Clinical Insights of Physicians to understand the effectiveness of Natural ingredients including Shatavari in case of low breastmilk supply for new mothers

1. How frequently do you prescribe or recommend galactagogues to your breastfeeding patients?

a) Rarely/Never

b) Occasionally (1-2 patients per month)

c) Frequently (3-5 patients per month)

d) Very Frequently (More than 5 patients per month)

2. For which of the following situations do you most commonly consider galactagogues?

a) Perceived insufficient milk supply (PIMS)

b) Preterm infants

c) Mothers returning to work

d) Mothers adopting infants e) Induced lactation

3. What is your typical first-line approach for managing perceived insufficient milk supply?

a) Reassurance and education on breastfeeding techniques

b) Frequent breastfeeding/pumping

c) Galactagogues

d) Referral to a lactation consultant

4. Which galactagogues do you commonly recommend or prescribe?

a) Domperidone

b) Metoclopramide

c) Herbal supplements

5. What factors influence your decision to recommend or prescribe a galactagogue?

a) Underlying cause of insufficient milk supply

b) Infant's age and health

c) Maternal health and medications

d) Patient preference

e) Availability and cost of galactagogue

6. How comfortable are you with prescribing or recommending galactagogues?

a) Not at all comfortable

b) Somewhat comfortable

c) Comfortable

d) Very comfortable

7. What is your understanding of the evidence supporting the efficacy of galactagogues?

a) Limited evidence, mainly anecdotal

b) Moderate evidence for some galactagogues

c) Strong evidence for most galactagogues

d) No evidence of benefit

8. Have you used Shatavari in your patients with lactation insufficiency?

a. Yes

b. No

9. How would you rate efficacy of Shatavari as a galactagogue?

a. Good

b. Very Good

c. Excellent

10. How do you typically monitor the effectiveness of galactagogues in your patients?

a) Infant weight gain

b) Frequency of breastfeeding/pumping

c) Maternal reports of milk supply

d) Test weighing