

NEWBORN VITAMIN K REFUSAL FORM

Baby's Name (please print): _____ **Date of Birth:** _____

Parent/Legal Guardian Name (please print): _____

Since 1961, the American Academy of Pediatrics (AAP) has recommended that all babies receive a single shot of vitamin K at birth. Unlike many other nutrients, vitamin K does not easily cross the placenta. This means all babies are born with very low levels of vitamin K. This is a problem because vitamin K is used by the body to form clots and stop bleeding. Without enough vitamin K, babies can develop vitamin K deficiency bleeding, or VKDB, which is a serious and potentially life-threatening condition. The vitamin K shot is a safe, effective treatment that has been proven over many years to help prevent VKDB.

What are the risks of not giving my baby the vitamin K shot?

All babies are born with very low levels of vitamin K and need a vitamin K shot to prevent VKDB. Without the shot, as many as 1 in every 60 babies are at risk of VKDB.

Risks include severe bleeding in the brain, brain damage, death, and severe/prolonged spontaneous bleeding and after procedures. About half of babies who develop VKDB bleed into their brains. Once bleeding starts, medical care may not be able to prevent serious complications from the bleeding, including permanent brain damage or death.

What are the warning signs of VKDB?

In the majority of VKDB cases, there are no warning signs before the start of a sudden, life-threatening bleed. This bleeding can occur anywhere inside the body, but it commonly occurs in internal organs where parents cannot see the bleeding. About half of babies who develop VKDB bleed into their brains. Once bleeding starts, medical care may not be able to prevent serious complications from the bleeding, including permanent brain damage or death. It is not safe to wait to see if your baby develops symptoms of VKDB.

Is the vitamin K shot a vaccine?

No. The shot is made up of vitamin K and a few other ingredients that make it safe to administer as a shot, for example an emulsifier that keeps it evenly mixed as a liquid. Some versions of the vitamin K shot include a small amount of benzyl alcohol, which is included as a preservative to prevent bacterial growth. Ask your care team if you have questions about the specific vitamin K shot that will be given to your baby.

What are the risks of the vitamin K shot?

The shot will be administered in your newborn's thigh, and they may experience a little pain, bruising, or swelling at the injection site. A few cases of skin scarring have been reported. More serious reactions are extremely rare. According to the CDC, only a single case of allergic reaction has ever been reported.

Can my baby get vitamin K through breast milk or an oral supplement?

No. There is very little vitamin K in breast milk, and exclusively breastfed infants are actually at higher risk of VKDB than infants who receive formula. Studies have unfortunately concluded that oral vitamin K is not an effective substitute for the vitamin K shot.

Can I wait until my baby is a little older to receive the vitamin K shot?

The AAP recommends administering the vitamin K shot within 6 hours of birth. VKDB is a risk until your baby is six months old, and early onset VKDB occurs within the first 24 hours of life. It is not safe to wait.

Acknowledgement & Release of Liability

I acknowledge that I have reviewed the information above and had the opportunity to ask questions and request further information from my baby's care team. I understand the risks of refusing the vitamin K shot and am making a voluntary and informed decision to assume these risks and refuse this treatment for my baby.

Signature

Relationship to Patient

Date

PATIENT LABEL or

PATIENT NAME: _____

DOB: _____ **Room #:** _____

MRN: _____ **CSN:** _____

Admit Date: _____ **Discharge Date:** _____