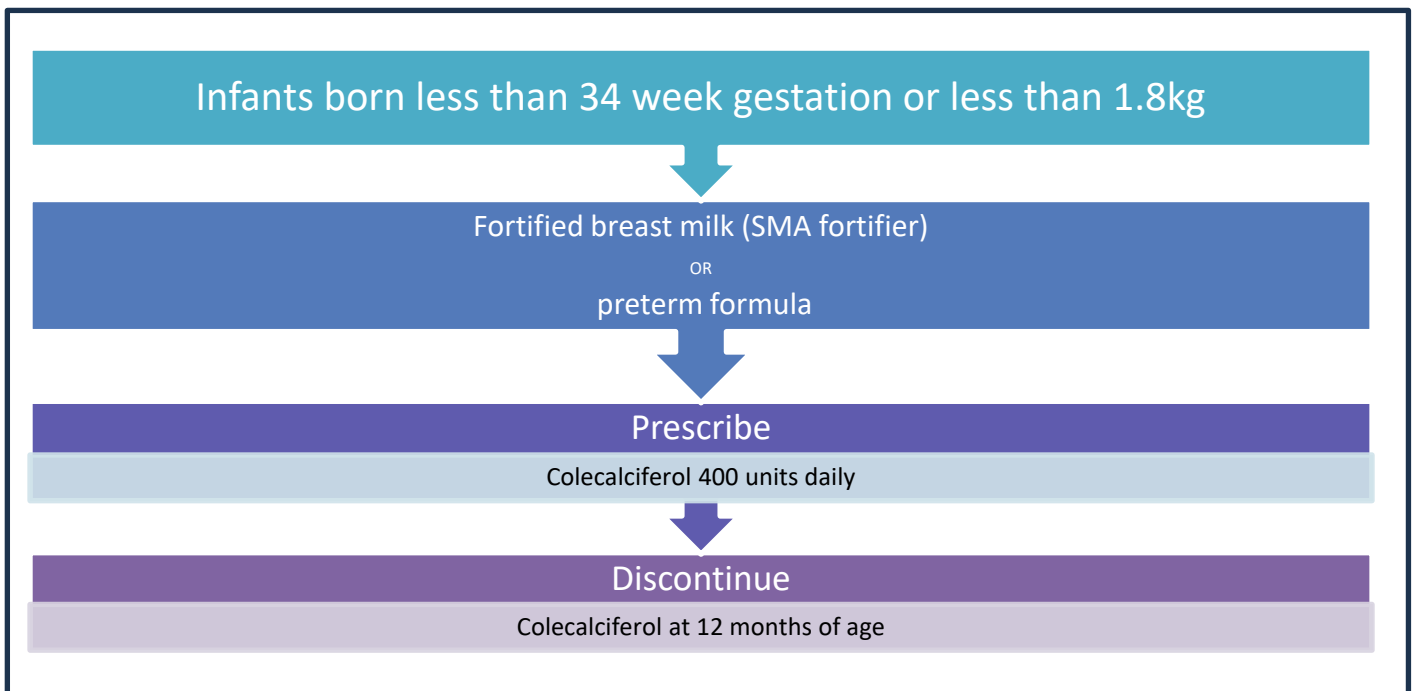
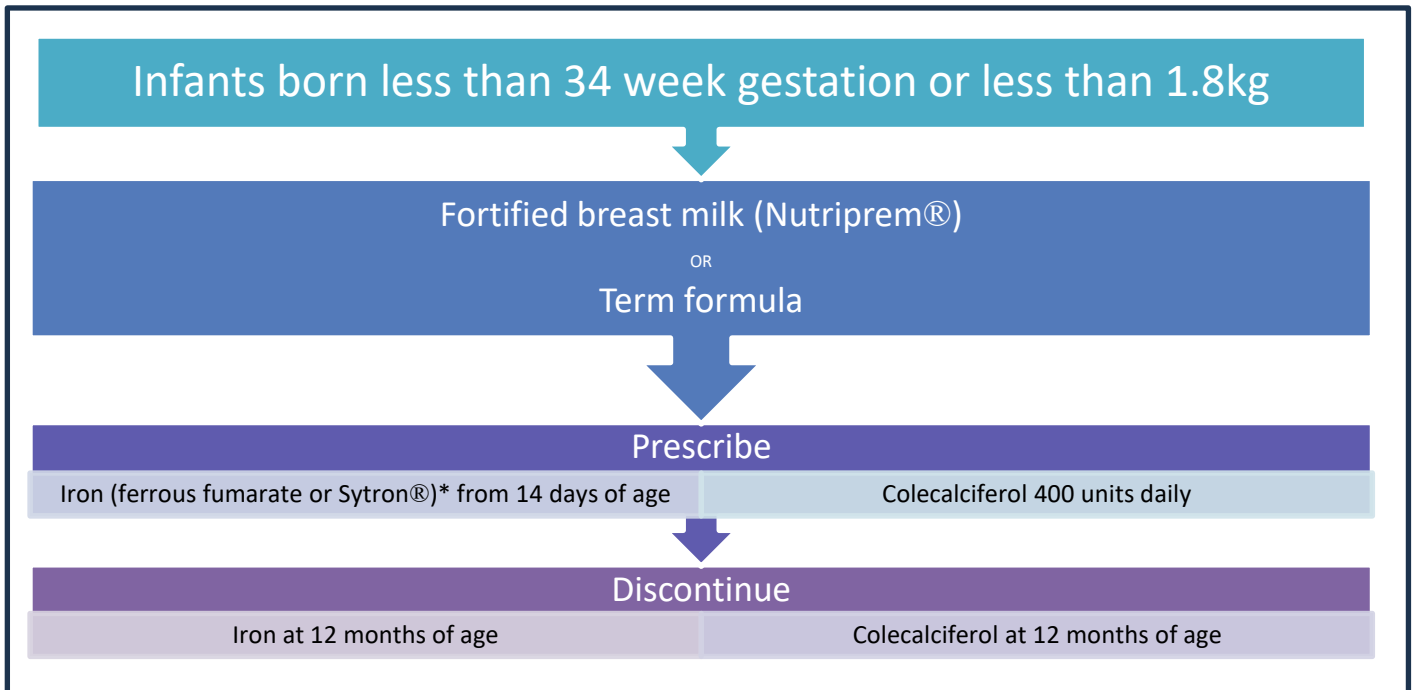
Less than 1.5 kg : 0.25 mL or 0.3 mL Once daily

