

產後哺餵母乳之護理指導

Nursing Instructions for Postnatal Breastfeeding

◎餵母乳對嬰兒的好處：

Benefits of breastfeeding for babies:

1. 母乳是人類最自然、最完美的食物，含有各種維他命、礦物質和蛋白質既營養又容易被吸收，是最適合嬰兒的食物。
1. Breast milk is the most natural and perfect food for human, which contains multiple vitamins, minerals and proteins that are nutritious and easily absorbed. It is the most suitable food for babies.
2. 母乳新鮮、溫度不變又適中。
2. Breast milk is fresh with constant temperature and moderate.
3. 母乳含有多量乳糖，可促進嬰兒腦部發育，將來成為聰明的孩子。
3. Breast milk contains lactose that promotes brain development in babies so that babies will become smart kids in the future.
4. 母乳含有各種免疫體，可使嬰兒產生對傳染病的抵抗力，增進嬰兒健康。
4. Breast milk contains multiple immunities that help babies produce resistance to contagious disease and enhance babies' health.
5. 餵母乳可以預防腸胃炎，因母乳內含有乳酸菌，可以殺死腸內過多的有害雜菌。
5. Breastfeeding can prevent gastroenteritis because breast milk contains lactic acid bacteria that can kill excessive harmful bacteria inside the intestines.
6. 餵母乳的嬰兒不易發生營養不足或營養過多的情形。
6. Babies fed with breast milk will not encounter nutrition deficiency or nutrition excess.
7. 能滿足吸吮的本能，促進心理平衡。
7. Babies will be satisfied with sucking capacity to promote psychological balance.
8. 餵母乳可以增進母子親情，促進嬰兒健全的身心發育。
8. Breastfeeding can enhance mother-baby relation and promote the sound physical and mental development of the babies.
9. 在母親的懷抱中，得到溫暖與滿足，可奠基為成長後對人類的互信和互愛。
9. Babies can gain warmth and satisfaction from the hug of mothers, which builds the mutual trust and love toward human.

◎餵母乳對母親的好處：

Benefits of breastfeeding for mothers:

1. 餵母乳可幫助子宮收縮，預防產後出血。
1. Breastfeeding will help contraction and prevent postnatal hemorrhage.
2. 餵母乳可以減少骨盆腔充血。
2. Breastfeeding can reduce pelvic congestion.
3. 母親餵奶每天可消耗熱量 400-1000 卡，對保持身材有幫助。
3. Breastfeeding consumes 400-1000 calories per day and helps the mother stay in shape.
4. 餵母乳的母親，患乳癌的比例較低。
4. Breastfeeding mothers have smaller likelihood to suffer from breast cancer.
5. 餵母乳既省錢又可以減少消毒奶瓶及沖泡牛奶的麻煩。
5. Breastfeeding is money-saving, reducing milk bottle disinfection, and the trouble of preparing formula milk.

◎重要的初乳：

Important foremilk:

初乳是母親於產後最早所分泌，量少、微黃的乳汁，含有豐富的營養和抗體，可幫助胎便的排出，應哺餵嬰兒。產後即有乳汁分泌，若身體狀況允許，即可儘早至嬰兒室哺餵母乳，以利促進乳汁分泌。愈早給寶寶吸奶就愈分泌乳汁，不須等到脹奶。

Foremilk is the earliest lactation of mothers after delivery with small amount and lightly yellow color. It contains rich contents of nutrient and antibodies that can help the discharge of fetal excrement which should be fed to the babies. Mothers will have lactation after delivery and should breastfeed the baby at the nursery room early when the body condition permits, to facilitate lactation. More lactation will be generated when breastfeed the baby early and mothers do not need to wait for swelling breast.

◎餵母乳的原則：

Principles of breastfeeding:

1. 每天沐浴洗淨乳房，如有乳頭較短或凹陷的情形，則可請醫護人員指導處理的方法，以利產後哺餵母乳。
1. Clean the breast in shower daily. In the event of shorter nipple or crate nipple, ask the nurses for instruction to facilitate postnatal breastfeeding.
2. 通常乳汁會隨著嬰兒的吸吮愈多而分泌愈多，反之則愈少，繼續哺餵則奶水就會源源不斷。

2. Usually milk will increase as babies suck more. Continue to breastfeed and the breast milk will continue.
3. 母乳較容易消化，可依嬰兒的需要哺餵，開始時大約兩小時左右就可餵食。
3. Breastmilk is easily digested and can be fed according to the baby's needs. The baby can be fed in about every 2 hours at the beginning.
4. 每次餵奶採交替方式，如這次先餵左側下次就先餵右側。
4. Breastfeed with interchanging breast by feeding the left side first this time and the right side first next time.
5. 餵母乳的母親要有充分的休息、睡眠和健康的生活。
5. Breastfeeding mothers need to have full rest, sleep and healthy life.
6. 開始哺餵母乳對母親和嬰兒都是需要學習和適應的，如遇到問題可請教醫護人員或有哺乳經驗的親友，大多可以解決，要有耐心，勿輕言放棄。
6. Initial breastfeeding takes learning and adaptation for mothers and the babies. Mothers can ask nurses or relatives/friends with breastfeeding experience. Most problems can be solved and mothers just need to have patience and not to give up easily.

