

Common NICU Lactation Issues

Establishing Milk Supply

- Begin pumping early with double electric pump
- Breast massage before pumping
- Pump 8 times a day – approximately every 3 hours with **once at night**
- Skin to skin at least 2 hours a day – pump after

Options for Breast Pumps

- Medical Services (treaty – unit clerk has forms)
- Income Assistance (social worker makes contact)
- Extended Health (i.e. Blue Cross)
- Rental – see list of agencies
- Purchase (if pumping longer than 3 months) – “Purely Yours” pump most cost effective (Meyer’s Drugs)

Effect of Mom’s Medications

Resources to look them up:

- NICU Pharmacy – “Hales” reference book
- LactMed – online – linked on SharePoint

Early Breastfeeds

- Start with a pumped breast
- Limit time to 10 minutes
- Focus on positioning and comfort and making it a good experience for mom and baby
- Follow SINC protocol to determine when to weigh before and after



Getting Ready for Discharge

- Offer breast first at every feed
- Limit to 10-15 minutes unless latched and actively feeding well
- Offer supplement (usually bottle) with EBM
- Mom to pump after feeding
- At home amount of supplement baby takes will gradually decrease as breastfeeding efficiency increases
- Discontinue supplement and pumping once baby is able to take all feeds at breast and empty the breasts every 3-4 hours (or more often)

Boosting Low Milk Supply

1. Full sized electric double pump
2. Pump at least 8 times a day
3. Breast massage before pumping
4. Hand expression for 5 minutes after pumping
5. Power pumping for 1 hour each day:
 - Pump for 20 minutes; rest 10 minutes
 - Pump for 10 minutes, rest 10 minutes
 - Pump for 10 minutes – finished
6. Meds or herbs to boost Prolactin hormone levels:
 - Domperidone (need Rx from mom’s doctor or walk-in clinic) – give handout from SharePoint
 - Fenugreek (health food stores – take 3 times a day)
 - Blessed Thistle (health food stores – take 3 times a day)