



Increasing Your Milk Supply

Most women have enough milk for their babies. Low milk supply is when your baby is not getting enough milk to gain weight.

You may see these signs

- baby is not content after most feeding
- baby does not have lots of wet and dirty diapers
- baby gains weight slowly for age



How to prevent

- breastfeed as soon as possible after birth
- hold your baby skin-to-skin
- make sure your latch is comfortable. If you have questions about latch please contact a public health nurse
- breastfeed often (8 or more times in 24 hours)
- hand express or use a breast pump if baby is unable to latch
- do not give unnecessary formula feedings

What to do

The most important thing is to breastfeed often – more feeding makes more milk.

- offer both breasts at each feeding
- switch breasts when your baby's sucking slows down
- use gentle breast massage before and during feeds



Express your breastmilk

- hand express or pump your milk after as many feedings as you can
- if your baby is not latching, express or pump your milk at least 7 times during the day and one time during the night
- feed baby extra milk (expressed breast milk or formula) if your baby is not growing well with breastfeeding

Take care of yourself

- rest when your baby sleeps
- drink to thirst and eat well
- avoid alcohol and nicotine

If you do not see an increase in your milk supply, talk to your Health Care Provider about a prescription medicine called Domperidone (Motilium)

- this medicine is safe for baby
- the usual dose is from 1 to 3 pills, 3 or 4 times a day
- milk supply should improve within 1 to 2 weeks
- there may be minor side effects (i.e. dry mouth), but it is safe to continue taking as long as you need it
- some women with health problems may not be able to take it
- slowly decrease medicine when no longer needed
- herbs, acupuncture or aromatherapy may help. There are no research studies to prove this
- contact your health care provider if you are worried about your baby's growth



How long before this gets better?

- it may take many days to increase milk supply
- when your baby is satisfied and growing well only on breastmilk
- if you need more help ask your public health nurse, lactation consultant or other 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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