

Supplementary feeding for breastfeeding mothers

This brochure contains information for mothers who need to provide extra nutrition for their babies whilst breastfeeding.

To benefit from this feeding method, your baby must be able to latch and suck well. You will find it easier to use this method of feeding if you have a support person with you.

Gather the equipment that you need (a size 5 nasogastric tube, a bottle, two pieces of pre-cut tape and either expressed breast milk or formula, together with a nipple shield if you are using one).

You may prefer to affix the feeding tube to your breast prior to latching your baby. If this is the case, ensure the tip of the tube lines up with the end of your nipple and tape into place. Affix the tube in a place that will correspond with the corner of your baby's mouth. You can then ask your support person to put the other end of the tube into the bottle containing expressed milk or formula, and fix it in place with tape. Your support person may hold the bottle, or it may be tucked between your breasts.

Alternatively, once your baby has latched, slip the tube into the side of the baby's mouth, so that it runs along the side of the tongue (no further than 1-1.5cms) to ensure the tube does not extend further than the end of your nipple.



- The baby controls the flow of milk. When the baby sucks, milk will be able to be seen in the tube. If the milk is not moving, check your baby's latch, re-latching if necessary. When your baby comes off your breast, the milk will drain back into the bottle.
- The baby must recommence sucking to restart the flow.
- The bottle containing the supplement should not be higher than baby's head. It may be held by a support person, tucked under the arm or resting between breasts.
- Allow your baby to complete their feed. They will remove themselves when they are finished.

Supplementary nursing systems are available to purchase from baby shops, pharmacies, or the NICU Trust Shop (adjacent to NICU).

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Cleaning equipment

- Rinse the bottle, and syringe water through the feeding tube.
- Wash the bottle and tubing in warm water and detergent. Syringe soapy water through the tubing.
- Rinse soap off bottle and out of tubing with clean water.
- Sterilize equipment between use by using sterilising tablets or solution and following manufacturer's instructions. Ensure sterilising solution is also syringed through the tubing.
- When reusing supplementary feeding tubes, flush with air to clear prior to re-use.
- A new feeding tube should be used every 48 hours.

Weaning from the supplementary method

- Your midwife or Lactation Consultant will discuss your baby's feeding progress, and how to reduce the amount of supplementary feed as your milk supply increases and your baby becomes more adept at feeding.

