

# 丧子后泌乳： 哀伤家长指南

## Lactation After Loss: A Guide for Grieving Parents (Chinese)

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*我们教育材料的目标是提供准确的医学信息，让所有的家长和家庭都能从中受益。我们诚邀您与您的提供者用最适合您的词汇和语言进行交流。*

*The goal of our education materials is to provide medically accurate information that is inclusive of all parents and families. We invite you to have a conversation with your provider about the vocabulary and language that is most comfortable for you.*

对于许多失去孩子的家长来说，最艰难的时刻之一是母乳开始分泌的时候。在这个生理和情感上都极为困难的时刻，许多人感到毫无准备。 One of the most challenging times for many grieving parents is when their milk comes in. Many feel unprepared to cope during this physically and emotionally difficult time.

有不同的选择可以帮助您从身体上和情感上度过这一时期。有些家长对母奶的存在感到不安，希望它尽快消失。有些人则认为母奶是一种宽慰，提醒他们的身体有能力照顾宝宝。对于某些家长来说，泵出母乳并将其捐赠给母乳库来帮助生病或早产婴儿，可能会非常疗愈。

There are different options to help your body and your emotions through this experience. Some parents feel upset by the presence of milk and they want to make it go away as quickly as possible. Others find the milk to be a comforting reminder of their body's ability to care for their baby. For some parents, it can be very healing to pump their milk and donate it to a donor human milk bank to help sick or premature babies.

感受没有对错之分。花点时间，以最能给您带来身心舒适的方式来过渡产奶的各个阶段。

There is no right or wrong way to feel. Take the time you need to transition

through the phases of making milk in a way that brings you the most physical and emotional comfort.

## 怀孕结束后我会有哪些变化？

### What can I expect after my pregnancy has ended?

怀孕期间，您的乳房准备着分泌乳汁来喂养宝宝。怀孕结束时，激素会导致您的身体开始分泌乳汁。最初的几天里，您会留意到第一次乳汁的流出，称为**初乳**，浓稠且呈黄色。几天后，成熟乳汁将开始分泌，您的身体会产生更多的乳汁。

During your pregnancy, your breasts were preparing to make milk to feed your baby. When your pregnancy ends, hormones cause your body to start making milk. For the first few days, you will notice the first milk that comes in, called **colostrum**, which is thick and yellow. A few days later, your mature milk will start to come in, and your body will make larger amounts of this milk.

## 我的乳房会有什么感觉？ How will my breasts feel?

您的身体只产生少量初乳，因此最初几天不会有任何不适。当乳汁开始分泌时，有些家长只会感到一点点胀，而另一些人则发现乳房变硬，皮肤紧绷，看起来发亮或感觉发热。这称为**涨奶**，它可以向上延伸到腋窝，外至乳头末端。许多家长感到乳房周围触痛或搏动加剧，有些还会出现低烧（100-101°华氏之间）。

Your body only makes a small amount of colostrum, so there will be very little discomfort during the first few days. As the milk starts to come in, some parents experience only a small feeling of fullness, while others find their breasts become hard with tightly stretched skin that may look shiny or feel warm. This is called **engorgement**, and it can extend up into the armpit and out to the end of the nipple. Many parents feel increased tenderness or throbbing around their breasts, and some develop a low fever (between 100-101° F).

## 我可以做些什么来帮助身体停止产奶？

### What are some things I can do to help my body stop making milk?

- 怀孕结束后的最初几天，不要使用吸奶器（除非您正在考虑捐献母乳）。

For the first few days after your pregnancy has ended, do not use a breast pump (unless you are thinking about donating your milk).

- 您的身体会根据从体内排出的乳汁量来产生乳汁。为了帮助身体停止产奶，您需要慢慢减少乳汁供应量。这称为**渐进式断奶**，可帮助您避免不适和导管堵塞或乳房感染等并发症。

Your body makes milk in response to the amount of milk that's removed from your body. To help your body stop making milk, you'll need to slowly decrease your milk supply. This is called **gradual weaning**, which will help you avoid discomfort and complications like plugged ducts or infection in the breasts.

## 如果我已经有了规律的母乳供应，如何慢慢减少母乳供应量？

### If I already have a regular milk supply, how can I slowly decrease my milk supply?

使用双边电动吸奶器继续吸奶，但要慢慢改变泵奶时间。例如，如果您 24 小时内母乳喂养或胸喂，或泵奶 8 次，那么在接下来的 24 小时内应减少到 7 次。继续将泵奶次数减少到每 24 小时 6 次，然后 5 次，再减到 4 次。之后，在接下来的几天里，根据需要泵奶，时长足以减轻不适即可。整个过程可能需要一周或更长时间，但随着排出乳汁停止，您的身体最终会停止产生母乳。

Use a double electric breast pump to continue removing milk, but change your pumping schedule slowly. For example, if you have been breastfeeding or chestfeeding your baby or pumping 8 times in 24 hours, reduce that to pumping 7 times in the next 24 hours. Continue reducing your pumping schedule to 6 times, and then to 5 times, and then to 4 times every 24 hours.

