



Heart Murmur Information leaflet for parents and carers

What is a heart murmur?

All babies have their heart examined as part of the new-born routine examination. This is done to pick up problems at an early stage. During this examination, your baby has been found to have a heart murmur.

A heart murmur is an extra or unusual noise made by blood as it passes through the heart. A stethoscope placed against the baby's chest is used to hear a heart murmur. In some babies it may not be there all the time – it may come and go. Some heart murmurs are normal (called innocent murmurs) and are often heard in newborn babies. Others may be the first sign that there is a problem with the heart structure.

What does it mean for my baby?

When a heart murmur is heard, the Paediatrician will examine your baby to ensure that there are no other problems. You can take your baby home. We will arrange an outpatient appointment for you to return to hospital for further tests. During the outpatient appointment it is common for a heart scan (Echocardiogram) and heart tracing (ECG) to be carried out, both are painless procedures carried out by expert staff.

What are the things I should look out for when I take my baby home?

You should seek advice from a doctor if your baby becomes unwell.

- Signs to look out for include:
- Looks pale or blue
- Has difficulty with his or her breathing
- Is finding it difficult to feed or is breathless or sweaty during feeds
- You have other concerns about your baby's health

Further information can be found at:

British Heart Foundation 0300 330 3311

<https://www.bhf.org.uk/information-support/conditions/heart-murmurs>

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