◎哺餵母乳的方法：

Methods of breastfeeding:

1. 餵食前應先洗淨雙手。
1. Wash hands before feeding.
2. 體位舒適：可採取不同姿勢，重要的是媽媽須要心情愉快、體位舒適和全身肌肉鬆弛，有益於乳汁排出。
2. Comfortable position: Take different positions but the most important thing is that mothers must stay pleasant, keep comfortable position and relax all muscles to facilitate lactation.
3. 母親與寶寶必須緊密相貼，而抱寶寶的姿勢，無論嬰兒抱在哪一邊，嬰兒的腹部與母親腹部應相貼，頭與雙肩朝向乳房，嘴處於乳頭相同水平位置，嬰兒頭部不被扭轉或彎曲。
3. Mothers and babies must stay close. The position of holding the baby, regardless of which side, the abdomen of the baby should adhere to that of the mother while the head and shoulder facing the breasts. The mouth is located on the same horizontal position as the nipple. The baby's head should not be rotated or bent.
4. 檢查寶寶已正確含住乳房：寶寶口中含入乳暈，嘴張得很大，下嘴唇外翻，下巴有接觸到乳房，慢而深地吸吮，可以看見寶寶有吞嚥的動作。

4. Check that babies have correctly latched the breast: Babies open mouth wide to put in the areola. The lower lips flip outward while the chin is in contact with the breast to suck slowly and profoundly. Babies will be observed with swallowing motion.

◎餵母乳期間應注意事項：

Notes for breastfeeding:

1.保持乳頭清潔，使用毛巾清潔擦乾淨。

1. Keep the nipple clean and wipe clean with towel.

2.避免乳房腫脹應將剩餘乳汁擠出，保持乳腺通暢。

To avoid breast swelling, squeeze out the remaining milk to keep the glands smooth.

3.母親應攝取均衡營養食物，與足夠的水份並保持充分睡眠，以維持足夠的乳汁。

3. Mothers should consume food with balanced nutrients, sufficient water and maintain full sleep to support sufficient milk.

4.母乳容易消化吸收，嬰兒大便較軟，均勻，呈金黃色，無刺激性臭味。

4. Breast milk is easily absorbed while the excrement of babies appears softer, even and golden without stimulating odor.

◎乳房腫脹的處理：

Treatment for swelling breasts:

1.在餵奶期間可以冷敷乳房如使用冷毛巾敷在乳房上可以減輕乳房腫脹疼痛但要注意不要碰到乳暈附近，以避免降低噴乳反射。

1. Cold compress the breast during the breastfeeding period. Use cold towel to compress on the breast and to reduce breast swelling pain. Note not to touch areas near the areola to avoid reflecting milk.

2.如用熱敷時請注意不要過度的熱敷有時反而會使血管充血腫脹。

2. When using hot compress, do not use excessively hot compress, which could lead to blood vessel congestion and swelling.

3.有時讓嬰兒變換姿勢吸奶，讓乳房中不同區塊的奶水可以排出。

3. Sometimes let the baby change position and suck milk so that the milk from the different areas of the breast to be discharged.

4.盡早餵母乳，確定寶寶以正確的吸允姿勢含住乳房，每天至少 8-12 次的餵奶次數。

4. Breastfeed the baby early to assure that the baby has correctly suck the breast and needs to breast feed 8~12 times every day.

◎哺乳婦女的營養：

Nutrients for breastfeeding women:

