

Case Studies in Weight Gain
Jack Newman, MD, FRCPC

3/8/02

Supplementation is *not* all there is in the repertoire.

Poor Weight Gain

Not enough milk? Do some mothers just not produce enough?

Yes

Milk Insufficiency

- Breast surgery especially with periareolar incision, get that incision as far away from the areola as possible. Done for cosmetic reasons.
- Retained placental fragments
- Hypothyroidism
- Sheehan's syndrome
- Use of estrogens Polycystic ovarian syndrome
- Insufficient glandular tissue?
- Secondary to poor, ineffective BF

The baby does not get the milk the mother has

The cause of poor wt gain

Poor latch

???

Protocol for Poor Wt Gain

*Get the best latch possible

The better the latch, the more of the mother's milk the baby will get.

*Know how to know the baby is getting milk (not just sucking)

"Open mouth wide-pause-close mouth"- type of sucking

*Use compression when the baby no longer drinks on his own

Compress when the baby sucks but does not drink.

*When the baby no longer drinks on his own or with compression, change sides and repeat the process. (compression stimulates and can simulate a MER)

There is no reason not to return to the first side and even go back and forth.

Blessed thistle and fenugreek are helpful

-3 capsules 3 times a day of each or more (until the mother smells of fenugreek)

-Works best early on (particularly well in the first couple of weeks)

Lie down with the baby in the evening

-The mother needs sleep. why not get it while the baby nurses?

Expressing or pumping

-Sure, if the mother is up to it

Then supplementation may be necessary If the baby is latching on do it at the breast- It's the best way

Use SNS or Lactaid.

There is more to BF than breastmilk

The baby continues to get milk while being supplemented

The baby will not refuse the breast, if supplementation is done at the breast.

Older Baby

If the baby is over 3-4 months

Pacifier or Bottle use to stretch out feedings

Birth control pill

Is mom trying to make the baby sleep longer

Domperidone

Can be compounded in the USA.

Plan

- Fix latch
- Observe baby at the breast.
- Use compression when baby doesn't drink on his own
- When compression no longer works, change sides and repeat and even switch back and forth
- Use fenugreek and blessed thistle

All Purpose Nipple Ointment

Mupirocin 2%: 15 grams

Nystatin ointment: 15 grams

Betamethasone 0.1% ointment: 15 grams

Would like to substitute more regularly muconizole for Nystation. Muconizole comes in a powder and can be put in in whatever concentration that you want.