

When to Call a Lactation Consultant



Call a lactation consultant for additional instruction and support if your baby:

Is jaundiced

Refuses to latch-on

Is not gaining weight quickly (0-3 months <25-30 g/day, 3-9 months: <12-18 g/day)

Is gaining weight too quickly (more than 40 g per day)

Cries a lot and is fussy

Feeds “all of the time”

Is premature (<37 weeks)

Spits up “a lot”

Call a lactation consultant for additional instruction and support if you:

Have flat or inverted nipples

Have sore nipples

Are engorged

Are ill or need to have surgery

Have a low milk supply

Are returning to work

Experience mastitis (breast infection)

Wish to breastfeed an adopted baby

Experience stress around feedings

Need to take medications

Need advice about selecting an appropriate breast pump

Are receiving conflicting advice

Are discouraged to breastfeed

Or, anytime you are unsure if breastfeeding is going well

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.