Association of Ontario Midwives Delivering what matters.

SYMPTOMS

PERSIST

Management of infective mastitis

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RISK FACTORS Previous mastitis Prolonged engorgement Poor milk drainage Cracked nipples **CLINICAL ASSESSMENT OF SYMPTOMS** Hard, red, tender, swollen area on breast Febrile, myalgia, chills, malaise, flu-like symptoms **DIFFERENTIAL DIAGNOSIS** Mastitis Clogged duct Engorgement Abscess Inflammatory breast cancer DIAGNOSIS OF MASTITIS **SYMPTOMS** CLINICAL MANAGEMENT OF SYMPTOMS **WORSEN OR** Rest, increase fluids **RESOLVE** Cold packs, cabbage leaves Moist heat, breast massage Frequent chest/breastfeeding Effective latch Symptoms worsening quickly or temperature > 38.5°C Ibuprofen, acetaminophen or symptoms persist >24hrs **ROUTINE CARE** Symptoms resolving **Antibiotic treatment*** Cephalexin 500 mg QID x7-10 days (1stline) Cloxacillin 500 mg QID x10-14 days (2ndline) Clindamycin 300-450 mg TID x10 days 4 (if beta-lactam sensitivity or allergy) Amoxicillin-clavulanic acid 500 mg BID x7-10 days Symptoms persist >48h REFERRAL[‡]

*Monitor infant during antibiotic treatment

Consult if: vomiting, diarrhea and/or rash Consider infant probiotic administration

‡ Consider sending milk culture

If delayed access to referred provider expected (to expedite results while awaiting consult)

References

- 1. College of Midwives of Ontario Standard on Prescribing and Administering Drugs. Toronto: College of Midwives of Ontario; May 2008.
- 2. Jahanfar S, Ng CJ, Teng CL. Antibiotics for mastitis in breastfeeding women. Cochrane Database Syst Rev. 2013;2. Art. No.: CD005458. DOI: 10.1002/14651858.CD005458.pub3
- 3. Pevzner M, Dahan A. Mastitis while breastfeeding: prevention, the importance of proper treatment, and potential complications. Journal of Clinical Medicine, 2020:9(8):2328.
- 4. Marchand V. Using probiotics in the paediatric population. Paediatrics & Child Health. 2012 Dec 1;17(10):575. Updated June 2019. Retrieved from: https://cps.ca/documents/position/probiotics-in-the-paediatric-population