1. 食物的攝取會影響乳汁的分泌與品質，應注意均衡營養。
1. Food intake will affect the lactation and quality and therefore mothers should focus on balanced nutrients.
2. 增加蛋白質的攝取，最好有一半以上為動物性蛋白質的食物，如：肉、魚、蛋奶類。
2. Increase the intake of proteins with over half of them being animal proteins such as meat, fish, egg and milk.
3. 增加水果、蔬菜及水份的攝取，以促進乳汁的分泌。
3. Increase the intake for fruits, vegetables and water to promote lactation.
4. 不亂服成藥及其他刺激性食物。
4. Do not take counter drugs without prescription or other stimulating food.
5. 維生素 B₁₂ 僅存在動物性食物內，完全素食的母親，應另增加該營養劑的攝取。
5. Vitamin B₁₂ only exists in animal food. Vegan mothers should increase the intake of such nutrients.
6. 哺乳期間勿減肥。
6. Do not go on diet during breastfeeding.
7. 哺餵母乳期間，避免進食人參、韭菜及麥茶，以免減少乳汁分泌。
7. Avoid eating ginseng, leeks and wheat tea during breastfeeding period to avoid reducing lactation.
8. 促進乳汁分泌的食物，民間及網路上有一些可促進乳汁分泌的食物，媽媽可以試看看。但是每個人的體質不一樣，可能反應不盡相同。最重要的還是要讓寶寶多吸；寶寶不吸的話，就要多擠奶。同時放鬆心情，奶水才會再出來。
8. There are some food that can promote lactation and mothers are encouraged to try them. However due to the different body of everyone, the effect might vary according to individuals. The most important method is to have the babies sucking milk or squeeze the milk if the babies are reluctant to suck milk. At the same time, mothers should relax to squeeze the milk out.

◎避免刺激性食物：酒、煙、藥物、咖啡、茶、可樂、特殊調味料(如辣椒)。

Avoid irritating food: wine, smoking, drugs, coffee, tea, cola, special seasoning (i.e. chili).

◎不適宜餵母乳的情況：

Unsuitable situations for breastfeeding:

1. 愛滋病人者的母親或人類免疫不全病毒反應為陽性者。

1. Mothers who are AIDS patient or are HIV positive.

2. 罹患癌症接受化學治療的母親。

2. Mothers with breast cancer and are receiving chemotherapy.

3. 乳房膿瘍或乳房疱疹的母親。

3. Mothers with breast abscess or breast herpes.

4. 半乳糖血症及氨基酸代謝異常的嬰兒。

4. Babies with Galactosaemia and metabolic abnormality screening.

5. 藥物濫用。

5. Drug Abuse.

6. 尚未接受治療且具有傳染力的結核病。

6. TB without receiving treatment and is highly contagious.

◎舒適的餵哺姿勢：哺餵姿勢，只要保持寶寶愉快的吸奶，可依不同情況而改變。

Comfortable feeding position: Feeding position can change according to the different situations as long as the baby can suck the milk pleasantly.

1. 哺餵前，先逗弄寶寶，替寶寶換尿布，使母子心情輕鬆，有助於泌乳。

1. Play with the baby before feeding. Change the diaper so that both mother and the baby are in a relaxing mood, which will help lactation.

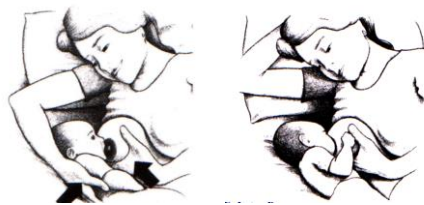
2. 洗淨雙手，以微溫或冷開水浸濕的棉球擦淨乳頭，再行哺餵。

2. Wash the hands, use cotton ball dampened by lukewarm or cold water to clean the nipples before feeding.



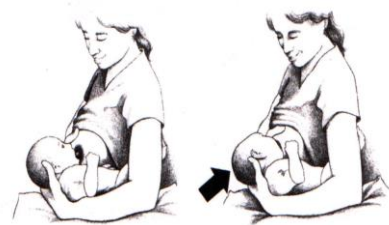
(一) 坐姿餵哺。

(1) Cradle hold.



(二) 側臥式餵哺。

(2) Lying on your side.



(三) 橄欖式餵哺。

(3) Football hold.

◎幫助寶寶吸奶之方法：

Methods helping babies suck milk:



- | | | |
|--|---|--|
| 1. 將寶寶的嘴靠乳頭。 | 2. 用手托起乳房， | 3. 以 C 字形握法，將 |
| 1. Place the baby's mouth close to the nipple. | 將乳頭靠近寶寶的下唇。 | 乳頭放入寶寶嘴中。 |
| | 2. Hold the breast and place the nipple close to the lower lip of the baby. | 3. Use C-shaped holding method to place the nipple into the mouth of the baby. |



- | | |
|--|---|
| 4. 將寶寶的頭靠向乳房並避免塞住寶寶的鼻子。 | 5. 哺乳完後，可用輕壓寶寶的嘴角，將乳頭抽出，不可硬拉，以免乳頭裂傷。 |
| 4. Lean the baby's head toward the breast and avoid suffocating the baby's nose. | 5. After breastfeeding, gently press the mouth of the baby to draw the nipple out. Do not pull with force to avoid breast injury. |

◎幫寶寶打嗝：

Help the baby hiccuping:

餵完奶後，過一會兒，要幫寶寶打嗝以排出吸入之空氣，打嗝時可採下列姿勢，用手輕拍寶寶的背部。

After feeding the milk, help the baby hiccup later to discharge the air inhaled. Take the following position when helping the baby hiccup. Gently pat the back of the baby.