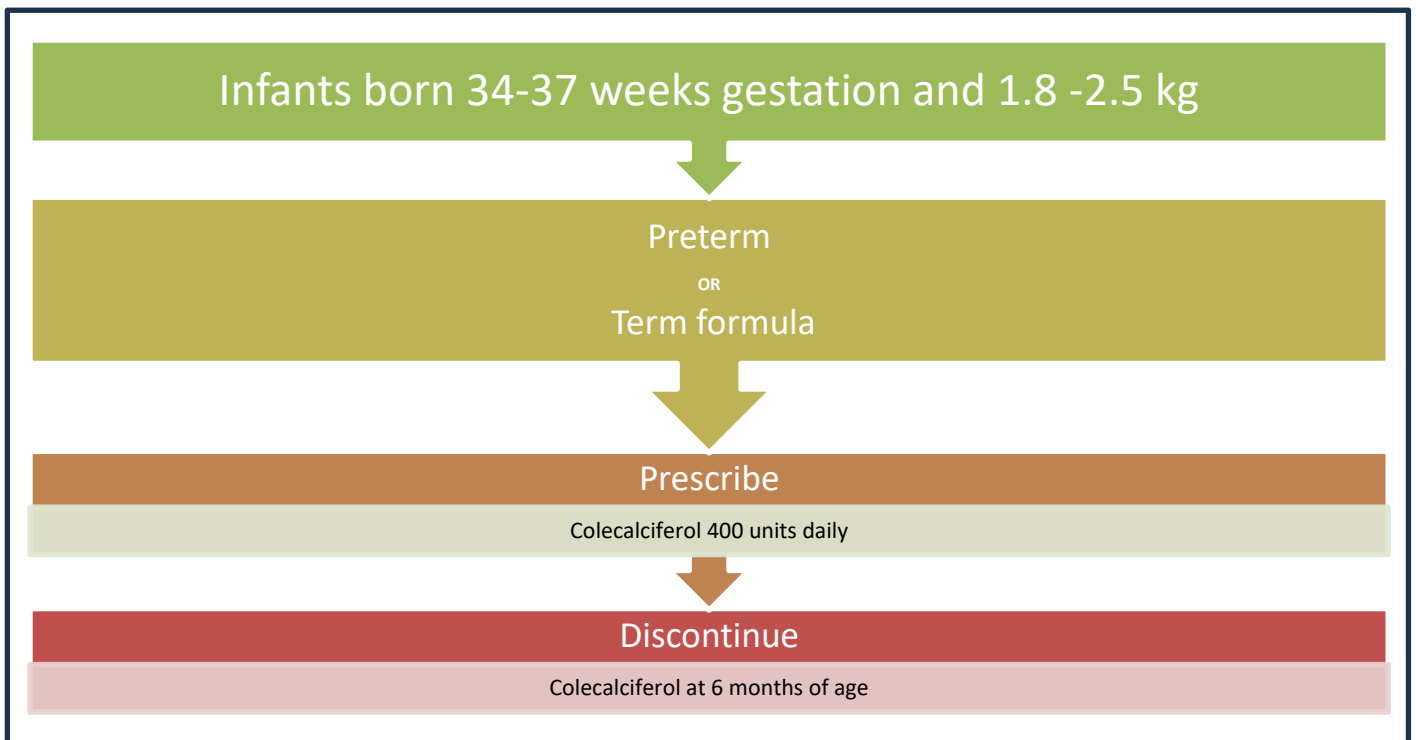
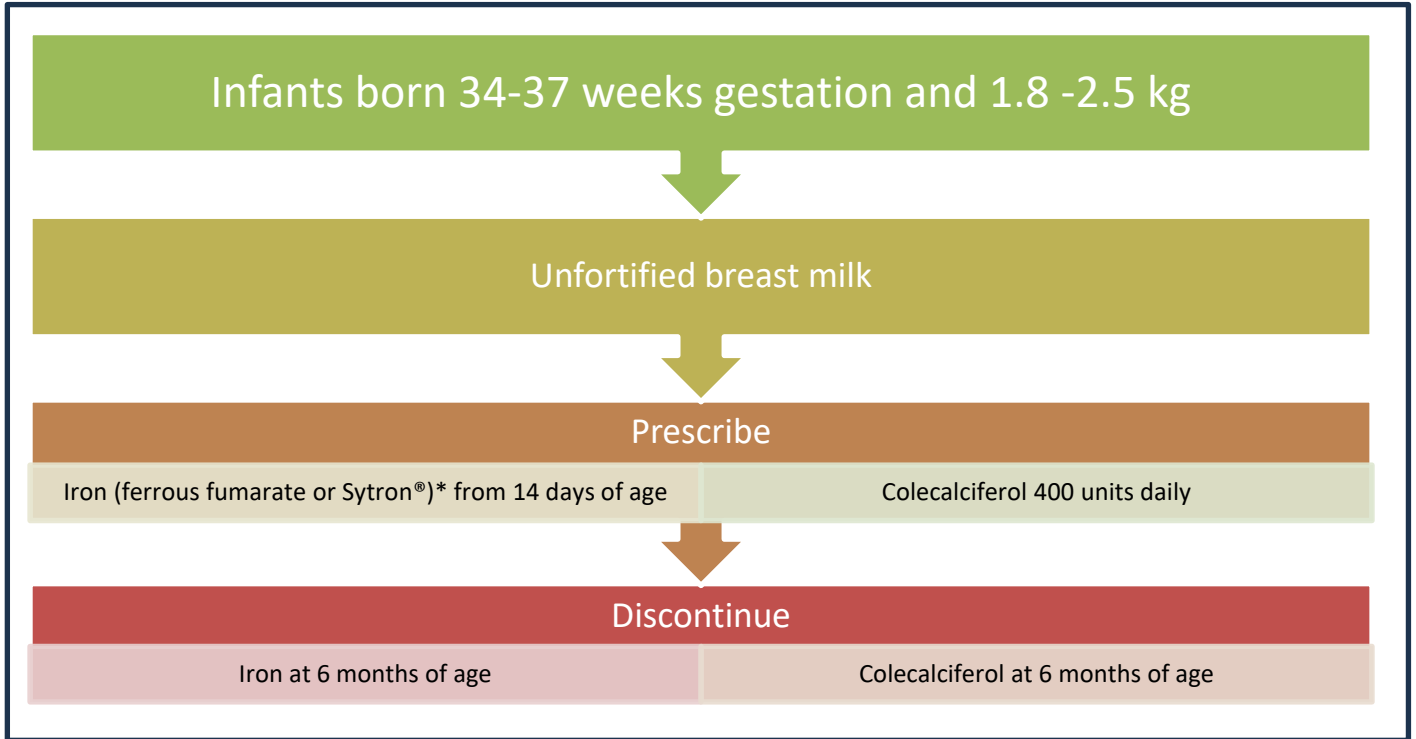
More than 1.5 kg : 0.5 mL or 0.6 mL Once daily

If an infant is combination fed, follow guidance for whichever feed makes up the majority and if formula is 50% or more, follow this guidance



***Note:** The following feeds do not require iron supplementation: Nutriprem 1, Nutriprem 2, SMA Gold Prem 1, SMA Gold Prem 2, SMA Gold Prem fortifier





References

1. The routine supplementation of vitamins and iron and the management of zinc deficiency in preterm and small for gestational age infant- Guidance for clinical practice; March 2025, British Dietetic Association