

# Jessie McPherson Private Hospital

## Breastfeeding Support - Outpatient Webex Appointments

We offer breastfeeding support to former patients, up to six weeks postnatal.  
To access this service please call 9594 5160 to book an online webex appointment.

### What you will need:

- A working laptop, tablet or smart phone with a front camera
- A fully charged device, or access to power
- An internet connection
- Your email address
- A well-lit space so the lactation consultant can see you and your baby
- A quiet space with no distractions
- Pen and paper
- Water or any other beverage you may need for the duration of the appointment
- Feeding equipment ie nipple shield, breast pump, bottles or anything else that is required to feed your baby
- A support person to help you angle the camera, and also to listen to any advice given during the consultation

### Be prepared:

- Prepare a list of your questions or concerns ahead of time and place it in the spot where you will take the video call.
- If possible older siblings should have an activity or carer to keep them occupied during the consultation.

