



## **Milk Oversupply**

### **What is milk oversupply?**

Based on your symptoms and physical exam, you seem to have milk oversupply. A mother with oversupply makes a lot more milk than her baby needs. This can occur just because you are blessed with a good milk supply or because you are pumping in addition to nursing your baby, which increases your milk supply. For some mothers, oversupply causes engorgement, pain and leaking. The baby may have difficulty feeding, because the milk is coming too fast for the baby to swallow easily. Sometimes, babies may have frothy, green stools.

### **Treating oversupply**

Before you try to decrease your milk supply, talk with a lactation consultant who can help you carefully evaluate your baby's weight gain. Do not try to decrease your milk supply if your baby is not gaining weight well or is younger than three weeks old.



#### **Block feeding**

To gradually decrease oversupply, we recommend that you "block feed," offering the baby the same breast over a 3-4 hour period. This allows the baby to completely empty one breast. After a 3-4 hour block, we recommend that you switch to the other side for the next 3-4 hours.

### **What pain medications are safe during breastfeeding?**

To help relieve your pain, it's safe to take Acetaminophen (Tylenol) 650-1000 mg every 4 to 6 hours (but no more than 4000 mg – or 8 extra-strength pills – per day) or Ibuprofen (Motrin) 400-600 mg every 6 hours.

### **When you should start to feel better**

Oversupply symptoms may take several days to improve. If you continue to have pain after 7-10 days, or if you have any additional concern, please call the Warmline at 984-974-8078 or 866-428-5608.