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## DECREASED MILK SUPPLY

Always visit with your Lactation Consultant First.

Common Causes for decrease in milk supply:

Insufficient rest  
Decreased nursing or pumping  
Increased stress  
Increased formula supplements  
Smoking

Maternal illness  
Decreased fluid intake  
Improper Diet  
Medications

It is normal for your milk supply to be less in the late afternoon and evening when you are tired. Try to pump more in the morning when your supply is larger. Be aware that if you are sick (cold, flu) your milk supply will drop temporarily while your body is working to heal itself.

Try to increase your resting time when you are home with the baby by nursing lying down.

Increase fluid intake to 8-10 glasses per day. If the color of your urine is not very pale yellow, increase your fluid intake.

Drink a malted milk (Ovaltine) each day.

Stop smoking.

Increase frequency and duration of breast feedings and pump about 10 minutes between feedings as often as you can.

If pumping at work, add another pumping session if possible (preferable in the morning.)

If baby is eating solid foods, breastfeed baby first, then offer solids. Pump after feedings.

Some oral contraceptives can affect milk supply. Check with your provider about this.

A variety of non-prescription herbal medications are available. These herbal medications are not approved by the U.S. Food & Drug Administration; contact your provider or pediatrician. You may try Fenugreek capsules. IF NO CHANGE IN 7-10 DAYS, CONTACT HEALTHY BEGINNINGS (303-457-6757).