

*'Xanthopsia' literally means the skin and/or whites of the baby are getting (coloring) yellow. This happens because of the entire refreshing of the baby's blood as soon as it is living outside the womb. During this refreshing of the blood a certain waste (bilirubin) will enter into the blood and into the baby's skin which causes the yellow color.*

Most newborns will gain a temporary yellow discolored skin between the 2 and 7 day after birth, with a peak on the third day. This is regardless of the skin color. It is more difficult to see when babies have a darker skin. Sometimes you will see the whites are getting yellow.

In exceptional cases, the amount of bilirubin in the blood can be as high as there could occur a risk the brains will be damaged. Therefore, it is important your baby is being checked regularly during his first days of life. Also, a yellow color that has arisen before the second day of life, or after the seventh day of life, is not normal.

## Symptoms:

- The color of the skin is not pink red, but yellow to amber.
- The whites of your baby are not white but also slightly yellow.

A slightly yellow color between the second and seventh day of life is normal and not disturbing. If the amount of bilirubin in the blood of your child is too high, the yellow color of your child will increase and will make your child suffer from the following symptoms:

- your child is drowsy and sleepy and not a moment of the day really awake;
- your child is drinking less well;
- your child feels very weak;
- your child is very restless and crying very loud and in a high-tone.

## What should you do?:

If you notice these symptoms or are in doubt, it is important to tell your midwife and/or maternity nurse. When a too high blood bilirubin value is suspected some blood will be taken from your baby. Depending on the blood values the midwife will decide whether hospital treatment is needed.



