

A mother's milk production is considered 'delayed' when she does not notice breast changes or fullness by about 72 hours after birth. This delay sometimes occurs after a difficult or premature birth. You can also have a drop in the amount being pumped after several weeks or months of a preterm birth. With a delay/low production, you may notice:

- Your breasts still feel the same without any increasing fullness from day 3-8 when milk is usually increasing, and/or you are not able to pump very much.
- If your latch has been good with frequent feedings but your baby's urine and stool have not increased as shown on the 'Diaper Diary.'
- You are not producing a daily total of 16 ounces of milk by 7 to 10 days postpartum if only pumping.
- Your baby is not at his birth weight by 10 days (if born around the due date, breastfeeding only and with a good latch).
- Your baby has a good latch but wants to feed every hour and is fussy after feeding or becomes very sleepy and will not eat.
- The daily pumping amount drops below 16 ounces for more than two or three days.

## KEEP CALM AND LATCH ON

### PROTECT YOUR MILK SUPPLY BY:

1. Breastfeeding or pumping every 2-3 hours.
2. Feeding your baby.
3. Reducing any pain you may be having after birth.
4. Holding and cuddling your baby skin-to-skin often.
5. Seeking help to find how breastfeeding can work for you.

REFERENCES: Mohrbacher, Nancy. Breastfeeding Answers Made Simple, Riordan & Wambach. | Breastfeeding and Human Lactation 5th Ed., HCroal PRHC/POPC/Breastfeeding Clinic/2018

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# BREASTFEEDING

## WHEN MILK PRODUCTION IS DELAYED OR NOT ENOUGH



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## MOST COMMON CAUSES FOR DELAYED OR LOW MILK PRODUCTION

Not enough breastfeeding or breast pumping (milk removal) is the most common reason for a delay, low supply or for any drop in milk production. A look at how long and how often you are breastfeeding or pumping should always be the first thing you do when you think milk production is low. If pumping, make sure your equipment is working well.

## OTHER REASONS FOR DELAYED OR LOW MILK PRODUCTION

### MATERNAL REASONS:

- Long labour or stressful birth
- Cesarean birth
- Pre-term birth
- Placenta pieces that did not come out after birth or placental problems in pregnancy
- Blood loss of more than 500 mL
- Separation of mother and baby, and little or no skin-to-skin body contact
- Pain and anxiety not managed
- Excess weight gain in pregnancy
- Some medications given during birth can slow down milk production
- Breast surgery
- Reductions or implants
- Breast Hypoplasia (lack of breast tissue)
- Breast injury
- Inverted nipples

### HEALTH PROBLEMS: (conditions that affect hormones)

- Type 1 Diabetes
- Gestational diabetes
- PCOVS (Polycystic ovarian syndrome)
- Low thyroid
- Pituitary issues
- Low prolactin
- Endometriosis
- High blood pressure
- Smoking and using certain types of hormonal birth control
- Obesity

### INFANT REASONS: (that cause a weak latch and poor milk removal)

- Prematurity
- Low birth weight
- Poor positioning at breast
- Birth injuries
- Pain
- Tongue-tie, cleft lip and palate
- Forceps or vacuum delivery, breathing problems and medication given to mother for pain in labour.



### IN ADDITION...

When you are tired after birth, too much time can pass between breastfeeding or pumping when your baby is in the NICU. When milk is not removed frequently enough, the body gets the message to slow it down.

It is important to give your baby breast milk no matter how much you make.

We are here to help you and have ways to increase your milk supply and help breastfeeding work for you.

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**FOLLOW-UP CARE:** You should see a Lactation Consultant within 1-2 days of hospital discharge.

A list of community support breastfeeding services is in your post-partum package, titled:

“Breastfeeding Help Peterborough”