

Breastfeeding whilst an Inpatient

Maternity

Are you a breastfeeding mother, admitted to New Cross for surgery or treatment as an inpatient?

If so, the Royal Wolverhampton NHS Trust recognises that breastfeeding is very important for the health of both you and your family.

If you are breastfeeding, please let a member of staff know, so that we can ensure that the appropriate support and care is provided.

Contact our Infant Feeding Team for further support and information on **01902 695578**.

Mothers admitted to hospital

If you are a mother admitted to hospital, you may be very anxious about being separated from your baby.

If you are still breastfeeding, you will need to keep your baby close for regular feeds. Every effort will be made by hospital staff to accommodate this, but if this is not feasible or safe then you will require regular access to a breast pump.

You may need to bring your own breast pump with sterile sets and bottles – ask a member of ward staff for guidance.

The ward may not have the facilities for storing your breast milk, but expressed breast milk can be kept at room temperature for six hours. You will need to ensure that your breast milk is taken home for safe storage for longer periods than this.

Make sure you label your expressed breastmilk with your name, date of birth, plus time and date of expressing.

If your admission is planned, it will be useful for you to plan ahead for breastfeeding or breastmilk feeding your baby according to their age, how long you are expecting to stay, and the support available from family and friends.

You might want to consider providing expressed breast milk for your stay in hospital. If so, it is useful to start expressing and storing your breast milk a few weeks before your admission.

When you are in hospital, speak to staff about planning to breastfeed your baby immediately before your surgery.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

If your admission is unexpected or you are very unwell, you might need to temporarily stop breastfeeding during your stay in hospital, but staff will continue to support your feeding journey, supporting you to express your breastmilk to remain comfortable, and enabling you to start breastfeeding again as soon as you are able.

For information on expressing and storing breastmilk visit the Trust's Infant Feeding page: <https://www.royalwolverhampton.nhs.uk/services/service-directory-a-z/infant-feeding/>

Mothers due to have surgery

If you are a new mother due to have surgery and require support in providing care for your baby, you may nominate a friend or relative to care for your baby who will be welcomed to stay – speak to ward staff to arrange this.

Separation of mother and baby is minimised as much as possible, and the situation reviewed regularly to accommodate your needs as much as possible, such as placing mothers who are breastfeeding in a side room.

If you need a general anaesthetic, tell the anaesthetist that you are breastfeeding. After surgery, as soon as you are awake enough to breastfeed it should be safe to do so, as the drugs do not remain in breastmilk for long.

If you find your usual breastfeeding position too uncomfortable, you may wish to try other feeding positions, for example, with your baby lying down or underarm. If this is not possible, you will need to express your breastmilk to remain comfortable and start breastfeeding again as soon as you are able.

For information about breastfeeding and medication and for information on expressing and storing breastmilk visit the Trust's Infant Feeding page: www.royalwolverhampton.nhs.uk/services/service-directory-a-z/infant-feeding/

If you need to temporarily stop breastfeeding

If you are unable to breastfeed during your stay in hospital, you will need to express your breastmilk to remain comfortable and start breastfeeding again as soon as you are able.

To maintain your breastmilk supply, you will need to express at least 6 – 8 times every 24 hours, plus at any other time you feel full and uncomfortable.

Breastfeeding and medication

If you are a breastfeeding mother you may have questions about breastfeeding and the medications you are prescribed during your stay at hospital.

Please tell all medical staff that you are breastfeeding, so that whenever possible they can prescribe medications which are compatible with breastfeeding.

Most medications are safe to take whilst breastfeeding, but your individual situation should be reviewed regularly, and the value of breastfeeding will always be considered in all decision making.

For information about breastfeeding and medication and for information on expressing and storing breastmilk visit the Trust's Infant Feeding page: www.royalwolverhampton.nhs.uk/services/service-directory-a-z/infant-feeding/

Need breastfeeding support and information?

During your stay, ward staff will support you with your feeding journey, but if you need any other breastfeeding support and information please visit the Trust's Infant Feeding page: www.royalwolverhampton.nhs.uk/services/service-directory-a-z/infant-feeding/

Contact our Infant Feeding Team on 01902 695578 for further support and information.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。