

# Lactation after Loss



After a loss, a mother may have milk come in after 16 weeks gestation. Without some form of milk expression, you may experience breast discomfort.

Please know that you are not alone. We hope this will give you some comfort during this difficult time. You have options when it comes to your breastmilk.

## ***Dry Your Supply***

- Only express milk if you feel discomfort
- Apply a cold compress to reduce swelling
- Have good breast support, try a comfortable and supportive sports bra
- Insert washcloths or breast pads in your bra to catch leaking milk
- Reach out to The Milk Bank for help drying your supply

## ***Donate in Honor***

- You may choose to donate milk in honor of your baby
- Hand express or use a breast pump to release milk
- The more often you express milk, the more milk you may produce
- This program can connect you directly with The Milk Bank to become a donor

If you have experienced a pregnancy loss and your insurance will not cover a breast pump, please reach out to request one. If you wish to become a donor and have your own breast pump, please email us to start the donor process. You do not need to choose to donate to request a pump or receive lactation support from The Milk Bank.

You may still be eligible for Women, Infants, and Children (WIC) benefits, including lactation support, for up to six months after your delivery. Please reach out with any questions [1-800-522-0874](tel:1-800-522-0874) or find your local WIC clinic at [wic.in.gov](http://wic.in.gov).

The Milk Bank also offers free lactation support to all moms toll free at 877-829-7470.

Whether you choose to dry your supply or donate your milk, the Milk Bank and the Indiana Department of Health are here to support you!

## Fetal Infant Mortality Review

Fetal Infant Mortality Review (FIMR) is a community-based program that reviews stillbirth and infant deaths. The review leads to recommendations that are put in place in the community to prevent future losses. One part of the process is a maternal or family interview, which gives families time to share their story and provide recommendations to improve the situation for others.

The Lactation after Loss program came to light through the maternal interview with two Indiana families. The Poindexter family shared their story about their loss. Scan the QR code below to hear about their experience and how their decision helped inspire this program.

Scan to hear their story



## Contact Information

### Indiana Department of Health

Email: [IDOHFIMR@health.in.gov](mailto:IDOHFIMR@health.in.gov)

WIC: 1-800-522-0874

Email: [INWIC@health.in.gov](mailto:INWIC@health.in.gov)

### The Milk Bank

317-536-1670

877-829-7470 (toll free)



Please scan this QR code to find more info on The Milk Bank's bereavement services.

For additional information on Lactation after Loss, please email [IDOHFIMR@health.in.gov](mailto:IDOHFIMR@health.in.gov)

