

Evaluation for Inadequate Milk Supply(IMS) Score Sheet

Please check all boxes that apply to Mother, Birth, and Infant Risk Factors. Some issues have more of a negative impact on lactation than others. These issues have been set in bold. Each box counts as one point and boxes that are highlighted in bold are worth two points. Add the number of boxes checked at the bottom of each column. Finally, add all three columns for a final score.

Maternal Risk Factors

- No breast changes with pregnancy
- Thyroid or pituitary problems
- Breast abnormalities e.g. wide angle, tubular, marked asymmetry, minimal glandular tissue**
- Prior lactation failure
- Flat or inverted or large nipples
- Diabetic mother
- Hypertension, eclampsia, or PIH
- Administration of betamethasone
- PCOS/other infertility problems**
- Maternal obesity (BMI > 29)**
- Adolescent mother < 18
- Advanced maternal age > 35
- First time mother
- Depression or anxiety
- Smoking
- Breast surgery or trauma inc. radiation**
- States intention to both breast and bottle feed
- States early intention to return to work
- Maternal illness

Birth Risk Factors

- Stressful labor or delivery
- Unscheduled C/section
- Separated from her infant
- Placenta previa or retained placenta
- Delivery for multiples**
- Sheehan’s syndrome-massive hemorrhage**
- Edema of extremities
- Anemia
- Blood transfusion**
- No signs of milk “coming in” by 72 hours**
- Breast pump dependent at the time of discharge**
- Epidural/Pitocin over 15 hours

List all prescriptions/herbs/OTC meds taken during pregnancy/after birth below:

Infant Risk Factors

- Male infant
- Multiples**
- Oral abnormalities e.g. Tongue/lip tie, cleft, large tongue, recessed jaw**
- Neurological problems e.g. Down, Hypotonia, Hypertonia**
- Born prior to 37 weeks gestation**
- Small or Large for Gestational Age
- Separated from mother e.g. jaundice, hypoglycemia, respiratory problems
- Using a pacifier
- Using a feeding device e.g. nipple shield, SNS at the time of discharge**
- Causing persistent sore or cracked nipples**
- Weight loss of more than 10% by third day of life**
- Inability/refusal to latch to breast and transfer breastmilk at the time of discharge**
- Supplemented with bottle nipple more than 3 times/day
- Getting less than 10cc/pumping at 60 hours of life**
- Reflux requiring medication or cereal

Points\_\_\_\_\_

+Points\_\_\_\_\_

+Points\_\_\_\_\_ = Total Points\_\_\_\_\_

Score 0-10 – Mild IMS

Score 11-20 – Moderate IMS

Score Over 21 – Severe IMS

See Corresponding Protocols for Action Plan