

Drug Advisory Information for Breastfeeding Mothers

Royal Women's Hospital Medicines Information Line

Ph.: 8345 3190

Monday to Friday 9.00am to 5.00pm

Monash Health Drug Information Centre

Ph.: 9594 2361

Ballarat Health Service

Breastfeeding Support Service

Useful contacts:

The Australian Breastfeeding Association (ABA) 24 hour helpline

Ph. 1800 686 268

www.breastfeeding.asn.au

Ballarat Health Service Breastfeeding Clinic

Ph. 53204977 / 53204533

Parent Place Breastfeeding Support

Cnr Sturt and Albert Streets, Ballarat Central

Ph. 53204977 / 53206871

or drop in Thursdays 1300-1500



The Breastfeeding Service

The Breastfeeding Service offers information and support to women and families who are experiencing breastfeeding difficulties in the first few months following birth, or who want reassurance and advice about breastfeeding.

An outpatient breastfeeding clinic operates 4 days per week and is staffed by experienced International Board Certified Lactation Consultants. Support and advice is available for a range of issues:

Advice during pregnancy

- Previous breast surgery
- Previous difficulties with breastfeeding
- Medications and breastfeeding
- Multiple pregnancy
- Baby with a cleft lip and/or palate or other medical issues
- Anything else which might cause breastfeeding challenges

Support after the baby is born

- Positioning and attachment
- Sore nipples
- Concerns about milk supply
- Concerns about baby's weight
- Medications and breastfeeding
- Previous breast surgery of any kind
- Feeding support for mothers with preterm or unwell babies.
- Feeding support for twins or triplets
- Baby with cleft lip and/or palate
- Mastitis
- Breast and nipple thrush
- Tongue-tie
- General breastfeeding support and information

Breastfeeding Clinics are located at:

Maternity Outpatients Department 1011 Mair Street, Ballarat

Mondays, Tuesdays and Fridays -by appointment only

Ph. 53204977 / 53206513

Parent Place - corner Sturt and Albert Street Central Ballarat

Thursdays - by appointment 0900-1200, Drop-in 1300-1500

Ph. 53204977 / 53206871

Your appointment **Date** **Time**

Location: Maternity Outpatients Parent Place

What to Bring

- Baby's Child Health Record. (green book)
- Nappies, change of clothes for baby

During this appointment the Lactation Consultant will watch your baby breastfeed so it's best if your baby is ready for a feed when you arrive.

There is no cost for this service

Cancelling or changing your appointment

We have a waiting list for this service, so if you want to cancel or change your appointment, we appreciate knowing as soon as possible. This way we can offer the appointment to another mother.

Please call us on the above numbers, preferably a couple of days in advance if you need to cancel or change your appointment.

If you are worried that your baby may be unwell please contact your doctor, or take your baby to your nearest emergency department.