

Breastfeeding And Expressing When You Have Been Admitted To Hospital

Perinatal Services - Maternity

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.

Introduction

This leaflet guides those who are breastfeeding or expressing milk on how they might carry on feeding their baby while they are in hospital.

Are you a breastfeeding mother, who might be or has been admitted to hospital?

The Royal Wolverhampton NHS Trust understands that breastfeeding or expressing milk is important for the health of both you and your family.

We can support you to keep breastfeeding or expressing milk when you are in hospital.

If you are breastfeeding, please let a member of staff know so that we can make sure that you have the right support and that care is provided.

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

How can I feed my baby when I am in hospital?

If you are breastfeeding, you will need to keep your baby close so they can feed regularly. Hospital staff will try hard to keep you and your baby together. If this is not possible, we will keep the time you are apart as short as we can and will support you to express your milk.

You may need to bring your own breast pump with sterile sets and bottles; a member of ward staff will find out for you.

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

If your stay is unplanned or you are very unwell, you might need to stop breastfeeding while you are in hospital. Staff will support your feeding journey by helping you to express your breast milk and, as soon as you are able, start breastfeeding again.

The infant feeding team can help you with difficulties and when possible, support you with feeding in hospital and when you go back home.

How can I prepare if I know I am coming into hospital?

You might want to think about having a supply of expressed breast milk ready for your stay in hospital if your baby cannot be with you for every feed.

It will help to start expressing and storing your breast milk a few weeks before you come into hospital. The Infant Feeding Team can give you information about expressing your milk. They may also be able to loan you a breast pump.

How should I store my milk?

The ward may not have a fridge to store your breast milk but expressed breastmilk can be kept out of the fridge for up to six hours in total. Ask staff if there is a fridge where you can store your milk.

When you can, try to:

- Keep milk cool and out of direct light
- Get it into a fridge as soon as you can.

Ask ward staff for hospital stickers with your name and hospital number which you can use to label your milk.

Make sure you label your expressed breast milk with:

- Your name
- Date of birth
- Hospital number
- Date and time of expressing.

For information on expressing and storing your breastmilk see the NHS website or call the Infant Feeding Team (details at the end of this leaflet).

What if I am having surgery?

If you are due to have surgery and need support caring for your breastfed baby, you can choose a friend or relative to help care for them with you; speak to ward staff to arrange this.

We will try to support your needs and not separate you and your baby where we can. Your care will be reviewed regularly.

If you need a general anaesthetic, explain to 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 are not in breast milk for long.

If the Infant Feeding Team are available, they can help you to find a comfortable position to feed your baby.

What if I need to stop breastfeeding for a short time?

If you are not able to breastfeed your baby, you will need to express your breast milk starting again as soon as you are able.

To stop your milk drying up and keep it flowing, you will need to express at least 6 – 8 times every 24 hours, plus at any other time you feel full and uncomfortable.

Will taking medications stop me from breastfeeding?

Most medications are safe to take whilst breastfeeding.

Please tell all medical staff that you are breastfeeding so that they can prescribe medications that are ok to take.

Your care should be reviewed regularly, and the benefits of breastfeeding will always be considered in all decision making.

Where can I get breastfeeding support and information?

During your stay, ward staff will support you with your feeding journey.

For other breastfeeding support and information:

Trust's Infant Feeding page:

www.royalwolverhampton.nhs.uk/our-services/infant-feeding-team/infant-feeding-team

Infant Feeding Team:

01902 695578

Please leave a message and the team will get back to you when they can.

National Breastfeeding Helpline:

0300 100 0212

Breastfeeding information and support available 24 hours a day, every day of the year.

Start for Life:

www.nhs.uk/start-for-life

NHS advice and guidance

The Breastfeeding Network website has information sheets on breastfeeding and medications; use the QR code below.

The website also has a link to **Facebook group: The Breastfeeding Network Drugs in Breast milk Service** where you can get information and ask questions.

You can also email them for information:

druginformation@breastfeedingnetwork.org.uk



The medical team can get information from the NHS specialist pharmacy service website. It has contact details for the **Breastfeeding Medicines Advice service (UKDILAS)** which is a service run by pharmacists with a special interest in breastfeeding.

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。