



## **Getting Ready for Your Lactation Appointment**

You will be meeting with an International Lactation Specialist who will help you work toward your breastfeeding goals. This initial consultation will last 1 to 1 ½ hours. Follow-up consultations, if needed, may be shorter.

This consultation will include: a health history of you and your baby, a physical assessment of your breasts, a physical assessment of your baby included the mouth and tongue, one or more weight checks, an assessment of how your baby feeds, and recommendations to address your individual concerns in order to facilitate your breastfeeding goals.

Please bring to your appointment:

1. **Baby** – the appointment should be scheduled around baby’s feeding time. Two hours after the previous feeding is optimal. The purpose of the consultation is to feed the baby with the Lactation Specialist at your side. This will help determine which interventions may be appropriate.
2. **Partner or Support Person** – this can be baby’s dad, grandmother, your sister, etc. To maximize the success of the consultation, this support person should be the individual who will be helping you at home.
3. **Your breast pump and ALL the pump pieces you have** – if you do not have a pump, it is fine. During the consultation, the Lactation Specialist will let you know if a breast pump is needed. Some breast pumps are better than others. Be sure ALL your pump pieces are clean and ready to use, even the pieces that you have not previously used.
4. **Dress Comfortably** – wear clothing that is comfortable and easy for breastfeeding. Bring an extra outfit for your baby (accidents happen!).
5. **Any breastfeeding accessories** you have used or currently use during breastfeeding such as nipple shield, breast shell, tube device, syringe, Boppy pillow, etc. Bring ALL items clean and ready to use, even if you are not currently using them during feeding sessions.
6. **Bottles or nipples** – any bottles or nipples, even if you are not currently using them.
7. **Pumped breast milk OR ready-to-feed formula** – this is not needed most of the time but is a standard item that we ask all mothers to bring.
8. **Diaper Bag** – to help carry everything!