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اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس 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 ज़रूरत 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 Following Pregnancy Loss

Together we care
Women's Health and Paediatrics

Patient Information

We offer you our sincere condolences at this sad time.

Women who experience pregnancy loss or a stillbirth from approximately 16 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 from 16 weeks gestation 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 discomfort
- Wear breast pads until the milk stops leaking for comfort if needed.
- Sleeping on your side or back may be more comfortable. Use pillows to support the breasts if side lying for comfort.

- Use cold compresses (cloths cooled in cold water) for 15 to 20 minutes to help ease the pain of full engorged breasts
- Avoid heat. Have a warm shower to allow the milk to leak but avoid direct stimulation of the breasts with the water jets. i.e. shower with back to the water.
- Avoid touching the breasts, particularly the nipple and areola as this may stimulate milk production.
- See your GP if you develop symptoms of mastitis (redness, painful lumps, fever)

Milk donation

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 donated milk bank:
asp-tr.sph.milkbank@nhs.net

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 asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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