

Newborn Nursery Vitamin K Refusal

Vitamin K is needed to help blood clot (clump together to stop bleeding). Newborns have low levels of vitamin K compared to adults. Sometimes, a baby will develop bleeding due to a lack of vitamin K, causing the baby to bleed suddenly. Bleeding from not having enough vitamin K (vitamin K deficiency bleeding) can happen in any baby — it is not limited to babies who had trauma during birth or baby boys who are circumcised.

The bleeding can be minor, such as bruising very easily; or bleeding can be very serious, such as bleeding in the brain. Sometimes the bleeding can cause death.

It takes weeks for a baby to make enough of his or her own vitamin K to keep from having vitamin K deficiency bleeding. Breast milk will not give your baby enough vitamin K to reduce the risk of this bleeding.

We cannot predict which babies will have bleeding problems, but we do know that a vitamin K shot at birth greatly lowers the number of babies who have bleeding problems.

What are the risks of the vitamin K shot?

Vitamin K has been used since the 1960s. Many studies have been done to make sure it is safe and none of the reliable studies have shown any problems. As with any shot, the area may be red or sore after the shot is given.

Is there another option besides a shot?

Vitamin K taken by mouth does not work as well as the shot to prevent bleeding. Oral vitamin K needs many doses over 3 months and is not approved by the Food and Drug Administration (FDA). Please talk to your child's health care provider if you are interested in the oral form of vitamin K.

What if I do not want my baby to get the vitamin K shot?

You will need to sign this form agreeing that you were told of the risks of not giving the vitamin K shot and that you understand that these risks can happen to your baby.

- ☒ I have read and understand this information and still do not want my baby to get the vitamin K shot.
- ☒ I will watch my baby for any sign of bleeding, bruising, or any other major health change over the next 6 months and I agree to get medical care right away if any of those things happen.
- ☒ I understand that getting medical care once bleeding has started may not stop major complications from the bleeding, including permanent brain damage or death.

Parent/Legal Guardian Printed Name	Parent/Legal Guardian Signature	Date	Time
Parent/Legal Guardian Printed Name	Parent/Legal Guardian Signature	Date	Time
Witness Printed Name	Witness Signature	Date	Time