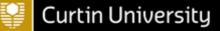
The Use of Herbal Medicines in Lactation



If you are currently living in Australia, 18 years or older, currently breastfeeding or have breastfed in the past 12 months, we would greatly appreciate your participation in the following survey.

By returning this form, it is assumed that you have given consent to participate and for us to use the data in our research. Please be assured that this survey is completely voluntary and anonymous. No personal contact details will be recorded. Please refer to the Participant Information Sheet (Approval: PH-03-11).

Sec	ction 1: Participant Information
1.1 \	What is your home postcode? 1.2 What is your age?
	What is your country of birth? 1.4 What is your ethnic background? If not born in Australia, how many years have you been residing in Australia?
1.5 \	What is the highest level of education you have completed?
	What is the total annual household income last year? AUD 0 - 6, 000 AUD 6, 001 - 37, 000 AUD 0 - 6, 000 001 - 37, 000
ſ	AUD 80, 001 - 180, 000
1.7 H	How many children do you have?
(If yo	ou are NOT CURRENTLY breastfeeding, please go to Section 2)
Reg	arding your child currently being breastfed:
1.8 \	What is his/her age? Gender: 🗖 Male 🔲 Female
1.9 I	s this your first child? Tes No
Sol	ction 2: Participant and family background characteristics
Set	ction 2. Participant and family background characteristics
2.1	What is your parents' place of origin?
2.2	What are their ethnic backgrounds?
2.3	Are you living with your parents or your partner's parents? Yes No
2.4	Who were you living with when you were breastfeeding your child?
2.5	Which of the following best describes your parents or your partner's parents' role in giving advices on decisions regarding your own health or nutrition during breastfeeding?
	All the time Quite frequently Sometimes Only very occasionally Never
2.6	Which of the following best describes your parents or your partner's parents' role in giving advices on decisions regarding your child's health or nutrition?
	All the time Quite frequently Sometimes Only very occasionally

Section 3: Use of herbal medicines during breastfeeding

The Therapeutic Goods Regulations 1990¹ defines herbal substances as "all or part of a plant or substance (other than a pure chemical or a substance of bacterial origin)"¹.

3.1 Have you used any herbal supplements or preparations during breastfeeding?

If answered No, please go to Question 3.7.

- 3.2 Are the reason(s) for using any of them breastfeeding-related?
- 3.3 Please specify the name(s) of herbal preparations, reason(s) or purpose(s), who recommended and whether it was effective from your personal experience. (*If extra space required, please go to the last page*)

Name(s) of Herb	Why?	Recommended by?	Did it help?

3.4 Have you used any herbal supplements during breastfeeding to help increase milk production or supply during breastfeeding?

If answered Yes, please specify details in the table below. (If extra space required, please go to the last page)

Name(s) of Herb	Why?	Recommended by?	Did it help?

3.5 Did you experience any side effect(s) or unwanted effect(s) following the use of herbal supplements during breastfeeding?
Yes No

If answered Yes, please specify the name(s) of the herb and side effects experienced in the box below.

3.6 Is your doctor aware that you are using these herbal supplements during breastfeeding?

3.7 Have you used any other products, special diets or methods to help increase milk production or supply during breastfeeding?
 Yes No

No

If answered Yes, please describe the products or methods used in the box below.

Se	Section 4: Sources of herbal medicines and information resources					
4.1	1 Where have you obtained or purchased your herbal products/preparations? Please tick where relevant.					
	Herbal or health food sto	ore	Naturopathic clinics	i	Pharmacy	
	Supermarket		Family or friends		Internet	
	Others, please specify					
4.2	Where have you or would y Please tick where relevant		ion concerning the use	of herbal medi	icines during breastfeeding?	
	Herbal or health food sto	ore	Pharmacist		Doctor	
	Naturopathic/ Homeopat	hic practitioner	Family or friends			
	Books, literature or journ	nal articles	Lactation consultan	ıt	Child health nurse	
	C Others, please specify					
4.3	Do you agree that currently during breastfeeding?	y there is a lack of □ Agree	resources available to	you regarding	the use of herbal medicines	Э
4.4	Do you agree that using na breastfeeding?	atural herbal medi	cines is safer than usin	g conventional	/prescribed drugs during	
	Strongly agree	Agree	No idea	Disagree	Strongly disagree	;
4.5	In the past, have you refus safety of your breastfed inf		/ drug treatments during	g breastfeeding	g due to concerns regarding	
4.6	Would you like to know mo	ore about the safe	ty and efficacy of herba	l medicines us	e during breastfeeding?	

THANK YOU FOR YOUR TIME

References:

1. Therapeutic Goods Regulations 1990 [statute on the Internet]. 1990 [updated 2010 July 1; cited 2010 September 7]. Available from: http://www.comlaw.gov.au/ComLaw/Legislation/LegislativeInstrumentCompilation1.nsf/.

Extra Space for Question 3.3

Name(s) of Herb	Why?	Recommended by?	Did it help?

Extra Space for Question 3.4

Name(s) of Herb	Why?	Recommended by?	Did it help?