



Question: 1 of 5

CORRECT

Time Elapsed: 00:01:32  
Pause Remaining: 08:20:00

PAUSE



FLAG

A nurse is providing teaching about colostrum to a client who is planning to breastfeed their newborn. Which of the following statements should the nurse make?



"Colostrum provides your newborn with a good source of protein."

CORRECT

My Answer

The nurse should inform the client that colostrum is high in protein and low in fat.

"Colostrum production begins 3 to 4 days after birth."

**INCORRECT**

The nurse should inform the client that colostrum production begins at around 16 weeks of gestation and continues until 3 to 5 days after birth, at which point breastmilk begins to transition to mature milk.

"Colostrum is excreted from the breast as a thick, white fluid."

**INCORRECT**

The nurse should inform the client that colostrum is excreted from the breast as a clear, yellowish fluid.

"Colostrum provides the newborn with active immunity against infection."

**INCORRECT**

The nurse should instruct the client that colostrum provides the newborn with passive immunity against infection, rather than active immunity.

CONTINUE



Question: 2 of 5

CORRECT

Time Elapsed: 00:01:48  
Pause Remaining: 08:20:00

PAUSE



FLAG

A nurse is caring for a client who requests additional information about nutritional intake during breastfeeding. Which of the following statements should the nurse make?



"You should avoid spicy foods while breastfeeding."

**INCORRECT**

The nurse should inform the client that no foods are contraindicated while breastfeeding and that they can continue to consume the foods they prefer.

"You should expect weight loss of 2.2 kilograms, or 5 pounds, per month while breastfeeding."

**INCORRECT**

The nurse should inform the client that a weight loss of more than 2 kg (4.4 lb) a month can decrease milk production and is not an expected finding.

"You should eat an additional 450 to 500 calories per day while breastfeeding."

**CORRECT** My Answer

The nurse should inform the client that eating an additional 450 to 500 calories per day while breastfeeding will help balance calorie intake and output.

"You might need to take a vitamin A supplement while breastfeeding."

**INCORRECT**

The nurse should inform the client that they might be encouraged to take a vitamin D supplement while breastfeeding, rather than a vitamin A supplement.