

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.