

# Your LACTATION Appointment

## What to bring to your appointment

- Yourself and your baby.
- Wear comfortable clothing.
- It's best if your baby is neither starving nor stuffed. Arrange the earlier feedings so that baby is likely to be hungry soon after you arrive.
- Your husband, mom, sister and/or friend are welcome, as they typically will remember information.
- If you are having difficulty making all the milk your baby needs, bring some milk you've pumped or whatever else you are feeding the baby, and necessary supplies.
- If you are having difficulty pumping, are planning to pump, or if it is uncomfortable, bring your breastpump and kit. **If it's a hospital grade pump, only bring the kit (accessories)**, we have Medela and Ameda hospital-grade pumps.
- Bring your completed and signed Intake Consent & History form. This form can be downloaded at [renown.org/TheLactationConnection](http://renown.org/TheLactationConnection).
- **Relax.** And give yourself a pat on the back for seeking assistance. Our goal is to leave you with a plan and feeling empowered and more confident to take charge of your breastfeeding journey.

## What to expect

- Expect the visit to last 60 to 75 minutes. A lactation consultation with your permission generally includes weighing your baby, observing a feeding, taking your health history, examining baby's mouth and if necessary, your breasts. Also, we work together to problem solve, try out strategies we decide may be helpful, and practicing those techniques.
- Verbal instructions will be provided at the time of the visit, and written instructions are sent by email within 24 hours of the consultation.
- Follow-up visits are available.

Please check with your insurance provider to determine if your visit is covered by insurance. A referral may be required. For more information or to make an appointment, call 775-982-5210 or visit [renown.org/TheLactationConnection](http://renown.org/TheLactationConnection).