After that, pump just long enough to reduce discomfort as needed for the next few days. It may take a week or more, but your body will eventually stop producing milk as you stop removing it.

## **我可以做些什么来帮助缓解涨奶的疼痛和压力？ What are some things I can do to help relieve the pain and pressure of engorgement?**

- 尝试佩戴合身、有支撑力的胸罩，但不要束缚乳房。 Try wearing a well-fitting, supportive bra, but do not bind your breasts.
- 用冷敷袋冷敷乳房，每次 20 分钟（确保皮肤和冷敷袋之间有一层织物隔开）。  
Use cold packs on your breasts for 20 minutes at a time (make sure there's a layer of fabric between your skin and the cold pack).
- 避免使用热源（如加热垫等）。热源会加剧乳房肿胀和炎症，从而导致更多不适。  
Avoid using heat (like heating pads, etc.). Heat can increase swelling and inflammation in your breasts, which can lead to more discomfort.
- 当乳汁开始分泌时，用手或用吸奶器吸出足够的乳汁，让您感觉更舒服。不要完全排空乳房。 As your milk starts to come in, pump just enough milk by hand or with a breast pump to make you feel more comfortable. Do not completely empty your breasts.

## **我可以服用药物来缓解涨奶疼痛吗？**

### **Can I take any medication for the engorgement pain?**

您可以服用对乙酰氨基酚 (Tylenol®) 或布洛芬 (Motrin® 或 Advil®)。请遵循药瓶或药物包装上的说明。

You can take acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®). Follow the instructions on the bottle or medication package.

## 我想捐母乳。该如何开始流程？

### I would like to donate milk. How do I start the process?

有些家长发觉泵出母乳并捐赠给其他有需要的婴儿非常疗愈。将母乳捐赠给母乳库可以挽救早产儿和重症婴儿的生命。Some parents find it very healing to pump their breast milk and donate it to another baby in need. Donating your milk to a human milk bank can be lifesaving for premature and very ill babies.

如果您正在考虑捐献母乳，请在怀孕结束后尽快开始使用吸奶器。彻底、频繁地排出乳房中的乳汁对产生和维持乳汁供应非常重要。如果您想继续分泌乳汁，我们建议您至少每 3 小时泵奶一次，每次 15 分钟。If you are thinking about donating your milk, start using a breast pump as soon as possible after your pregnancy ends. Removing milk from the breasts **thoroughly** and **frequently** is very important to create and keep up your milk supply. We recommend you pump at least every 3 hours for 15 minutes at a time if you want to continue producing milk.

北美人乳库协会 (HMBANA) 是一个非营利组织，旨在确保捐赠母乳的质量。在成为母乳捐赠者之前需要经过一个筛查过程。密西根州有 2 家经 HMBANA 认证的母乳库。请联系您选择的地点以获取更多信息：The Human Milk Banking Association of North America (HMBANA) is a nonprofit organization created to ensure the quality of donor human milk. There is a screening process involved before becoming a milk donor. There are 2 HMBANA-accredited milk banks in Michigan. Please contact the location of your choice for more information:

- 密西根州卡拉马祖的布朗森母亲母乳库：(269) 341-6146  
Bronson Mothers' Milk Bank in Kalamazoo, MI: (269) 341-6146
- 密西根州杰克逊的亨利·福特母乳库：(517) 205-6455  
Henry Ford Milk Bank in Jackson, MI: (517) 205-6455

## 我应该什么时候致电我的医疗保健提供者？

### When should I call my healthcare provider?

- 对于一般问题，请拨打哺乳帮助热线 (844) 200-8894。他们会要求您留言，哺乳顾问会在 24 小时内回复您的电话。For general questions, please call the Lactation Help Line at (844) 200-8894. They will ask you to leave a message, and a lactation consultant will return your call within 24 hours.
- 如果发现感染迹象（包括发烧、发红或肿胀），请联系您的医疗保健提供者。  
If you notice signs of infection (including fever, redness, or swelling), contact your healthcare provider.
  - 如果您是在过去 6 周内分娩，可以致电生育中心分诊电话 (734) 764-8134。  
If you delivered your baby within the past 6 weeks, you can call Birth Center Triage at (734) 764-8134.

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