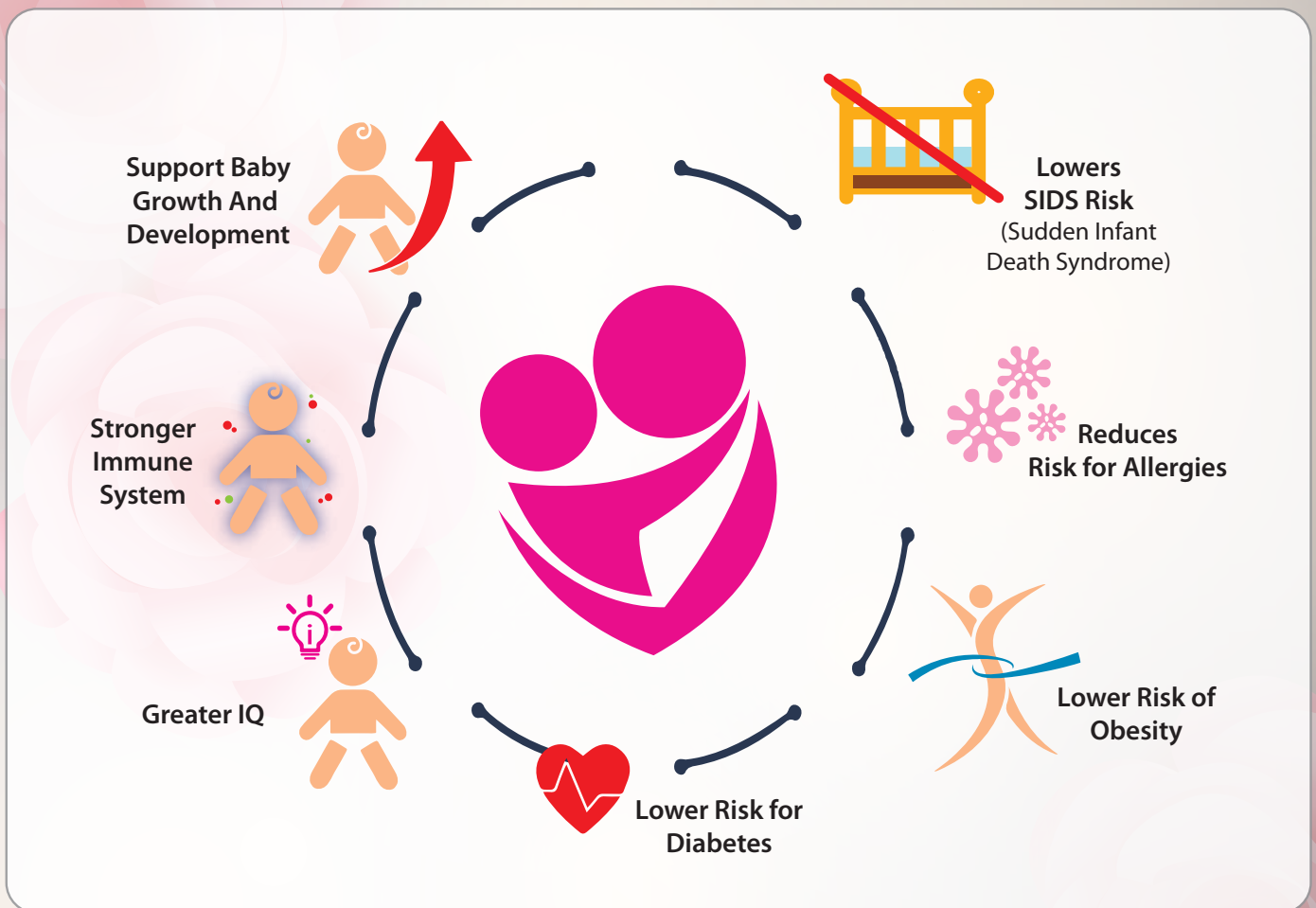




# LACTATION PHARMACY SERVICE

If you are thinking about becoming pregnant, are currently pregnant, or are breastfeeding (BF) a baby, we can help you with your medication needs. We will be able to help you to manage your medications during pregnancy & lactation, supplementary needs, selfcare for mother and babies.

## Benefits of Breastfed Babies



lovypharmacy.com  
gm@lovypharmacy.com

Please dial 1800-22-1212 for more information.

# BENEFITS OF BREASTFEEDING FOR MOTHER

1. Burns extra calories, making it easier to lose weight after pregnancy
2. Decrease the cancer risks, breast, ovarian, uterine and diabetes
3. Helps your uterus to return to normal size
4. Saves valuable money and time
5. Release oxytocin (the love hormone) prolactin, substances that help with relaxation and reduce stress

## TIPS ON HOW TO BREASTFEED

- Always wash your hands with soap and water before you begin to BF.
- Clean your nipples and areola with cotton wool dipped into water that has been boiled and cooled.
- Hold baby close to your breast, supporting his head in the crook of your arm, Let your nipple touch his cheek and baby will automatically turn his head to face your breast.
- Stretch your nipple and guide into his mouth. Make sure baby holds both nipple and the areola in his mouth.
- Use your finger to push down the part of the breast nearest to his nose so that he can breathe without difficulty.
- 10-15 minutes at each breast - to avoid nipple sores.
- After baby has finished, help him to let go of your nipple by pressing gently on your breast.
- Allow the air to enter into the corner of his mouth.
- After feeding, rests baby head on your shoulder and gently rub his back.
- Helps to burp and bring up any swallowed air.
- Lastly clean your nipples and areola, and rub lanolin cream on your nipples to prevent cracking.

## REASONS OF LOW MILK SUPPLY

- Too much caffeine
- Smoking
- Taking certain medication
  - > please consult your pharmacist or lactation consultant for more info
- Stress
- Not watching your diet
- Mastitis

## WAYS TO BOOST UP BREAST MILK SUPPLY

- Healthy balanced diet
- Supplements
  - e.g. fenugreek, domperidone etc
- Hydration

## MILK SUPPLY TIPS AFTER RETURNING TO WORK

- Always latch on whenever you are with the baby
- Nurse your baby before and after work
- Keep a regular pumping schedule at work
- Do extra pumping at home every weekdays and weekend
- Avoid stress at workplace
- Let the baby nurse through the night
- Eat healthy and stay hydrated