



Please be aware that this publication/resource may contain the names, images and/or voices of Aboriginal and Torres Strait Islander people who have died.

**Parking available in the hospital car park,
York Street and Pulteney Street.**

- Patient and Visitor disabled parking
- Patient and Visitor only parking 8am - 8pm
Night staff parking after 8pm
- **Multi-Level Car Park:**
Level 1 Patients and Visitors parking and staff parking after 12.45pm
Level 2 Unrestricted parking for all
Level 3 Fleet cars only
- Authorised parking for fleet cars only
- Patient and Visitor only parking



Please use the York St main entrance on arrival to hospital, turn right into the Clinical Services Block then left into the Maternity Antenatal Clinic waiting room (✕) located on Level 1 or use this QR Code to join the *my Virtual Care* waiting room:



Manning Lactation Support Service

Lactation Clinic hours:
Tuesday's 12.30pm - 4pm, by appointment only.

To book an appointment:
Phone: 6592 9808 M-F 9am - 4pm
Text: 0488 307 691 anytime.



February 2024

**Located in Manning Base Hospital
Antenatal Clinic
Level 1, 26 York Street
Taree, NSW**

**Video consultations also available
in the comfort of your own home.**

Lactation Support Service

Our lactation support service offers parents and caregivers access to a personalised consultation with an International Board Certified Lactation Consultant (IBCLC).

Lactation appointments can be either face to face in the clinic or by video consultation using *my Virtual Care*.

We can help with:

- Planning for breastfeeding success
- Support after experiencing difficulties last time
- Breastfeeding after breast surgery
- Positioning and latching support
- Establishing feeding in the early days
- Nipple concerns or damage
- Problems with milk flow or letdown
- Oversupply or undersupply
- Engorgement or mastitis
- Support and guidance if using alternate methods of feeding and lactation aids
- Check baby's weight
- Follow-up of infant feeding plan

If you have had your baby, you are welcome to contact us anytime within the first six weeks after birth or following discharge.

We can provide care during your pregnancy to help you prepare for breastfeeding.



Lactation Support Service antenatal appointments at 34-36 weeks focus on:

- The importance of breastfeeding
- Benefits of skin to skin
- Becoming familiar with your breasts
- How breastfeeding works
- Antenatal expressing
- Full antenatal breast assessment
- What to expect in the first week
- Discussing alternate methods of oral feeding and lactation aids

There is no cost to you from HNELHD if you are Medicare eligible.

How to book an appointment:

Please call **6592 9808** M – F, 9am - 4pm or text **0488 307 691** anytime and leave your name and contact details.

If unable to attend, please notify clinic on **6592 9808** so that your appointment can be offered to another family in need.

On the day of your appointment:

- Please bring your baby's blue book
- If possible, please hold off feeding your baby for 2 hours prior to the appointment (within reason)
- Partners and support persons are welcome to attend appointments

For video consultation; please access the *my Virtual Care* waiting room via the link or QR code below:

<https://myvirtualcare.health.nsw.gov.au/public/#/hnematqynae>



Support is available to assist you in using *my Virtual Care*. For more information: phone 02 4985 5400 or visit <http://www.hnehealth.nsw.gov.au/telehealth>