

**NBN INFUSIONS**  
**Home Apnea Monitor Program**

**ALARM PROCEDURE GUIDE**

If the apnea monitor alarms (breathing or low heart rate):

1. Look at the baby.
2. Observe if the baby is breathing.
3. Check baby's color: pale, pink, dusty, blue.
4. If color is poor, provide gentle stimulation.
5. If color is good and the baby is not breathing, wait 10 seconds. (Count to 10).
6. If breathing does not resume, provide gentle stimulation.
7. If this is not successful, stimulate more vigorously.
8. If these measures fail, start CPR and activate EMS.