

What is Vitamin K?

- Vitamin K is needed by humans for blood clotting.
- Older children and adults get most of their vitamin K from bacteria in the gut, and some from their diet.
- Since babies are born without any food in their gut, they are unable to make Vitamin K for up to 2 weeks. Without enough vitamin K, small cuts can go on bleeding for a very long time and big bruises can happen from small injuries. Bleeding can also occur in other parts of the body, such as the brain (causing one type of stroke).



Why would my baby need this supplement?

With low levels of vitamin K, little cuts can take longer to clot. Some babies can have very severe bleeding – sometimes into the brain, causing significant brain damage. This bleeding is called Vitamin K Deficiency Bleeding.

Do you plan on a circumcision for your baby boy?

All pediatricians in Missoula require the newborn Vitamin K shot for the procedure.

When and how is a Vitamin K supplement given?

Vitamin K is given about 1 hour after the birth or your baby during the newborn exam. At The Birth Center, we give this supplement via intramuscular injection into the baby's thigh.

vitamin K

The American Academy of Pediatrics recommends giving all newborns an intramuscular injection of Vitamin K