



## Follow-Up Appointment: Nutrition Clinic

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The neonatal intensive care unit (NICU) team celebrates with you as your baby goes home! Because your baby is a NICU graduate, he or she is at higher risk for certain problems after discharge. That's why your baby needs important follow-up appointments to ensure his or her best health.

### Why does my baby need this appointment?

- Babies born premature who have low birth weight or other complications around birth are at higher risk for poor growth.
- A registered dietitian, a nutrition expert in infants and children, will teach you how to safely help your baby eat healthy and grow.

### Where is the appointment?

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### When is the appointment?

Date: \_\_\_\_\_ Time: \_\_\_\_\_

You will need to call the pediatric nutrition clinic to schedule your baby's appointment.

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### Important Things to Remember

- Each follow-up appointment with the pediatric nutrition clinic is important and is in addition to well-child check-ups with your baby's primary care provider.
- If you are unable to keep this important follow-up appointment, please call to reschedule.
- Always take your baby for future nutrition or dietitian examinations as directed by the pediatric nutrition clinic.
- Bring a list of your baby's current medicines with you to the appointment.

*The above information is provided to help you better understand your baby's care. Always follow the instructions given by your baby's provider and ask questions if you have concerns about your baby.*

### Online Resources

American Academy of Pediatrics  
[www.aap.org](http://www.aap.org)

Kids Health  
[www.kidshealth.org](http://www.kidshealth.org)

California Department of Health Care Services  
[www.dhcs.ca.gov/services](http://www.dhcs.ca.gov/services)