

## Oral Vitamin K

Oral vitamin K is an oil soluble source of vitamin K-1, the non-toxic natural form of Vitamin K present in plants. It is extracted from alfalfa, nettles, and green tea, all excellent sources that are also recommended during your pregnancy. Each drop provides 2mg of vitamin K-1 activity.

According to the Cochrane database, "Either intramuscular or oral (1.0 mg) vitamin K prophylaxis improves biochemical indices of coagulation status at 1-7 days. Neither intramuscular nor oral vitamin K has been tested in randomized trials with respect to effect on late hemorrhagic disease of the newborn."

"A single oral dose does not typically provide the sustained elevation in serum vitamin K concentrations needed to prevent late bleeding. While most infants are receiving adequate vitamin K through breastmilk or formula after a week of life, some still have relatively low stores due to inadequate intake or hepatic dysfunction. A multidose regimen, typically three 1 or 2 mg doses given over the first two months, is used in many countries to provide prophylaxis against late vitamin k deficiency of the newborn."  
( *Pediatr Pharm* 7(10), 2001. © 2001 Children's Medical Center, University of Virginia )

Oral vitamin K should be given 1 drop at birth, 1 week, and 1 month.

It can be ordered at [www.birthwithlove.com](http://www.birthwithlove.com) for approximately \$20.00

## Eye Ointment

Newborn babies born in US hospitals are typically given routine eye antibiotics, most of the time, sometimes without their knowledge or consent.

The practice was started to prevent newborn blindness in babies born to mothers infected with Chlamydia and/or Gonorrhea, 28% of babies will develop an infection. Of mothers with Chlamydia, 18-50% of babies will develop an eye infection. Since there is no way to know who was affected with these diseases (even if the women had been tested during their pregnancy), hospitals adopted the practice of administering antibiotic ointment as a preventative measure.

The disadvantage of using antibiotic ointment blurring of vision from the ointment and newborn and bacterial resistance due to antibiotic use.

Should your baby develop an eye infection, antibiotic ointment can be used when symptoms develop. A possible alternative may include squirting breastmilk/colostrum in your babies eye.