## Working out the Train-to-Home discharge dates



| Gestation at birth (weeks) | Suggested initial range for estimated discharge dates (Weeks added to DOB) | Examples    |                    |
|----------------------------|--|-------------|--------------------|
|                            |  | DOB         | Estimated<br>dates |
| 27 weeks                   | 8 – 10 weeks   | 1st October | 26 Nov – 10 Dec    |
| 28 weeks                   | 7 – 9 weeks  |             | acs                |
| 29 weeks                   | 6 – 8 weeks  | NAVA        | MEES               |
| 30 weeks                   | 5 – 7 weeks  | FVL.        |                    |
| 31 weeks                   | 4.5 – 5.5 weeks  | 1st October | 2 – 9 Nov          |
| 32 weeks                   | 3 – 4 weeks  |             |                    |
| 33 weeks                   | 2 – 3 weeks  |             |                    |

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