



Affix Patient Label

Patient Name:

Date of Birth:

Use nipple shields if your baby is having trouble latching on to the breast. The nipple shield is useful for:

- Flat or inverted nipples. The shield gives the baby a larger, and sometimes longer, area to latch on to. This helps to pull out the nipple. Pulling the nipple out makes it easier to latch directly on to the breast without the shield.
- Latch on difficulties. Some babies take more time to learn how to latch on. The temporary use of a nipple shield can help until the baby can learn how to latch on without it.
- Nipple confusion. The shield feels the same as some bottle nipples. Babies that have been given pacifiers or bottles often refuse the breast. The shield can help the baby go back to the breast.
- Preemies. Premature, small or ill babies can lack the strength and coordination for sucking, swallowing and breathing. While they mature or get better, the shield can offer a temporary way for you to feed right from the breast.

It is important to use the nipple shield with the supervision of a doctor or breastfeeding consultant. In some cases, prolonged use of a nipple shield has led to decreased milk supply or dependence on its use. The shield should be used as a temporary tool. Breastfeeding can help you wean from the shield. Follow-up care is necessary to make sure that weaning progress is made and your baby is gaining weight.

Nipple shields should be washed in hot, soapy water between feedings and stored in a clean, dry, covered container.

I understand the information about using a nipple shield. I know that supervision by a doctor, breastfeeding consultant or other health care professional is necessary as long as I am using the shield.

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_