



CATHY SAGE

BABY FEEDING SPECIALIST

NAPPIES

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife if you have any concerns.

BABY'S AGE	WET NAPPIES	DIRTY NAPPIES
1-2 days old	1-2 or more per day, urates may be present*.	1 or more dark green/black 'tar like' meconium.
3-4 days old	3 or more per day. Nappies feel heavier.	2 or more, changing in colour and consistency - brown/green/yellow, looser (changing stool).
5-6 days old	5 or more. Heavy wet.**	2 or more yellow, may be quite watery.
7 - 28 days old	6 or more. Heavy wet.**	2 or more at least the size of a £2 coin. Yellow and watery, 'seedy' appearance.

*Urate is a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem. However, if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk.

** With new disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.