

When to refer to an IBCLC

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Give the Best

Nat'l Naval Medical Ctr
Lactation Support Team
8901 Wisconsin Ave
Bethesda, MD 20889

Need more help?

If you have additional questions about breastfeeding or the services offered through the Lactation Support Program, Please call our office weekdays between 0800-1400

*Call: 301-319-5033 or
301-295-9959*

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Before Birth

Please refer your pregnant patients to our prenatal breastfeeding class. We cover topics that parents need to know before they have their babies. Our families who attend the classes typically have fewer problems getting started with breastfeeding. If your patients have any of the below listed problems, they are welcomed to schedule a private appointment with me.

- History of surgery to nipple or breast; augmentation, reduction, biopsy, piercing
- No breast changes during pregnancy or history of asymmetrical breasts
- Prior breastfeeding experience that didn't go well – for whatever reason
- Mom is planning an adoption and is interested in breastfeeding
- Family history of allergy (any kind)

At Birth

- Mom has a premature baby, or multiples
- Mom and baby are separated – for whatever reason
- Baby's mouth or tongue shape are interfering with breastfeeding (cleft palate or tongue-tie)
- Mom has a special-needs baby

Baby's First Week of Life

- Mom does not feel breast changes ("milk coming in") by Day 3-5
- Mom has nipple pain or trauma beyond initial latch-on tenderness
- Baby is not latching and nursing well at each feeding by the time s/he is discharged
- Baby's output is less than 6 wets and 4 BMs daily by Day 7
- Baby's stools are not soft and mustard yellow by Day 5
- Baby is not nursing 8-12 times each day (feeding about every 2-3 hours)
- Baby is still below discharge weight
- Baby falls asleep quickly at breast, or sleeps through feedings
- Baby is given supplements – of anything, for whatever any reason
- Baby is crying, colicky, "never stops nursing" or "never seems happy" at breast

Baby's Second Week of Life

- Mom has nipple or breast discomfort
- Baby has not regained birth weight by Days 10-14
- Mom has questions about how well her baby is breastfeeding

At Any Time

- Family asks for help
- Mom has mastitis or abscess
- Questions about medications (prescription or over-the-counter) and mother's milk
- Mom wants to continue nursing when she returns to work or school
- Mom becomes pregnant while still lactating
- Mom needs information about breastpumps or milk storage

Promote, Protect, Support Breastfeeding

