

### Breastfeeding: Breast milk pumping guidelines

Day 1 to 4	How often	How long	Tips	Storage
<p><b>Colostrum Phase</b></p> <p>Start pumping within 1 hour after delivery. If unable, pump as soon as you can.</p> <p><b>Use a hospital grade double electric breast pump.</b></p> <p>Health insurance often covers the cost of a breast pump.</p> <p>Ask your nurse or the Lactation Consultant for help to get a breast pump.</p>	<p>Pump every 3 hours from the start of the last pumping.</p> <p>Pump day and night. This would be 8 times in 24 hours.</p> <p>You may need to use an alarm clock to wake up at night to pump.</p> <p>Keep a <b>record</b> of the amount pumped and put on the schedule. (see pumping record) or use a pumping phone App.</p> <p>Drink 6 to 8 ounces of fluids, at each pumping. Water is the best to drink.</p>	<p>Use the INITIATE pump program for the 1<sup>st</sup> day of pumping to stimulate milk production.</p> <p>Use the MAINTAIN pump program after the 1<sup>st</sup> day of pumping to empty better.</p> <p>Start to pump on the lowest suction setting. Turn up the suction as high <b>as is comfortable</b> for you. Turn the suction down if it hurts.</p> <p>If you have nipple pain, the pump flanges may be too small.</p> <p>Ask the Lactation Consultant to fit you with larger flanges.</p>	<p>At first, some mothers pump nothing or only a few drips. Others may pump much more.</p> <p><b>For the first 3-4 days,</b> hand express more colostrum on to a spoon or into a medicine cup after you use pump.</p> <p>After that, hand express while you pump to empty more completely.</p> <p><b>Hand expression:</b> Form a "C" shape with your hand. Place your fingers under your breast and your thumb on top about 1 inch back from the areola. Compress, Relax &amp; Repeat 10 times. Switch back and forth on each breast. Collect milk onto a spoon, small cup or breast pump cup.</p> <p>You can <b>make or buy a pump bra</b> to hold the parts on. Ask your Lactation Consultant for information.</p>	<p>Swab drips of colostrum with a cotton tip applicator for mouth cares. Ask your Lactation Consultant or nurse for more information.</p> <p>Small amounts of colostrum can be drawn up into a small syringe from the spoon or cup.</p> <p>Pump &amp; store into the small (1 oz) containers until they are half full.</p> <p>Do not put breast milk from different pumpings together while your baby is in the hospital.</p> <p>Always pump into a container that is larger than you can fill.</p>
Day 4 to 14 and Beyond	How often	How long	Tips	Storage
<p><b>Transitional Milk to Mature Milk</b></p> <p><b>Breast milk usually comes in on day 4 - 6.</b> Or slower if mom is ill, had a C-section or took some medicines.</p>	<p>Pump every 3 hours, day and night.</p>	<p>Pump until no more milk drips from the yellow valves. Once milk comes in this can be 20 to 30 minutes.</p>	<p>If you have to, pump earlier than 3 hours instead of skipping or waiting too long.</p> <p>Hand express into the pump cup/bottle after you stop pumping to get even more milk.</p>	<p>Leave extra room in containers when freezing.</p> <p>Use the containers from the hospital, not use storage bags.</p> <p>Use the containers once.</p>

After 2 weeks	How often	How long	Tips	Storage
<p><b>Mature Milk</b> Each mom produces a different amount.</p> <p><b>Goals for Pumping</b> If you plan to breastfeed or feed all breast milk, you should have a minimum amount by week 2.</p> <p>Your <b>goal</b> is to pump a <b>minimum</b> of 2 ½ to 3 oz each pumping (75-90mls) <b>or</b> 20 to 25 oz per day (600-750 mLs).</p> <p>Some mothers take longer to get this amount.</p> <p>Talk with the Lactation Consultant if you have a low supply.</p> <p>Any breast milk is good for your baby!</p>	<p>How often you pump is based on your supply.</p> <p><b>If you are at goal:</b> Continue to pump every 3 hours.</p> <p><b>If you are below goal:</b> Increase pumping to every 2 hours during the day.</p> <p><b>If you are greater than goal:</b> Talk to the Lactation Consultant to set a schedule. Some moms may need to pump less often.</p> <p><b>Do not skip night time pumps</b> unless you have a good supply or you need rest.</p>	<p>Massage and hand expression with pumping helps empty more milk so, you make more milk. It can also speed up the pump session.</p>	<p>Use the <b>Pumping Record</b> to keep track of times and amounts from each pumping.</p> <p>Keeping a record will help you see if your milk supply is going up or down. Your milk supply may go down with missed pumpings. More frequent pumping should increase your supply.</p> <p><b>Do not skip pumping.</b> Pump early if you will be unable to pump at the planned time.</p> <p>A written schedule may help keep pumping on time.</p> <p>If your baby isn't taking all of your milk <b>do not</b> decrease pumping frequency.</p> <p>It is often hard to increase your supply again after cutting back. You will want to keep up your supply as your baby grows and is eating more.</p>	<p>Pump into bigger bottles and pour milk into storage containers</p> <p>If your baby is taking <b>fresh milk</b>, store 96 hours worth of feedings in the refrigerator.</p> <p>If your baby isn't feeding all your fresh milk, freeze it within 24 hours from when it was pumped.</p> <p>If using <b>frozen milk</b>, thaw only the amount to be fed within 24 hours.</p> <p>Talk with the Lactation Consultant if you have questions about storage</p>

**Other helpful information**

**Health Facts for you:**

- Breast milk: Bringing it to and from the Hospital (#1402).
- Medela® Collection & Storage for storage times at home.

**ALERT:** Call your doctor, nurse, or Lactation Consultant if you have any questions or concerns or if you or your baby has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**