A 30 year-old G1P0 at 32 weeks gestation presents to the Ob/Gyn clinic for a routine OB appointment. She has been noticing a small amount of clear to whitish discharge from her nipples and worsening breast “soreness” as the pregnancy has been progressing.

Questions to Consider:

1. Is this normal development during pregnancy?
2. How can you counsel the patient concerning normal expectations for breast changes during pregnancy and the postpartum period?
3. What hormones (and how) influence lactation?

APGO Educational Topic 14: Lactation

1. List the normal physiologic and anatomic changes of the breast during pregnancy and the postpartum periods.
2. Recognize and treat common postpartum abnormalities of the breast.
3. List the reasons why breast feeding should be encouraged.
4. Identify commonly used medications which are appropriate and inappropriate to use while breastfeeding.