

# Breast Milk Suppression

Pass the bottle!



## Herbs

Sage - contains natural estrogen that can dry up milk  
Parsley- a natural diuretic, can help dry up milk

Peppermint/Spearmint - in the form of tea or Altoids (take 1 per hour)



## Cabbage Leaves

Wash green cabbage leaves, put in the refrigerator, remove and crush with rolling pin as needed. Cover the breast, but not the nipple. Replace when wilted. Cabbage can help reduce swelling and inflammation, reducing the discomfort of engorgement..



## Avoid Stimulation

Stimulation sends the message to your body to increase milk production, but fullness sends the message to stop producing milk. If you feel engorged, only pump/hand expressed to relieve pressure.

When showering, face away from the water.



## Pharmaceuticals\*

Decongestants/Antihistamines - dry up mucous membranes and can decrease milk production

A 60mg dose of Sudafed can decrease milk production by 24% in 24 hours.

Anti-Inflammatories - can be used to ease discomfort of engorgement

\*Speak with your physician before taking any pharmaceuticals to decrease milk production.

# B6

## B6 Supplement\*

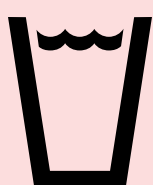
B6 may decrease the production of plasma prolactin, leading to a decrease in breast milk production.

\*Speak with your physician before taking any supplements.



## Avoid Sports Bras & Breast Binding

Though a popular recommendation, binding your breasts or wearing tight sports bras day and night can increase the likelihood of developing a clogged duct and/or mastitis.



## Drink Water Freely

Do not restrict your fluid intake to decrease your milk production as this could lead to dehydration.



It is normal to feel sad, anxious, worried, emotional, or guilty. When possible it is best to be gradual as rapid suppression may intensify these emotions.