

# A parents' guide to recognising Jaundice

## in Black and Brown babies



### Assess in natural daylight



1

Check your baby's skin in natural daylight (e.g. near a window). Indoor lights can change skin colour and hide signs of jaundice.

### Check your baby's full body



2

In a warm environment, take off your baby's clothes and check them from head to toe for any yellowing.

### Check the whites of the eyes



3

Do the whites of your baby's eyes look yellow? No matter your baby's skin colour, this should always be white.

### Examine the inside of the mouth



4

Check the inside of your baby's mouth including their tongue and gums for any yellow colour.



5

### Perform a blanch test on the skin

Gently press on the palms of the hands and soles of the feet. These areas may show yellowing more distinctly in Black and Brown babies.



6

Gently press your finger on your baby's chest, forehead or the tip of the nose for 3 secs. If your baby has jaundice, it will appear yellow just before blood flow returns to the area.

**If your baby has any of these symptoms, they must be checked for jaundice using a TCB device or a blood test. Some cases of jaundice are mild and will only need to be treated with extra fluids. But some cases can be serious, so it is important to seek advice quickly. Call NHS 111 if you are concerned.**

## Where and how to seek help

#### Contact a health care professional or call 111 if your baby:

- Is not interested in feeding
- Appears sleepier than usual
- Has no wet nappies in the last 6 hours
- Is passing dark coloured urine
- Is yellow in the first 24 hours of life
- Is yellow and pale
- If you're worried or your baby looks unwell

#### Go to the nearest hospital A&E immediately or call 999 if your baby:

- Is difficult to wake up
- Their arms and legs are shaking and jerking (like seizures)
- They stop breathing briefly or are breathing unevenly
- Their skin is pale or blotchy or feels cold

#### A final note to remember:

**Jaundice can look different on darker skin. Trust your instincts if you're concerned, ask for a review or second opinion. Your voice and your baby's health matter.**

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