



UNIVERSITY OF ARKANSAS
FOR MEDICAL SCIENCES

Use of Your Nipple Shield

Important Info

1. While using a nipple shield, it is important to have your infant's weight checked by a doctor.
2. The frequent use of a breast pump may be needed when using a nipple shield to start and maintain a good milk supply.
3. Place the shield over the nipple with the nipple centered inside the nipple portion of the shield.
4. Tickle infant's lips with the shield and wait for a wide open mouth before attempting the latch. Check your infant's latch to make sure that he or she is not just suckling on the tip of the shield.
5. If the infant is reluctant at first to latch onto the nipple shield, you may need to "prime" the shield by placing a small amount of expressed breast milk inside the shield.
6. After each use, wash the nipple shield well with hot soapy water made with dish soap and rinse well.
7. Disinfect the shield daily by washing in the dishwasher or by boiling in water for 20 minutes. The shield may also be disinfected using a microwave steam bag.
8. Store with the shield facing up and keep in a dry and clean container.
9. After your infant is nursing well, begin "weaning" from the nipple shield. Some babies only need a few sessions with the nipple shield, while others may need more.
 - Begin a feed with the shield. Once the nipple is drawn into the shield, remove shield and practice latching without it.
 - As your infant learns how to latch more effectively, start the feedings without the shield.

This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils.

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