

Doiler Intoles and Output

Dally	make and Output	

403-879-8747
www.mommyknowsbreast.ca

Jasmine Buchanan RNBN, IBCLC

www.mommyknowsbreast.c
info@mommyknowsbreast.c

	Breastfeeding		Supplement		Output		Milk Expression		Comments
Time	mins Left Right	notes	type	amount	wet	stool	mins	amount	

Feeds: 8-16 feeds in 24hrs. Cluster feeding is normal, temporary and usually during the night. Wet Diapers: Dark orange or rusty/brick dust urine can be normal before 72hrs only, not after. Stool Diapers: Should be at least the

Minimum Output 1st week

0 hrs - 24 hrs \geq 1 small wet, \geq 1 black, thick stool 24 hrs - 48 hrs \geq 2 small wet, \geq 1 black thick stool 48 hrs - 72 hrs \geq 3 wet, \geq 3 black, brown or green-yellow stool 3 days - 5 days \geq 4 wet, \geq 3- 4 black, brown or green-yellow stool 6 days - 7 days \geq 6 wet, \geq 4 yellow seedy stools, no longer black

Some variations of amount and colours are expected.

WHEN TO SEEK HELP

Mommy:

Painful nursing Damaged nipples **Blocked ducts Engorgement or mastitis** Over supply Low supply Nursing multiples Stressed with feedings Excessive spitting up Medications or surgery

Help with pumping

Baby: Latching difficulties Tongue tie Lip tie Preterm baby Jaundice Slow weight gain Fast weight gain Gassy or fussy

Refusal to latch



size of baby's palm.



Daily Intake and Output

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