



## Nutrition Guidelines for Neonates with Critical (requires intervention in first 30 days of life) Congenital Heart Disease (CCHD): Post-Operative Phase

Notes: (1) This document provides a general guideline and variations can occur based on professional judgment to meet individual patient needs. (2) This is a quality improvement document and should not be a part of the patient's medical record.

### Post-Operative Phase

- TFV including drips/lines= 2/3 maintenance (within 48° daily advance toward 120ml/kg/day)
- Restart TPN POD#1 (See TPN guidelines)
- Daily weights, weekly HC and length

#### Goals:

Weight Gain of 25-35 gm/day  
Caloric Intake of 90-110kcal/kg(PN)  
120-150kcal/kg(EN)

#### Evaluate readiness for Enteral Nutrition (EN)

- Closed sternum
- Lactate <2
- pH >7.3
- UO >1ml/kg/hr
- Abdominal girth is not >10% baseline
- No signs of infection/↓cardiac output:  
Thrombocytopenia, Fever, Tachypnea, NIRS change >15%, CRT >4 sec

Reevaluate EN readiness daily

YES

#### Initiate EN

- Initiate trophic rate of 10- 20 ml/kg/day (do not include in TFV)
- MBM/Donor milk preferred; alternatively, Semi-elemental formula
- Limit 20 ml/kg/day with UAC or HFNC 6L/min
- Continue TPN

NO  
Continue TPN and lipids

NO

Tolerating Enteral Feeds?

YES

#### Advancement of EN

- Increase feeds by 20ml/kg every 24 hours or as tolerated with goal volume of 120ml/kg/day
- Titrate TPN volume (1:1) once patient tolerating 40 ml/kg/day

#### Signs and symptoms of feeding intolerance

- Increased girth by 10% in 12 hours
- Decreased bowel sounds
- Evidence of GI obstruction
- Vomiting/diarrhea >2 episodes/shift (in the absence of narcotic withdrawal)
- Bloody stool
- Suspicion of NEC

#### Feeding Intolerance Plan

- Hold feeds
- Monitor abd girth q6 hours until full volume tolerated for 24 hours, hold feeds if increased by 10%
- Reassess feeding tolerance q6hours
- trial post-pyloric feeds
- KUB if concern for NEC:

NO

◦ -NEC: bowel regimen (prune juice, Miralax, Colace, Senna), discuss motility agent, hold feeds 4 hours before restarting at same rate

YES

◦ +NEC: NPO, TPN, antibiotics, Peds Surgery consult

Reassess feeding tolerance every 6 hours

