

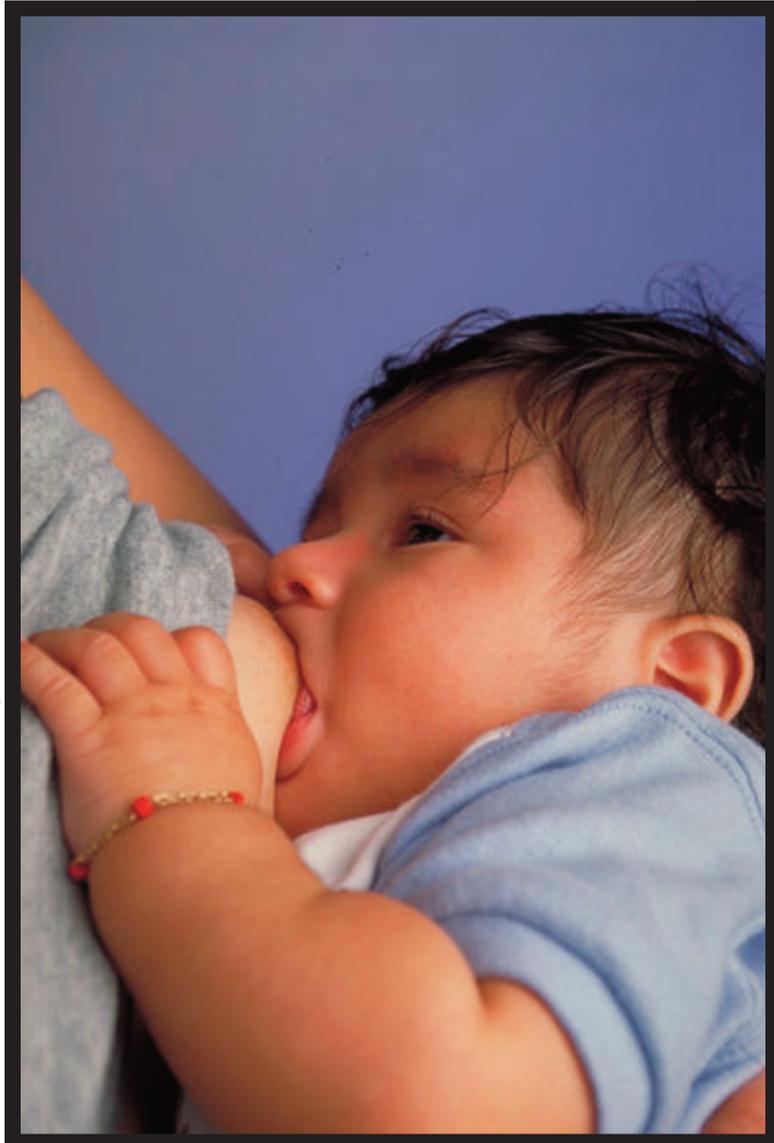
### **If I work while I'm breastfeeding, what changes should I think about?**

Occasionally, breastfeeding causes dryness of the vagina, so use lots of water-based lube. Your breasts may feel tender and heavy, and milk will be released when they're stimulated.

Some clients find breast milk a turn-on. There are specialist sites for 'milkmaids' and you may get a new temporary client group. In fact, if you do get any regular business, you can keep producing breast milk long after your baby weans, as long as the breasts are sucked on several times a day and massaged or kneaded. There are some herbs that might help stimulate or increase breast milk production, such as fenugreek, red raspberry leaf and blessed thistle, although there is no scientific evidence to back this up.

If you have Hepatitis B or are HIV positive, breast milk can transmit these viruses to your baby or to a client. You will need to express the milk and heat treat it to kill the HIV virus, although there are breast shields being developed which kill the virus as the milk passes through.

If you have any sores or cracks on your nipples, you shouldn't let a client's mouth, penis, cum or pre-cum anywhere near them.



### **Can I still get pregnant if I'm breastfeeding?**

Yes. It's only effective as a contraceptive when you haven't had any periods, you're breastfeeding a baby who's under six months old and is taking no other food or drink, your baby is nursing regularly, and you don't miss any feeds. If you stick to this routine it can be about 99% effective. But, and this is a big but, many mothers who are doing all of these things get their periods within the first six months – and if you have your period, it means you've already released an egg which could have been fertilised. If you really don't want to risk getting pregnant, you should use some other form of contraception. And if you're working while you're breastfeeding, you should use condoms or femidoms to protect yourself from STIs.

### **What contraception can I use if I'm breastfeeding?**

The Combined Pill will decrease your milk supply, so don't take it if you're breast-feeding. Any other method of contraception should be fine.

The progesterone-only pill can be started three to four weeks after childbirth, and it doesn't interfere with milk supply.

The contraceptive injection can be started six weeks after the birth if you're breastfeeding.

A diaphragm can be fitted six weeks after the birth, but you will need to be re-fitted if you used one before pregnancy. An IUD or an IUS can also be fitted after about six weeks.

And when you're working, always use condoms with lots of water-based lube.