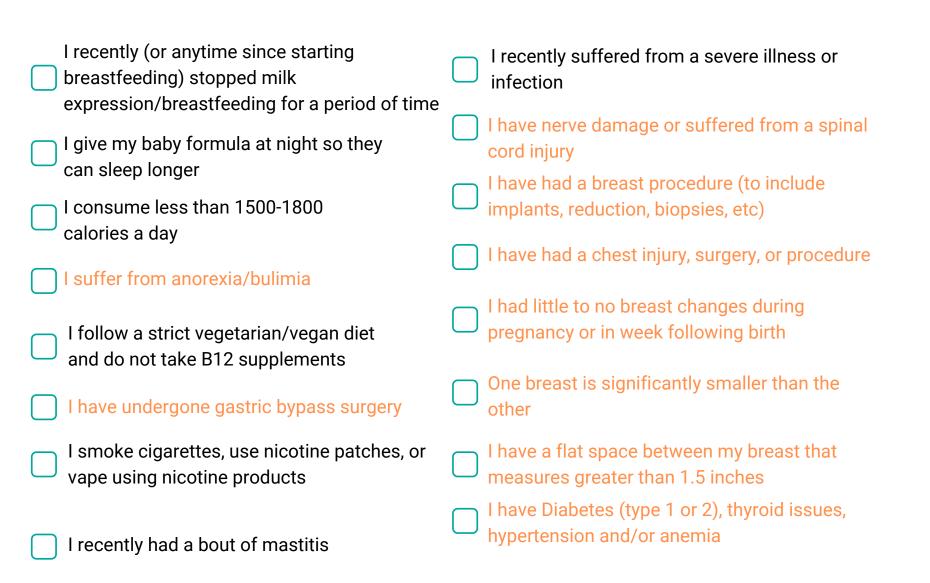
The Ulitmate Low Supply *Checklist*

Have concerns about low supply? Use this checklist to help identify factors that may be contributing to your low supply. Just mark any statements that are true for you and your baby.

My baby has difficulties with latching or with breastfeeding	My baby doesn't breastfeed during the night
Nursing Is painful and/or I have nipple damage from breastfeeding	I frequently go longer than 6 hours without breastfeeding/pumping
My baby has a confirmed or suspected tongue tie	I regularly consume large amounts of sage, parsely, or pepermint
My baby receives supplementation (formula/donor milk) to replace feedings	I am on hormonal medications to include hormonal birth control (estrogen only, progesterone only, or combination)
I commonly offer my baby pacifiers to meet their sucking needs	I limit how long my baby feeds on each breast
My baby nurses less than 8 times a day/I pump less than 8 times a day	l am pregnant
I schedule when my baby nurses OR I try to wait at least 3 hours (or more) before feeding them	I regularly consume alcohol (incl. beer & wine) I frequently pump with incorrectly sized flanges





	I was diagnosed with placental insufficiency
	or had a placental abruption during
	pregnancy
\square	I suffered significant blood loss

during/after delivery

I have PCOS

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How to use this Checklist

Now that you have filled out the checklist, you may be wondering what it all means. Here's how you can best use the results of this checklist to determine your next steps.

The statements in black are "secondary" factors that may contribute to low milk supply. Resolving supply issues that fall under "secondary factors" may be as simple as doing the opposite of the statement(for example, reduce supplementation, stop limiting feeds, reduce pacifier use, increase nursing frequency etc) or you may need additional guidance for certain issues (such as latching difficulties). The more boxes you checked as true, the more likely these factors are contributing to your suspected low supply. Generally speaking, the less boxes you checked, the more straightforward the resolution.

Statements in orange are "primary" factors and account for underlying health issues that may be at the root cause of your low supply. Overcoming these issues are possible with the close help and management of an Lactation Consultant (IBCLC). If one or more statement is true, please contact your Local LC to get support as soon as possible.

If pregnancy is the cause of your low milk supply, things should improve after delivery.

Please note that true low supply can be a result of a group of black statements, one or more orange statements or a combination of black and orange statements. It may be hard to navigate the best way to resolve, so please contact a Lactation Professional for more information. If you'd like to speak to me, I can be reached at (210)763-0548.