



Metered parking available on both Hunter and Steel Streets.

Please use Steel Street entrance to building and take lift to 2<sup>nd</sup> floor, turn left to Maternity Reception waiting room.

Please arrive 5 minutes before your scheduled appointment time.

If you cannot attend please notify clinic so that the appointment can be offered to someone else in need.



# Breastfeeding Support Service

Located in Newcastle Community Health Centre  
Level 2, 670 Hunter Street  
Newcastle West

Video consultations also available in the comfort of your own home

**Clinic hours:**  
Tues, Wednesday and Friday

9am till 3pm  
Phone: 4016 4595



Our breastfeeding support service enables mothers who are planning to, or have birthed at, John Hunter Hospital or Belmont Birthing service access to a personalised consultation with a lactation consultant.

We can help you with:

- Positioning and attaching baby
- Check baby's weight
- Cracked, sore or other nipple concerns
- Problems with flow or let-down of breastmilk
- Follow-up of breastfeeding plan
- Mastitis
- Under or over supply of breastmilk
- Breastfeeding after breast surgery
- Planning for breastfeeding after experiencing problems last time

If you are pregnant, we advise that you call for an appointment after 34 weeks gestation to discuss any breastfeeding concerns.

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



There is no cost to you from Hunter New England Health.

### **How and when to book an appointment**

You can choose to have a lactation consult either face to face in our Hunter street rooms or via online video conferencing in your own home.

For video conferencing, Hunter New England Health uses a program called Scopio which is similar to skype, but is safe and private.

For this option, you will require the following equipment:

- Access to a reliable broadband internet connection
- An email address
- A suitable device with a camera and speakers (e.g. computer, tablets, laptop or smart phone)
- A private, well-lit area

Support is available to assist you in installing the required free program.

For more information:

<http://www.hnehealth.nsw.gov.au/telehealth>

For either option, please contact 4016 4595 to make your appointment. Please leave your details and a staff member will be in contact with you to arrange a time.

### **On the day of your appointment: If you have had your baby, please remember:**

- to bring your baby's blue book to the appointment
- Hold off breastfeeding 2 hours before your appointment ( if possible)