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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ने उठातुं उरनमे दी लेख वै उं विरथा वरवे एम नंघर उे बेन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Suppression of Lactation

Midwifery Department



We offer you our sincere condolences at this sad time.

All women who experience pregnancy loss or a stillbirth from 20 weeks gestation onwards may produce milk in their breasts.

If your breasts fill with milk it can be both physically and emotionally painful.

Medication to stop milk production

We therefore offer all women the opportunity to take a medicine called Cabergoline which in the majority of women will stop the milk from being produced.

Cabergoline, which is given as a single one-off dose should be taken within 24 hours of the baby being delivered (although it can be given later if necessary).

Suppressing Milk Production Naturally

Some women prefer not to take medication and you can choose to allow the milk to be suppressed naturally. If you choose this method your breasts may feel full and become engorged between the second and fifth day and they may feel uncomfortable or leak milk for up to seven to fourteen days. To suppress lactation without medication you are advised to:

- wear a well-fitting, non-underwired bra continuously until the discomfort stops
- take regular pain relief if necessary to ease the pain
- wear breast pads until the milk stops leaking
- use cold compresses (cloths cooled in cold water) to help ease the pain of full engorged breasts

- Have a warm shower to allow the milk to leak but avoid direct stimulation of the breasts with the water jets.
- Avoid touching the breasts, particularly the nipple and areola as this may stimulate milk production.
- If too painful, hand express a little colostrum / breast milk to relieve the discomfort but try to avoid stimulating the breasts as far as possible.
- See your GP if you develop symptoms of mastitis (redness, painful lumps, fever)

Expressing and Donating Breast Milk

Some women who have experienced pregnancy loss or the death of their baby chose to express their milk. For some women this helps them to feel close to their baby and to feel like a mother. Others may want to use their milk to help other premature or sick babies. If you are considering this the staff can advise you about expressing your milk. If you think you might like to donate your milk we recommend you contact the UK Association for Milk Banking (UKAMB) www.ukamb.org.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you remain concerned, the team can also advise upon how to make a formal complaint.

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