

Information for families about

TOTAL BODY COOLING



Your health team has talked to you about a treatment for your baby called Total Body Cooling. We hope this pamphlet will answer some of your questions and concerns.

Should you have questions after reading this brochure, please speak to a member of your health team caring for your child.



L'Hôpital de Montréal pour enfants
The Montreal Children's Hospital
Centre universitaire de santé McGill
McGill University Health Centre

Why is my baby being transferred?

We think a treatment called Total Body Cooling could help your newborn. This treatment is not available at your centre so your baby is being transferred to the Neonatal Intensive Care Unit (NICU) at The Montreal Children's Hospital of the McGill University Health Centre.

Why is Total Body Cooling performed?

Your baby did not get enough oxygen due to a problem during pregnancy or during delivery. This lack of oxygen can cause damage to your child's brain. This can cause mental and physical delays in your child. Lowering your baby's body temperature may lessen the damage to the brain and several studies have shown that Total Body Cooling may also improve your baby's chance of surviving. It may also lessen his risk of having mental and physical delays.

What happens during Total Body Cooling?

Your baby will:

- Be placed on a cooling blanket and his temperature will be slowly decreased to 33.5 degrees Celsius. This will last for 72 hours. Then, your newborn will be slowly warmed up to a normal body temperature;
- Have his blood pressure, temperature and heartbeat closely monitored;
- Have small wires attached to the outside of his head to show the electrical activity of the brain;
- Have routine blood work and other tests done to assess the treatment;
- Not be able to feed by mouth during the treatment but will receive nutrition into a vein.

Is this treatment painful?

Total Body Cooling is not painful, but it can be uncomfortable. For this reason, your baby will be repositioned and massaged every two hours. If your newborn continues to be uncomfortable, medicine may be given.

Can I breastfeed my baby?

Yes, but not during the Total Body Cooling period. We encourage you to continue pumping your milk and to freeze it. We will feed it to your baby as soon as possible.

What happens after the treatment and once we go home?

Specialists such as the neonatal follow-up team, a neurologist, and an occupational therapist, will follow your baby. This team will continue to assess your child's development. They will also offer support as needed.



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L'information fournie dans cette brochure sert à des fins éducatives. Celle-ci ne doit aucunement remplacer les conseils ou directives d'un médecin / professionnel de la santé, ou servir de substitut à des soins médicaux. Veuillez communiquer avec un médecin / professionnel de la santé si vous avez des questions concernant votre état de santé.