



NiSTAR Clinical Guideline

Use of Transwarmer® Infant Transport Mattress

This is a useful way of providing warmth during transport of infant within the hospital or in the ambulance environment. Transwarmers are quite expensive, so first consider if there are simpler ways of keeping the baby warm.

General Information

- Do not reuse
- Disposable
- Store at room temperature
- Temperature when activated: 40 °C (from 24 °C start)
 - Note: the temperature achieved after activation depends upon the starting temperature - if the mattress is stored above room temperature there is a risk of the baby becoming overheated or being burnt
- Do not use inside a heated incubator
- Don't place mattress directly onto a cold surface (e.g., x-ray tables) as heat is conducted to the cold surface as well as to the baby, reducing its effectiveness.
- Do not use in MRI

To Activate

1. Locate metal disc and grasp with thumb and forefingers of both hands - easiest to do if disc is located at a corner
2. Flex (bend) disc rapidly until the gel starts to turn white.
3. Massage pack to soften and to increase the activation rate.
4. After pack is fully activated, indent centre with palm to form a small "nest."
5. Lay baby in "nest" on the **non-woven fabric** surface.
6. Check skin regularly for redness and monitor core temperature.



Place the baby on this side of the Transwarmer, with a cotton sheet between the baby and the transwarmer