

Managing Basic Problems

Milk Supply, Jaundice and Yeast Infection



Milk Supply

Do I have enough breastmilk ?

In the first few days after birth, milk supply is being developed and this is enough to feed your baby.

If you feel like you don't have enough milk in the early days, there could be several reasons:

- Baby is not breastfeeding enough to get the milk out, or may be sleepy.
- Birth control pills or shots could be blocking your milk-making hormones.
- A lot of bleeding for several days after birth; talk with your doctor.
- Women who are overweight or have diabetes sometimes have a slower increase in their milk supply.

Remember . . .

Whether you have a lot of milk or not very much, feeding your baby often during the day can help your body learn how much milk to make. Feed at least every 1½ - 3 hours during the day and once during the night.

If you have questions about the amount of milk you're making, talk with your nutritionist, nurse, lactation consultant or breastfeeding peer counselor.

Increasing your milk supply

- Empty the breast at each feeding. If your baby does not take both breasts, then use hand expression or a pump to express milk out of the second side.
- Use breast massage before, during and after feedings. This helps move more milk into the baby and empties the breast.
- Feed baby or empty the breast more frequently. This tells your body to make more milk.
- Let every meal for baby be at the breast. Giving expressed milk or formula tells your body that it doesn't need to make more milk.
- If you smoke cigarettes, quit or cut back. More than a pack a day can decrease your milk supply.
- If you are taking hormonal birth control (pills, shots, patches), make sure that it was started after the baby is at least a month old and does not contain estrogen. Estrogen can decrease your milk supply.



Jaundice

- It is a naturally-occurring part of newborn life. This may happen over the first week or so.
- Bilirubin, the chemical that causes jaundice, moves out of baby's body in the bowel movement. It is in the tarry and sticky early bowel movements.
- Feeding baby often (every 1½ - 3 hours during the day and at least once during the night) helps baby have bowel movements, getting rid of the bilirubin.
- If baby is NOT having bowel movements, then the eyes and skin start to turn yellowish. The bilirubin level is building up in the baby, which can make the baby very sick.

To Prevent Jaundice:

- Feed baby often, right from birth—every 1½ to 3 hours during the day and at least once during the night.
- Wake baby up to breastfeed, if needed.
- If baby is too sleepy to breastfeed, give breastmilk with an eye dropper, spoon or bottle.
- Do not use a pacifier. Let baby do all of the early sucking at the breast.

If baby is not breastfeeding at least 8 – 12 times in 24 hours and having 4 bowel movements by day 4, see the baby's doctor. Baby is not getting enough to eat.

Breastmilk Jaundice?

Sometimes babies can get yellowish around 10 – 14 days old. This is usually a mild case of jaundice. It might be related to a natural chemical in breastmilk. See your baby's doctor.

Yeast Infection (thrush)

If breastfeeding has been painless and the nipples suddenly become sore, it might be a yeast infection. Mom or baby might have recently taken an antibiotic.

Signs of yeast infection – Mom

- Burning or stabbing pain in the nipples or breast
- Bright red, shiny nipples and areolas. Might also have blisters or itchy, flaking skin
- Might also have a vaginal yeast infection.

Signs of yeast infection – Baby

- Creamy white patches on the tongue, gums and inside of cheeks that do not rub off.
- A diaper rash with raised, red patches that do not heal with regular rash creams.

How to Treat a Yeast Infection:

- Both Mom and baby need to be seen by a doctor and treated at the same time, even if only one looks like they've got a yeast infection.
- It takes about 2 weeks to treat an infection. It is very easy to get a new infection, so be sure to use all the medicine.
- Baby will need a prescription medicine from the doctor.
- Don't use any nipple creams besides your medicine while treating a yeast infection.
- Sterilize pacifiers, bottles, nipples, pump parts, and teethers daily. Boil for 20 minutes.
- Keep bras and bra pads clean and dry. Wash them in hot, soapy water.
- If breastfeeding is too painful, pump the milk and feed to baby until the pain gets better. Don't freeze this milk for later use because it can contain yeast.

Remember . . .

If the pain or rash doesn't get better after 10 to 14 days, see your doctor again. You may need another round of treatment or some stronger medicine.



For more information on breastfeeding, talk with your Nutritionist, Nurse or Breastfeeding Peer Counselor and the Lactation Consultant at the hospital where you had your baby.

