



# Common Conditions that May Affect Milk Supply or Breastfeeding

We suggest you follow the handout of guidelines for establishing and maintaining milk supply. However, there are common conditions that occur that may affect your milk supply or breastfeeding.

We recommend seeking help from a qualified lactation specialist if you or your baby are having any of the following difficulties:

## **Baby**

- Birthweight less than 6 pounds, especially if less than 5 pounds 8 ounces
- Cleft lip or palate
- Jaundice
- Prematurity (born before 39 weeks gestation)
- Restricted tongue movement
- Twins, triplets, or higher-order multiples
- Use of pacifiers

## **Mother**

- Breast surgery
- Induced lactation
- Maternal thyroid disorders
- Maternal diabetes
- Minimal breast development
- Mastitis
- Polycystic ovarian syndrome (PCOS)
- Poor latch resulting in sore or damaged nipples
- Raynaud's
- Separation of mother and baby (e.g. NICU)
- Use of nipple shields