

What questions do *you* have about breastfeeding?

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

Getting ready to have a baby is an exciting time, and it's the right time to make some decisions about how you will feed your baby. Being prepared can help! Meeting with a lactation consultant and breastfeeding medicine specialist (doctor, midwife or nurse practitioner) before delivery can help answer your questions about breastfeeding and help you make a plan to meet your goals.

Who can benefit?

Everyone is welcome. You may find it especially helpful to meet with us before you have your baby if you:

- Are using any medications and/or drugs during pregnancy
- May be expecting a premature baby
- Expect that your baby may be hospitalized after birth, or need surgery
- Struggled with breastfeeding other children
- Have had breast surgery, such as augmentation, reduction, nipple piercing or other surgery
- Are expecting twins, triplets or more babies
- Are unsure about whether you want to, or can, breastfeed



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. The visit takes about 30 to 60 minutes.

They will help you make your **own** “lactation plan,” which will go into your medical record. It will also be sent to your prenatal office and your pediatrician (if known).

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

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Insurance Information: Our Prenatal 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

