

### If you are concerned about your health, or that of your baby please call:

- 13 HEALTH (13 43 25 84) - qualified staff will provide advice and further support
- 000 (triple zero) in emergency

### For more information

- Queensland Health booklet "Child Health Information Your guide to the first 12 months"
- Queensland Health Breastfeeding website:  
<http://www.health.qld.gov.au/breastfeeding/>
- The Australian Breastfeeding Association:  
<https://www.breastfeeding.asn.au>.
- Raising Children Network:  
<https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/about-breastfeeding>

### What are Lactation Consultants?

Lactation consultants:

- are health professionals
- hold an International Board-Certified Lactation Consultant (IBCLC) qualification
- work in hospitals and child health services, or in private practice.

Source: Australian Breastfeeding Association Website.



Partnering with Consumers National Standard 2.4.1 Consumers and/or carers provided feedback on this publication.  
CPN:1562

## Lactation Service



### Information for Parents

The Royal Brisbane and Women's Hospital (RBWH) actively protects, promotes and supports breastfeeding and is proudly a Baby Friendly Health Initiative (BFHI) accredited facility.

### What is the Lactation Service?

The Lactation Service is a specialist breastfeeding support service, managed by qualified International Board-Certified Lactation Consultants (IBCLC). The service is available for women planning to birth a baby at the RBWH and who have/anticipated to have complicated breastfeeding issues.

### Support during pregnancy

Individual consultations with a lactation consultant to discuss previous breastfeeding difficulties or medical issues that may affect breastfeeding can be arranged if required, after discussion with your doctor or midwife.

### Support after the birth of your baby

The experienced midwives caring for you and your baby in the postnatal unit can provide you with breastfeeding information, assistance and support. Consultations with a lactation consultant and your midwife are available for complex breastfeeding problems prior to discharge from hospital, with a referral from your midwife or doctor.

### The Lactation Service can help when:

- baby is not attaching to the breast
- you have damaged nipples
- you have blocked ducts and/or mastitis
- there are concerns about milk supply
- there are concerns about baby's growth

### The Lactation Service Outpatient Clinic

The Lactation Service outpatient clinic can help with complex breastfeeding issues in the first few weeks after baby is born.

The clinic is located on the 6<sup>th</sup> Floor, Ned Hanlon Building, Royal Brisbane and Women's Hospital.

**Please note:** Service availability may change with COVID-19 restrictions.

### Arranging an appointment

Talk with your midwife or doctor to arrange a referral or contact the Lactation Service clinic, weekdays between 8am and 3pm. Phone (07) 3646 2250 - please leave a voicemail message

**Please note:** If you do not have a Medicare Card there will be a charge for this consultation.

### Support after hours

- **The Australian Breastfeeding Association** (ABA) offers a 7day breastfeeding helpline.

Phone 1800 686 268 or visit

<https://www.breastfeeding.asn.au/>

- **Child and Youth Community Health Service** offers parenting and feeding support in the community, including "drop-in" clinics (no appointment needed) for the baby's first 12 weeks.

Phone 1300 366 039 or visit

<https://www.childrens.health.qld.gov.au/chq/our-services/community-health-services/child-health-service/>