

## Increasing Milk Supply

### Some of the things we have seen that help increase milk supply:

- Correct positioning/attachment at breast
- Frequent feedings (1 ½ to 2 ½ hours per day and 3-4 hours per night) = 10-12 feedings per 24 hours
- Feedings lasting 15-30 minutes
- Pumping for 6-8 minutes after breastfeeding
- Breast compression

### Herbals: Discuss the use of herbs with your Pediatric Care Provider.

1. Fenugreek

Capsules (5 caps in AM, afternoon, and night to total 15 caps per day)

Tea: 1-teaspoon fenugreek seeds per 1-cup water

Steep for 10 minutes

Strain and use within 24 hours

At appropriate amount, mother's urine and perspiration will smell like maple syrup.

**CAUTION: Do not use Fenugreek if allergic to legumes (i.e. peanuts). May be a problem if mother's blood sugar is unstable.**

2. Blessed Thistle

Capsules: 2 capsules three times per day

Tincture: 20 drops three times per day

3. Brewers Yeast

Tablets-start with 3 tablets per day

Increase to 9-12 tablets per day

Powder-start with ¼ teaspoon per day

Increase to 1 tablespoon per day

4. Alfalfa tablets-8 tablets per day-4 in AM and 4 at bedtime

**CAUTION: If you have been diagnosed with Lupus-Do not use**

5. Mothers milk tea (2-4 cups per day depending on situation)

6. Vitex (Chasteberry)

Herbal references: Ody, Penelope. Complete Medicinal Herbal, 1993.

Weed, Susan. Wise Women Herbal for the Childbearing Year.

### Prescription Medication:

Reglan: 10 mg tablets 3 times per day

Reglan protocol to build up to full dosage and to taper off medication:

Day 1: 10 mg -1 tablet at 9 AM

Day 2: 10 mg- 1 tablet at 9 AM and 9 PM

Day 3: 10 mg- 1 tablet at 9 AM, 5 PM and 1 AM (continue at this dose)

Day 11: 10 mg- 1 tablet at 9 AM and 9 PM

Day 12: 10 mg- 1 tablet at 9 AM