

**Maternal and Infant Nutrition Service  
Infant Feeding Support  
Clinic Appointment**



If you have been referred to us for a clinic appointment, this will enable one of our experienced Infant Feeding Advisors to discuss the feeding related difficulties you have been facing. Knowing what to expect at a breastfeeding clinic appointment is important so that you can feel safe and comfortable in a clinical environment.

During the appointment, the Infant Feeding Advisor will ask you to tell them in your own words how feeding is going and then ask you to feed your baby so they can assess what is happening and make recommendations to help you. The Infant Feeding Advisor may ask to place their hands on you or your baby, to help with positioning. They will ask in advance if you consent to this, and it is OK to withdraw your consent verbally at any time. They may also ask you more about your baby or about how your breasts or nipples look and feel during or after feeding.

**Preparing for your appointment:**

- Normally our infant feeding staff are female, however if gender specific care is important to you, please get in touch to discuss your concerns on 0131 446 4589.
- We expect to observe the baby feeding while you are with us, so, if possible, try not to have fed them too close to your appointment time
- Wear something comfortable that will allow you to easily feed your baby.
- please arrive on time as the appointment is for a set time only. Please bring your red book if you have been given one.
- A couple of weeks after the clinic visit, we will send you a link to a feedback survey, this will be sent to you via text message. The feedback is anonymous, and we value your feedback as it helps us to evaluate our service.



**Breastfeeding  
Friendly  
Scotland**