

Taichung Armed Forces General Hospital

Leaflet of Inpatient Nursing Instructions

母嬰分離之母乳哺餵護理指導

Sir/Lady:

Nursing instructions for breastfeeding for mother-infant separation

I. Purpose:

When a baby is born under certain special circumstances, such as premature birth, respiratory distress, congenital anomalies, or other unstable medical conditions, he/she may need to be admitted to the neonatal intensive care unit or special care nursery for further examination and treatment. During this time, the baby will be separated from the mother. Unless the baby is required to fast, breastfeeding can still continue.

II. Target Groups:

- Premature infants
- Sick infants

III. Precautions:

- (1) Even during the baby's hospitalization, breastfeeding can continue.
- (2) Apart from visiting hours, the mother can still come to the hospital to breastfeed according to the baby's needs, with no restrictions on the time or frequency of breastfeeding.
- (3) Before expressing milk, please wash your hands and clean your breasts with water. If the breasts are engorged or there are lumps, massage them before expressing milk.
- (4) Please express milk once every 2-3 hours, approximately 8-12 times a day, to maintain milk production.
- (5) Breast milk bags should be labeled with the baby's name, bed number, collection date and time, and the amount of milk.
- (6) Methods to increase milk production:
 1. Drink plenty of water, and consuming milk can help supplement calcium and fluids.
 2. Maintain a relaxed and happy mood, as excessive stress can reduce milk supply.
 3. Avoid foods that may reduce milk production, such as certain herbs, ginseng, and barley malt (traditional Chinese medicine).

IV. If you have any breastfeeding-related questions, call the hospital's breastfeeding consultation hotline at 04-23929703.

If you are still unclear about something or have any questions, please contact the nursing station in the ward