



Inducing lactation



Inducing lactation can support you if you want to breastfeed or use your expressed breastmilk for a baby or child that you did not give birth to.

Some reasons you may want to do this include:

- If you are the non-birth partner of your baby
- If you are adopting your baby

Before you start, arrange an appointment with your health care team to discuss your reasons for inducing lactation. This might include your:

- **Local doctor** for medical support
- **Infant Feeding Consultant and/or Feeding Clinic and/or Lactation Consultant** for inducing lactation and breastfeeding support
- **Child and Family Health Nurse or Paediatrician** for regular baby checks

Discuss with your local doctor:

- Due to a low risk of viruses being passed to your baby through the breastmilk, it is recommended that you have your blood tested for Hepatitis B, Hepatitis C and HIV before you start giving your breastmilk. If HIV positive, it is not recommended that you breastfeed

- You may need some of the following prescribed hormonal assistance medications to assist in making breastmilk:
 - + Oral contraceptive pill
 - + Domperidone™ - see Using Domperidone™ to Increase Breastmilk production information sheet

The contraceptive pill encourages breast changes and Domperidone™ encourages milk production. With the addition of breastfeeding or expressing you should be able to produce breastmilk.

Recommended procedure

To induce lactation, the following steps may help if you have some time to prepare before you breastfeed or give breastmilk to your baby.

Step 1

- Commence an oral contraceptive pill prescribed by your local doctor. Make sure you don't take the sugar pills
- Commence Domperidone™ as prescribed by your local doctor

Step 2

Start Step 2 as indicated in the following table:

How long have you used the medications overleaf	When to change to the following steps
4 months or more	<ul style="list-style-type: none"> • 6 weeks before you plan to breastfeed or use your expressed breastmilk • 6 weeks before you breastfeed or use your expressed breastmilk
3 months or less	<ul style="list-style-type: none"> • If you notice significant breast changes (achy, larger) by 6 weeks before you plan to breastfeed or use your expressed breastmilk, start step 2 • If you notice significant breast changes after 6 weeks before you plan to breastfeed or use your expressed breastmilk, start as soon as you notice significant breast changes

- Stop the contraceptive pill. Note: there will be vaginal bleeding
- Continue taking Domperidone™
- Begin to express your breasts by hand and/or pump (see optimal expressing QR code overleaf). Continue to express even if you see no breastmilk. It is normal to not see any breastmilk for a month or so
- Freeze any expressed breastmilk in an appropriate container (e.g. expressed milk bag). Make sure you put your name, date and time on the container

To optimise the amount of breastmilk that you express, follow the steps below:

- Massage/stroke your breasts
- Hand express for a couple of minutes
- Double pump at least 8 x day (including at least once at night) for 10-15 minutes each side. Massage breasts if possible at the same time
- Further information on expressing can be found in the Breastfeeding How-To App, available by scanning the QR codes overleaf

After your baby/child is with you, note the plan will need to change if you are not the only one breastfeeding/expressing:

- If your baby is newborn, offer your breast or express your breasts for at least 15 minutes per breast, 8-12 times a day. You may not need to breastfeed or express as often if your child is older
- Aim to only breastfeed and/or give your baby expressed breastmilk
- Provide skin-to-skin contact for the majority of the day. Make sure your baby remains safe:
 - + Your baby's nose is not blocked
 - + You can see/feel your baby breathe
 - + Your baby has pink lips
 - + You can feel your baby wriggle
 - + If your baby is over 6 months of age, offer other food after breastfeeding

It is important that you monitor your baby/child to make sure they are having enough breastmilk. Your baby/child should be:

- Having at least 8 breastfeeds a day if newborn. You may not need to breastfeed as often if your child is older

If you are concerned about your baby, seek support from your health care team or in an emergency call 000

- Having at least 5 heavy wet nappies a day
- Pooing regularly, usually at least once a day
- Waking up for feeds
- Gaining weight

If your baby is **NOT** showing the signs that they are having enough breastmilk, seek support from your health care team.

If you are struggling to increase your supply:

- Consider Lactation Massage (ask the Infant Feeding Consultant for details)
- Seek breastfeeding and/or expressing breastmilk support from:
 - + Your Child and Family Health Nurse
 - + Your local Feeding Clinic
 - + Your Lactation Consultant
 - + The Australian Breastfeeding Association 1800 686 268
 - + Visit the Breastfeeding Support page for a range of how-to videos and information: www.nsw.gov.au/departments-and-agencies/nbmlhd/services/women-maternity-children/breastfeeding

Contact Information

Infant Feeding Consultant

Nepean Hospital 4734 2292

Your local **Feeding Clinic** is attached to a Community Health Centre

Call the one closest to you for details:

- Hawkesbury 4560 5714
- Lithgow 4751 0100
- Katoomba 4751 0100
- Springwood 4751 0100
- St Marys 9833 6800

To find a Lactation Consultant

- Call your local Community Health Centre and ask a Child and Family Health Nurse
- Search for “LCANZ Find a Lactation Consultant” on Google. Please note there is a fee involved which may be claimed through some health funds

An example of an evidence based inducing lactation protocol can be seen at:

www.asklenore.info/breastfeeding/induced_lactation/protocols4print.shtml



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