

Aeroflow Breastpumps

Menstruation and Milk Supply

Menstruation and milk supply are closely related due to the hormonal changes that occur in a woman's body during the postpartum period and while breastfeeding.¹ Menstruation can often occur while breastfeeding. However, many mothers will experience a period of lactational amenorrhea during breastfeeding, which can delay the return of ovulation and monthly bleeding. The younger the baby, the more often a mother feeds from the breast (without numerous long stretches of non latching), and the less supplementation is given, the longer the return of menstruation is likely to be delayed. The timing of menstruation's return varies widely, with individual hormones playing a significant role.¹ On average, menstruation resumes between 9 and 18 months postpartum, but some women may experience it earlier or later.²

Hormonal Changes During Menstruation

Before and during menstruation, levels of estrogen and progesterone rise.³ These hormones can slightly reduce milk supply because they can interfere with the production of prolactin, the hormone responsible for milk production.⁴ Some women notice a temporary drop in milk supply a few days before or during their period. This is usually temporary and resolves once menstruation ends.

Impact on Breastfeeding

The composition of breast milk can change slightly during menstruation, which could change the taste due to the hormonal shifts. Older research suggests that this could be related to an increase in sodium and chloride levels, but often does not affect the amount of milk the baby drinks.⁵ Many women experience increased nipple sensitivity or tenderness around the time of their period, which can make breastfeeding slightly uncomfortable.⁶

Managing Milk Supply During Menstruation

Breastfeeding more frequently can help maintain milk supply during menstruation. The more a baby breastfeeds, the more milk is produced. Staying well-hydrated and maintaining a balanced diet can support milk production. Some parents report positive results when they take a daily dose of 500 to 1,000 mg of calcium and 350 to 500 mg of magnesium supplements during the second half of the menstrual cycle (from ovulation to the start of your period.) This may help mitigate the decrease in milk supply and reduce nipple tenderness.

In most cases, any impact on milk supply due to menstruation is temporary. If you notice a significant or prolonged decrease in milk supply, or if you have concerns about breastfeeding during your period, it's a good idea to consult a lactation consultant for personalized advice.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Ultimate Breastfeeding Prep- Postpartum Breakout Room
- Lactation Q&A

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References:

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