

BREASTFEEDING ANSWERS

Lactation Aid at the Breast

Lactation aids are used if your baby needs more milk. It will allow your baby to receive a supplement and breastfeed at the same time. It will also help to increase your breast milk production. Your baby needs to be able to:

- Latch to your breast
- Form a seal at your breast

You will need:

- Baby bottle with a nipple
- 36-inch #5 French feeding tube
- Small syringe for cleaning the tube
- Supplement fluid – expressed breast milk or a breast milk substitute if breast milk is not available
- Scissors and tape

Setting up the lactation aid:

1. Wash your hands.
2. Make the bottle nipple larger by cutting it with clean scissors.
3. Insert the smaller tip of the feeding tube through the bottom of the hole on the bottle nipple.
4. Pour the supplement into the bottle.
5. Put the larger end of the feeding tube into the bottle making sure it is covered with milk.
6. Screw the nipple and cap onto the bottle. This is to help prevent spilling.
7. Place the bottle at the level of your breast either on a flat surface nearby or in the pocket of your shirt. Caution: If the bottle is too high, the milk will flow too fast and your baby could choke. If the bottle is too low, your baby may become frustrated or get tired easily.
8. Tape the feeding tube to your breast so that the tip of the tube is level with the end of your nipple.
9. Latch your baby to the breast.
10. You can also latch your baby first and slip the tip of the tube into the corner of their mouth over the tongue while sucking.



11. When the tube is in the right place you will see milk start to move through the tube. You will also be able to hear your baby swallowing milk.

Cleaning the feeding tube:

- Clean the bottle and nipple as usual.
- Rinse the tube well with a syringe filled with hot water. Soap is not needed but if you choose to use soap, make sure the tube is rinsed very well.
- Use the syringe to force 1-2 plungers of air through the tube to get rid of any water.
- Air dry the tube in a clean area.
- Use a new tube often and especially when the tube becomes stiff, brittle or discoloured.

Weaning from the lactation aid

It is important for you and your baby to have regular appointments with a breastfeeding clinic or breastfeeding specialist while using the lactation aid. These appointments help us to make decisions on how long to use the lactation aid and how much supplement is needed.

For more information call us at 1-800-563-2808.

