

1-877-271-MILK (6455) OKLAHOMA BREASTFEEDING HOTLINE



We are pleased to provide the **Oklahoma Breastfeeding Hotline**. The hotline is available **free of charge** to nursing mothers, their families and partners, as well as expecting parents and health care providers in need of breastfeeding support and information.

- 7 days a week, 24 hours a day
- Staffed by International Board Certified Lactation Consultants (IBCLCs) - OU Medicine Lactation Team
- Supported by Oklahoma State Department of Health (OSDH) Maternal and Child Health (MCH) Service, OU Medical Center, and OU Health Sciences Center OB/GYN Department

*Callers may leave a message for a return call that day.
For urgent issues, the IBCLC on call may be paged.*

Accurate, up-to-date information for common breastfeeding issues:

- Not making enough milk
- Baby refusing to nurse
- Breast or nipple pain
- Medications and breastfeeding
- Working and breastfeeding
- Breast pumps
- Breastfeeding in public
- Weaning

Referrals to:

- Women, Infants, and Children (WIC) Programs
- Outpatient lactation services available in Oklahoma
- La Leche League breastfeeding support groups
- Breast pump rental locations
- Milk banks for mothers' milk donations

** Please note that the hotline cannot provide a medical diagnosis. All medical questions should be directed to a health care provider.*

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