

## Supplemental Nursing System (Expressed Breast Milk)

TIS 13 14 50

The supplemental nursing system may be used when your milk supply is low and will help if your baby isn't getting enough milk.

It only works for babies that are sucking well at the breast.



### What do I need?

A feeding tube, tape, syringe, sterile scissors, bottle and teat **OR** a commercial supplemental nursing system (follow the manufacturer's instructions for use and cleaning).

### What do I need to do?

- Wash your hands and make sure you nails are clean and short.
- With sterile scissors (wash and boil metal nail scissors on the stove for five minutes) cut a slightly larger hole at the tip of the teat, so that you can feed the tube

upwards through the teat, a tight fit will help reduce spilling. **Make sure that this teat is not used for any other purpose.**

- Open the plastic attachment (the open/close valve) on the large end of the feeding tube and sit it in the expressed breast milk at the bottom of the bottle.
- Screw the teat and bottle top onto the bottle.
- Place the feeding tube on your breast. The tip of the feeding tube should be placed at the tip of your nipple.
- Tape the tube onto your breast well away from the areola to ensure the baby does not suck on the tape.
- Keep the bottle close to you, such as on the table or in your pocket.



Encourage your baby to attach to the breast with the feeding tube **OR** attach your baby without the feeding tube and then gently feed it into the corner of their mouth.

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- Encourage you baby to suck at your breast.
  - When your baby sucks they will be able to draw the expressed breast milk through the feeding tube.
  - Ask for help if your baby is not sucking well.

**Cleaning the feeding tube:**

Use a syringe to push:

- Warm soapy water (use dishwashing liquid) through the feeding tube.
- Tap water through the feeding tube.
- Cooled boiled water through the feeding tube.
- Air through the feeding tube.

Let it dry before next feed.

To help reduce the risk of your baby getting sick, **please throw out the feeding tube after five days of use.**

Community Health Centre

Tel No: \_\_\_\_\_

Community Health Feeding Clinic

Tel No: \_\_\_\_\_

Australian Breastfeeding Association

Tel No: 1800 686 268

Family Doctor

Tel No: \_\_\_\_\_