medela

Turning Science into Care

Antenatal Breastfeeding Screening

1. What are your plans for feeding this baby?

☐ Breastfeeding ☐ Breastfeeding and Infant formula ☐ Formula feeding

(If formula feeding only, you do not need to complete the rest of this questionnaire)

2. How long do you plan to breastfeed your baby?

_____ months OR _____ years

3. Breastfeeding history

How long did you breastfeed your older child/ren? ☐ N/A

#1 _____ months #2 _____ months #3 _____ months #4 _____ months

Any previous preterm births? ☐ Yes * ☐ No

Previous breastfeeding difficulties:

☐ Nipple pain ☐ Breast pain ☐ Mastitis ☐ Abscess ☐ Low milk supply ** ☐ Oversupply **

Other: _____

4. Breast anatomy and changes

Bra size pre-pregnancy: _____ now _____ at _____ weeks

☐ No breast changes ** ☐ Breast hypoplasia **

Breast / nipple surgery: ☐ Augmentation * ☐ Reduction ** ☐ Other: _____

Nipples: ☐ Large ☐ Short ☐ Flat ☐ Inverted * ☐ No concerns

Nipple piercing: * ☐ No piercing ☐ Left ☐ Right ☐ Piercing was infected **

5. Metabolic health

Pre- pregnancy weight: _____ Height: _____ Pre- pregnancy BMI: _____

☐ BMI ≥ 30 ** ☐ Polycystic Ovarian Syndrome ** ☐ Pituitary disorders / surgery *

☐ Gestational diabetes ** ☐ Pre-existing diabetes **

☐ Thyroid disorder * If yes, the last TSH result: _____ Date: _____

6. Mental health

History of: ☐ Anxiety ☐ Depression ☐ Other mental health difficulties

Details: _____

Outcome of screening

☐ **RED: Breastfeeding class and antenatal lactation consultation with postpartum follow-up advised

☐ *ORANGE: Breastfeeding class and postpartum lactation follow-up advised

☐ GREEN: No risk identified, breastfeeding class advised

Reference: Perrella SL, Prosser SA, Vlaskovsky P, Geddes DT. Prevalence of antenatally identified lactation risk factors and risk of not fully breastfeeding at 6 to 8 weeks postpartum. J Midwifery Womens Health. 2025. DOI: 10.1111/jmwh.70006.

Medela AG, Lättichstrasse 4b, 6340 Baar, Switzerland, www.medela.com