1. 坐式。
1. Sitting up.



2. 臥式。
2. Lying downward.



3. 肩式。
3. On the shoulder.

◎乳脹的處理：

Treatment for breast swelling:

1. 剛開始哺乳，若乳房太脹或太痛，可以增加餵食的次數(每天至少 8-12 次的餵奶次數。)

或將母乳擠出來。

1. In case the breast swells or hurts too much at the beginning of breastfeeding, increase the number of feeding (at least 8~12 times of feeding) or squeeze the breast milk out.

2. 每次餵奶後，必須將剩餘的乳汁擠出來。

2. After breastfeeding, squeeze out the remaining milk.



請以拇指在上，其餘手指

在下的方法。(1) Place the thumb on top and other fingers under.



(2) 先向乳房基部壓擠。

(2) Squeeze to the root of the breast.



(3) 再向乳頭方向壓擠。

(3) Squeeze toward the nipple.



(4) 以同樣姿勢，但採 1/4 圓的

繞轉方式移動手指位置，重覆做，直到做完整個乳房。

(4) Use the same position but take 1/4 circular spinning methods to relocate the position of the finger. Repeat until completing the entire breast.

◎如何收集母乳-手擠法：

How to collect breast milk – hand squeezing:

1. 先徹底洗手。

1. Wash hands thoroughly.

2. 採舒服的姿勢，將容器靠近乳房。

2. Place the container close to the breast in a comfortable position.

3. 將手呈 C 字型，拇指放在乳暈邊，食指放在乳房下方乳暈邊兩指相對。

3. Shape the hand in C-shape and place the thumb next to the areola and the index finger under the breast to have two fingers facing each other.

4. 溫和的將手往胸壁推，再往(乳頭)前擠壓。

4. Gently push the hands towards the chest and squeeze the “nipple” forward.
5. 往前推、往後壓：是用滾動的方法而不是滑動的，如果皮膚會痛應該考慮技巧不對。
5. Push forward and press backward: Use rolling method instead of sliding. If the skin hurts, the technique may be wrong.
6. 以同樣方式擠壓各個方向。
6. Use the same method to squeeze in all directions.
7. 重覆動作，一邊至少 3-5 分鐘，直到流量緩慢，再換另一乳房。
7. Repeat the motion and squeeze for at least 3~5 minutes per side until the flow slows down, then change to another breast.



大拇指及食指放在乳暈上，並 2. 以大拇指及食指壓 從兩側擠壓，變更位置擠出其
往胸壁方向內壓。The thumb 乳頭後方的乳暈。2. Use the 他分葉的奶水。Squeeze from
and index finger on the areola thumb and index finger to the two sides. Change the
and press inward to the chest. press the areola behind the position to squeeze milk from
nipple. other phyllodes.

圖一 如何擠奶

Figure 1 How to squeeze milk

◎母乳保存法：

Breast milk preservation:

	剛擠出來的奶水 Freshly squeezed breast milk	在冷藏室內 解凍的奶水 Breast milk de-frozen in the refrigerator.	在冰箱之外以溫水 解凍的奶水 Breast milk de-frozen with lukewarm water outside of the refrigerator
室溫 25°C 以下 Room temperature under 25°C	6-8 小時 6-8 hours	2-4 小時 2-4 hours	當餐使用 To be consumed for the meal
冷藏室 (0-4°C) Refrigerator (0-4	5-8 天 5-8 days	24 小時 24 hours	4 小時 4 hours

°C)			
獨立的冷凍室 Independent freezer	3 個月 3 months	不可再冷凍 Do not re-freeze	不可再冷凍 Do not re-freeze
-20°C以下冷凍庫 Freezer under -20°C	6-12 個月 6-12 months	不可再冷凍 Do not re-freeze	不可再冷凍 Do not re-freeze

註：不要放在冰箱的門邊，儘量放在冰箱的內部，比較不會受關開門影響溫度的地方。

Note: Do not store breast milk by the door of the refrigerator and try to store inside the refrigerator as it will not be affected with temperature due to opening/closing the door.

◎母乳加溫法：

1. 用流動的溫水加溫或隔水加熱。
2. 超過 54°C(130°F)時會破壞母乳中某些成份。
3. 勿用微波爐及直接在火上加熱法。

Heating breast milk:


1. Use flowing lukewarm water for heating or double-bowled heating.
2. Heating with temperature over 54°C(130°F) will destroy some ingredients of the breast milk.
3. Do not use microwave or direct heating over the stove.

參考資料：

衛生福利部國民健康署(2015，4月)．孕產婦關懷網站．取自

<http://mammy.hpa.gov.tw/index.asp>

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 75 病房分機 7501、7502

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您

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