



Increasing Your Milk Supply

Mothers make more milk by removing milk from their breasts often.

Removing milk frequently:

- If you are breastfeeding your baby directly, breastfeed your baby at least every three hours during the day.
- Use your breast pump for 5 to 10 minutes after each feeding or pump approximately 30 to 60 minutes after you finish feeding (Choose the schedule that is more convenient for you and so you remove more milk with the pump.)
- If you are using a breast pump instead of breastfeeding directly, pump your breasts at least 8 times each 24 hours (every three hours).
- A schedule may be helpful as you plan at least 8 feedings and pumping.
7:00 a.m. 10:00 a.m. 1:00 p.m. 4:00 p.m.
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- 25% of your milk can be obtained during the night.
- *It is probably better to not set an alarm clock for nighttime feedings/pumping. If you or your baby wakes during the night, it is a good idea to feed or pump. You can feed or pump more often during the day (any time your baby is interested in feeding) in order to have 8 feedings or pumping each 24 hours.

Removing as much milk as possible:

- Massage your breasts before feeding or pumping to move your milk to your nipple. Roll your nipples between your finger and thumb before feeding or pumping.
- Massage your breasts while you are feeding or pumping to help your milk flow.
- Always encourage your baby to take as much milk as possible at each feeding. Don't stop your feedings just because a certain amount of time has passed.

Taking care of yourself:

- Increase your rest for 3 to 5 days. Get other people to help with household chores. Sleep or rest when your baby sleeps.
- Eating nutritious foods helps you feel better. There are no foods that *magically* increase your milk supply.
- Drink plenty of fluids when you are thirsty. Don't "force" yourself to drink *lots* of water and fluids. (Don't drink more than you want.)

Reglan (Metaclopramide):

Reglan is a prescription medication which has been given to women to increase their breast milk supply. It increases the prolactin hormone which increases milk production. Reglan is often given to treat gastric reflux, a stomach condition. It is given to premature or full-term babies who have this condition and is considered safe for these babies. Sometimes Reglan is given for months.



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Reglan is a medication which has few side effects. Some people find that it makes them sleepy. This can be helpful for new mothers who need to take naps since they are up at night with their babies. However, if you are very drowsy and sleepy when you drive a car, you need to have someone else drive, decrease your dosage of Reglan, or stop taking Reglan.

After two weeks of taking Reglan, hopefully you have increased enough to satisfy your baby. You can try another course of Reglan after a break of a few weeks.

Reglan helps about 80% of mothers make more milk. It is very important that you empty your breasts as completely as possible at least eight times each 24 hours.

Fenugreek (Trigonella foenum-graecum):

Fenugreek is an herb which is mostly used in the United States to flavor artificial maple syrup. It has also been used to increase mothers' milk supply.

Fenugreek is not recommended if you are **pregnant**, if you have **asthma**, or if you have **diabetes**.

Fenugreek is sold in health food stores in tea and capsule forms. The usual dosage of Fenugreek that is recommended for mothers to increase their milk supply is:

3 capsules three times each day

3-4 cups of tea per day

Mothers who take Fenugreek sometimes notice that their skin and urine smell like maple syrup. Some mothers have noticed loose bowel movements when they take a large amount of Fenugreek. Many mothers take Fenugreek for several months.

This information should not take the place of visiting with your healthcare provider. If you have any questions or concerns, please call the clinic at 712.755.5130 or the hospital at 712.755.5161 and ask to speak to a mother/baby nurse.

It usually takes 3 to 5 days to notice much difference in your milk supply.

Remember, the *more milk you remove, the more milk you make.*

The Resource Manual for The Breastfeeding Educator Program © D. Bocar, Lactation Consultant Services, OKC, 2000

Useful Links:

<http://www.llli.org/faq/mastitis.html>