

Fact Sheet

Breastfeeding and having surgery

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In most cases you will be able to breastfeed until the time of your surgery. If you need to fast for your surgery, your anaesthetist will look at ways of keeping you well hydrated so that your milk supply is protected.

Anaesthetic drugs used for your surgery will be present in your breast milk in very small amounts. Most women can start breastfeeding after the surgery as soon as they are awake, alert and able to hold baby safely.

After your surgery, keeping you and your baby together is important to protect and support breastfeeding. In Women's & Newborn Health Westmead hospital we can accommodate your breastfed baby staying with you. Your baby will need to have a carer (family member / friend) present at all times to be responsible for your baby's care and safety during your hospital stay.

Breastfeeding preparation for surgery

Expressing breast milk in preparation for surgery is a good idea. Try to build up a couple of feeds just in case you are too unwell to feed your baby following the surgery.

Medications and safety for your baby

Talk with your doctor and anaesthetist about the medications that will be used for your surgery. Your surgical team do not often deal with breastfeeding so may not have the information about this. You can contact Mothersafe for further information.

Each of the public hospitals in Western Sydney Local Health District employs staff who have advanced skills with lactation and will be able to support you with breastfeeding after surgery.



Mothersafe – Medications in Pregnancy and lactation service.

For further information about medicines and breastfeeding please contact (02) 9832 6539 or 1800 647 848

The Australian Breastfeeding Association

For further information and support
Please contact 1800 686 268
<https://www.breastfeeding.asn.au/>

Parking and Transport

Parking is available on some campuses for a fee

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au