

Oversupply

Some mothers develop an oversupply of milk with no known cause. Pumping after breastfeeding may result in making more milk than needed.



What are the signs and symptoms?

- **For the mother:**
 - Uncomfortably full breasts.
 - Recurrent plugged ducts.
 - Mastitis.
- **For the baby:**
 - Coughing or choking while feeding.
 - Crying and pulling away from the breast.
 - Frequent gas and spit up.
 - Increased overall fussiness.
 - Green, frothy or mucous-streaked diapers.
 - Excessive weight gain.

If your baby is overwhelmed with the flow:

- Try feeding positions where gravity helps your baby control the flow of milk, such as upright and laid-back holds. Any position where baby's head is higher than his tummy should help.
- Pump or hand express for a minute to trigger the initial fast flow of milk ("letdown") and then latch your baby once the flow slows down.
- Let your baby nurse to trigger the letdown, then remove him and catch your milk in a container until the initial flow slows down. Then put your baby back on the breast.

To reduce an oversupply:

- Remove a little breastmilk. If your breasts feel very full after or between feedings, it is ok to hand express or pump for just a minute or two until you are comfortable. Do not pump to fully empty your breasts, because this tells your body to make more milk. Aim for a feeling of "comfortably full."
- Work with a lactation consultant to try block feeding. For a certain period of time, you will feed your baby from the same breast every time he eats. For example, only feed your baby from the right breast every time he wants to eat within a 3-hour block of time. The other breast will become very full, telling your body to make less milk. A lactation consultant can help you avoid plugged ducts and ensure you do not reduce your supply by too much.

Find more tips at [BreastmilkCounts.com](https://www.breastmilkcounts.com).

For free 24/7 information and support, call the Texas Lactation Support Hotline at 855-550-6667 to speak with a lactation consultant.

WIC has resources, healthy foods and more. Apply here:



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