



Over Abundant Milk Supply

Over abundant milk supply means that you have more milk than your baby needs. It can be hard to tell if the baby is hungry or not.

You may see these signs for baby

- has short frequent feeds
- fussy during the feed and hard to settle
- has many, explosive, runny, yellow or green stools in a day
- spits up often and is gassy
- choking or coughing early in the feeding or with letdown
- refusing the breast or bites at the breast
- crying, arching or pulling off with letdown
- makes a 'clicking' sound during the feeding
- has a shallow latch to slow the flow of milk

You may see these signs for mom

- breasts feel overfull
- breasts spray milk with letdown
- pain in the breast with letdown
- may get plugged ducts or mastitis

How to prevent

- feed one breast until soft before offering the other breast
- limit or avoid pumping

What to do

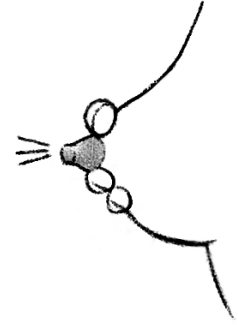
Try different positions:

- hold baby upright
- lean back after latching
- side lying
- feed baby with early feeding cues or when drowsy



What to do

- take baby off the breast if the baby chokes or coughs
- let the milk spray (or catch it in a container) until it slows, then offer the breast again
- burp baby frequently
- for each feeding use one breast only, feed until baby is content. Offer the same breast again if the baby is hungry soon after. You may need to hand express the other breast for comfort
- avoid missing feedings or giving formula
- watch for signs of plugged ducts or mastitis



How long before this gets better?

- Be patient. Over abundant milk supply usually improves in a few weeks. If you do not see improvement in a few weeks contact a public health nurse or health care provider.

**Vancouver Coastal Health is committed to helping women successfully breastfeed.
Please call your local Public Health Unit for additional information.**

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**Other information on parenting are available
at your local Community Health Office/Centre
or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

Public Health Nurse or Community Dietitian
at Vancouver Coastal Health..... www.vch.ca
Baby's Best Chance..... www.healthyfamiliesbc.ca/parenting
VCH Parenting Website <http://parenting.vch.ca/>
HealthLinkBC 8-1-1
Translation services are available in 130 languages..... www.healthlinkbc.ca

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