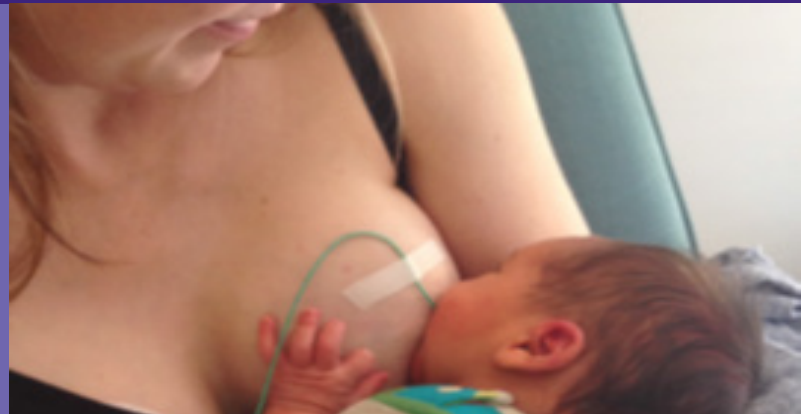


Supplemental nursing system (expressed breastmilk)



The supplemental nursing system may be used when your milk supply is low. It can help if your baby isn't getting enough milk. It only works for babies that are sucking well at the breast.

What do I need?

- A feeding tube
- Tape
- Syringe
- Sterile scissors
- Bottle
- Teat

You can also buy the complete supplementary nursing system. Please follow the manufacturer's instructions for use and cleaning when you purchase the system.

What do I need to do?

- Wash your hands and make sure your nails are clean and short
- With the sterile scissors (wash and boil metal nail scissors on the stove for five minutes), cut a slightly larger hole at the tip of the teat, so that you can feed the tube upwards through the teat (a tight fit will help reduce spilling). **Make sure this teat is not used for any other purpose.**

- Open the plastic attachment (the open/close valve) on the large end of the feeding tube and sit it in the expressed breastmilk at the bottom of the bottle
- Screw the teat and bottle top onto the bottle
- Place the feeding tube on your breast, placing the tip of the feeding tube at the tip of your nipple
- Tape the tube onto your breast, well away from the areola to ensure the baby does not suck on the tape



Keep the bottle close to you, such as on a table or in your pocket

To help reduce the risk of your baby getting sick, please throw out the feeding tube after five days of use.

- Encourage your baby to attach to the breast with the feeding tube OR attach your baby without the feeding tube and then gently push the tube into the corner of your baby's mouth
- Encourage your baby to suck at your breast
- When your baby sucks they will be able to draw the expressed breastmilk through the feeding tube
- Ask for help if your baby is not sucking well

Four steps to clean the feeding tube

Use a syringe to push:

1. Warm soapy water (use dishwashing liquid) through the feeding tube
2. Tap water through the feeding tube
3. Cooled boiled water through the feeding tube
4. Air through the feeding tube

Let the feeding tube dry before the next feed.

Scan the QR code for more information and resources



Community Health Centre

Phone: _____

Community Health Feeding Clinic

Phone: _____

Australian Breastfeeding Association

Phone: 1800 686 268

Family Doctor

Phone: _____

**Nepean Blue Mountains
Local Health District**

PO Box 63
Penrith NSW 2751
Telephone: (02) 4734 2000
Fax: (02) 4734 3737
Email: NBMLHD-mail@health.nsw.gov.au

Web: www.nsw.gov.au/health.nbmlhd
Facebook: www.facebook.com/NBMLHD
Instagram: [instagram.com/nepeanbluemountains](https://www.instagram.com/nepeanbluemountains)
Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District