

Lactation Consult Visits at Pediatric Health Associates

Congratulations on your growing family! We want to help you succeed in your breastfeeding goals. At your lactation visit, you will meet with a certified lactation counselor and a pediatrician. We will have you feed your baby in the office and then pump if you choose to do so. To help make the visit as successful and informative as possible, please schedule the last feeding approximately 3 hours prior to your visit. Do not allow your baby to go longer than 3 hours without a feeding. If your infant typically feeds every 2 hours, you can schedule the last feeding 2 hours prior to your appointment time.

If you don't have a pump and would like one, we can help arrange one at the visit. Please bring the following items to your appointment:

- Feeding/pumping log with number of wet and dirty diapers
- 2 thin receiving blankets
- Breast pump, pump parts and 2 bottles with caps
- If you are giving any formula, please bring one bottle of formula
- Any other items you might be using such as a nipple shield
- Breastfeeding pillow (optional)

Please call our office with any questions. We look forward to meeting you and your baby!

The Lactation Team at PHA