



When you have a lactation visit, two appointments will be scheduled: one for the mother and one for the baby. Please come at the earlier (mother's) appointment time to ensure time for the full lactation consult.

What to expect for your appointment:

- You will meet with a lactation consultant to discuss your feeding goals, any concerns you may have, and a brief medical history.
- The lactation consultant will then observe your baby nurse and give latch and position advice.
- You will also meet with one of our providers who will briefly examine the baby.
- There will be time for your questions to be answered, and a plan will be developed regarding the next steps for you and your baby.
- Appointments last around 60-90 minutes.

How to prepare for your appointment

- Bring your baby ready to eat. Try to feed the baby about 2 hours prior to the appointment so that the timing is right for a full feeding. Do the best you can to ensure the baby is plenty hungry but not so hungry they are too upset to latch.
- Be sure to record the following for the last 24 hours:
 - 1) the number of your baby's wet and dirty diapers, 2) how many times you've nursed (and for how long), and 3) any supplementation given (either expressed breast milk or formula) including how much and how often.
- If you are using anything to help with breastfeeding, such as a nipple shield, bottle or supplement - please bring it with you. (We have a breastfeeding pillow in the office).
- If you would like assistance with your pump, you may bring it with you.
- You may bring a support person with you.
- Wear clothing that is comfortable and easy to breastfeed in.