



## Information for Mothers

### Breastfeeding Clinic- Baby Friendly Initiative Hospital

**Appointments:** The clinic is a referral and walking in clinic that focuses on prenatal prevention, early diagnosis and management of lactation and breastfeeding problems amongst mothers and babies.

Breastfeeding problems need urgent attention and patients can be seen without delay. Ask your physician or nurse to arrange an appointment or call us on our **HOTLINE** number **96624408**

A *breastfeeding consultation* takes about one hour and includes a careful history and examination. We will watch breastfeeding. After making a diagnosis we offer practical, common sense advice to help solve the problem. We recognize that each mother and baby is unique and our advice may differ from patient to patient. Please remember to bring a hungry baby to the appointment.

#### **Your Visit:**

Most consultations take about 60 minutes. Return appointments are usually necessary until the problem has been resolved. Remember to bring diapers, change of clothes and bottles of formula if needed.

**Consultations:** In order to solve a breastfeeding problem, an accurate diagnosis is needed. A detailed mother and infant history is obtained followed by a careful examination including observing breastfeeding. An assessment is made and practical management advice is given.

**Prenatal Lactation Assessments:** Prevention is better than cure. Many women have concerns about their ability to breastfeed. A careful prenatal lactation assessment is often helpful in identifying potential mother and infant factors that might interfere with successful breastfeeding.

**Breastfeeding and premature infants:** Sometimes mothers need assistance with establishing or maintaining lactation during periods of separation from their babies. Pharmacological and other medical and non-medical advice are given.

**Breastfeeding and working:** When mothers return to work outside the home, many aspects of infant feeding need to be considered. We offer practical suggestions to combine exclusive and partial breastfeeding with work. Breast pumping is discussed in detail.

#### **Working hours:**

There is daily morning clinic from 8am till 12:30noon except on Fridays and afternoon clinics on Sunday to Wednesday 4:30 – 8:00, last appointment will be given at 7:30 pm.

### **Neonatal Department- Breast Feeding Unit- Adan Hospital**

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