

Welcome

To our expecting families:

Welcome to Mount Sinai West, and congratulations on the upcoming arrival of your baby! On behalf of the Lactation Team, we are honored to be part of this meaningful experience.

We understand the first few days with your baby can be filled with excitement and joy, as well as anticipation, questions, and important decisions. Our goal is for you to feel supported, informed, and empowered.

At Mount Sinai West, we work collaboratively across all disciplines—nursing, lactation, obstetrics, pediatrics, and more—to provide you with the highest level of care and the best possible patient experience.

Most patients stay with us for 24 hours following an uncomplicated vaginal delivery, or 48 hours following a cesarean delivery (C-section). During your stay, our nursing staff offer guidance and encouragement with breastfeeding. They are well equipped to support most common feeding needs with skill and compassion.

A lactation consultant is available for situations where additional expertise may be helpful. Some situations in which a lactation consult may be needed include but are not limited to:

- Premature birth
- Multiples (twins, triplets, etc.)
- Breastfeeding after surgery or while managing certain medical conditions
- Low milk supply related to hormonal or endocrine concerns (such as PCOS or thyroid issues)
- Ongoing concerns with latching, feeding effectiveness, or nipple discomfort



To help prepare you for your hospital stay, we have created a Breastfeeding and Lactation FAQ that addresses common questions and concerns you may have. We hope this resource offers additional clarity and reassurance as you begin this journey.

Most importantly, regardless of how you choose to feed your baby—breastfeeding, formula feeding, or a combination—our nursing and lactation teams are here to support you.

Thank you for trusting Mount Sinai West. It is a privilege to support you during this special time.