

Having challenges with breastfeeding?

Our lactation consultants and breastfeeding medicine specialists are here to help!

Having a baby is an exciting time, but sometimes breastfeeding doesn't go as planned. Meeting with a lactation consultant and breastfeeding medicine specialist (doctor, midwife or nurse practitioner) can help to answer your questions and work through problems that come up. We are here to help you meet your goals!

Who can benefit?

Everyone is welcome. You may find it especially helpful to meet with us if:

- Your baby is having trouble latching on
- You have very sore nipples
- Your baby is not gaining enough weight
- You think your baby may be tongue-tied
- You think your milk supply may be too low
- Medical problems are making breastfeeding difficult
- Your baby is premature or hospitalized
- You have had many breast infections
- You have other questions about your breastfeeding journey



What to expect during your consultation.

At your appointment, you will meet one-on-one with a lactation consultant and breastfeeding medicine specialist to go over your concerns and breastfeeding goals. Then, you will work together to come up with a plan that meets your needs. The visits generally take about one hour.

We will send a summary of your visit to your prenatal office and the baby's pediatrician.

We look forward to helping you through this important time. For more information, or to schedule your consultation, please call **585-276-MILK (6455)**.

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Insurance Information: Our Postpartum Breastfeeding Consultation service is not within the global obstetrics delivery fee. Consultations are billable to insurance. We accept most major insurances; please check with our office and refer to your specific plan's coverage.

breastfeeding.urmc.edu

