

# Phototherapy system versus conventional phototherapy: a randomized controlled trial in preterm infants.

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## **Abstract:**

This study compares the use of standard overhead fluorescent phototherapy units with the BiliBlanket a woven fibreoptic pad which delivers high intensity light with no ultraviolet or infrared irradiation in the treatment of jaundice in preterm infants. **METHODOLOGY:** We chose to study infants between 800 and 2500 g, with strict criteria for commencing and ceasing phototherapy. Serum bilirubin levels were followed at 12-24 h intervals until 24 h after cessation of phototherapy. Infants were allocated at random to receive either conventional phototherapy or the BiliBlanket. **RESULTS:** There were 24 infants in the conventional group and 20 in the BiliBlanket group. Mean duration of phototherapy was compared and was 44 h for the conventional group versus 42 h for the BiliBlanket group. **CONCLUSIONS:** We have shown that the BiliBlanket is as effective as conventional phototherapy and was well accepted by nursing staff and parents