

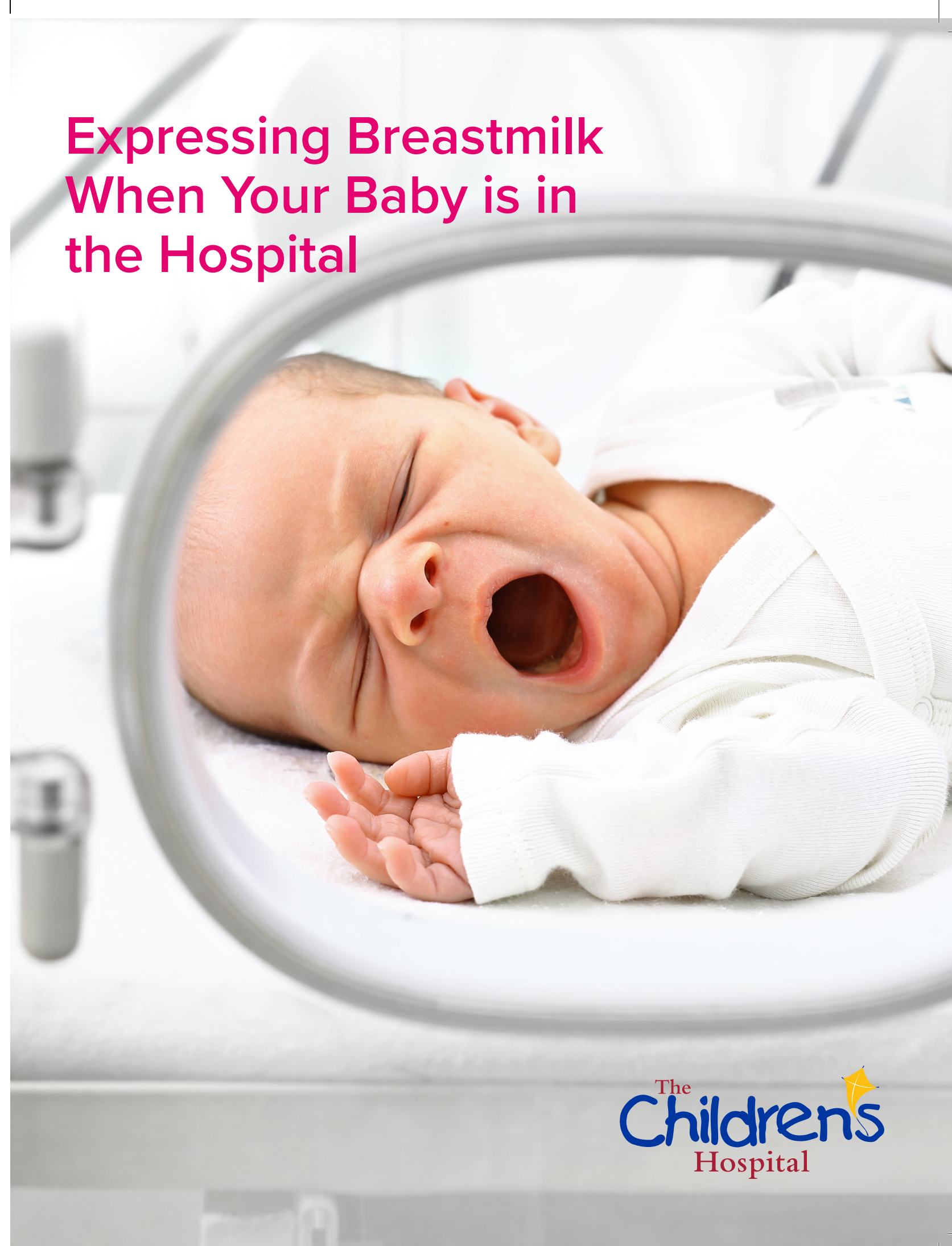
Expressing Breastmilk When Your Baby is in the Hospital



OKLAHOMA BREASTFEEDING HOTLINE
877-271-MILK (6455) or text
OK2BF to 61222



OUMedicine.com/Childrens



Mother's milk is by far the best food for preterm and sick infants. Whether you have decided to express milk for a short time or to breastfeed for 1-2 years, your milk will help your baby. Remember, this is something only you can do for your baby.

Use a hospital-grade electric breast pump that can express milk from both breasts at the same time. The NICU has breast pumps available in your baby's room for use when you are visiting. A hand or smaller electric pump will not give you enough milk for a preterm or sick baby. Some women express more milk using hand expression in the first 2-3 days.

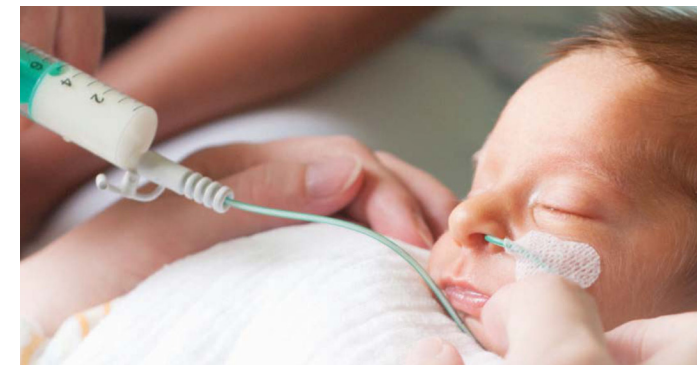
Regular, frequent and complete pumping for the first 2-4 weeks is very important. How often you pump now will decide how much you will have later. Pumping milk from both breasts at the same time will save time and increase your milk supply.

- 1 Wash your hands with soap and water.
- 2 Massage your breasts.
- 3 Place the center of the flange over your nipple.
- 4 Turn on the pump. If using the Symphony pump, it starts fast and slows after 2 minutes. If your milk flows before 2 minutes, push the button with the milk drop to slow the pump.
- 5 When the pump slows down, slowly increase the suction dial to as high as your comfort allows.



Massage your breasts

- 6 Pump both breasts for 10-15 minutes, 8-10 times every 24 hours and at least once at night. Pumping more than 20 minutes is rarely helpful.
- 7 Continue massaging your breasts during pumping. This is called "hands-on" pumping and will help you empty your breasts better. When you have removed most of the milk, your breasts will feel softer. Soften your breasts as much as you can each time you pump. Milk left in your breasts after pumping tells your body to make less milk.
- 8 This step is a key part to removing more milk. Your lactation consultant and nurse can show you how to hand express. This step is an important part to emptying well. It is also helpful to know if you find your breasts are full and you are not near an electric breast pump.



- 9 Pour your milk into the storage cup given to you and put the label on the cup with the date and time you pumped. When pumping both breasts at the same time the milk can be stored in one cup. **Do Not** mix the milk from different pumping sessions.
- 10 Wash the kit with warm, soapy water and rinse well. If you are not cleaning the kit right away, rinse the kit with cool water for washing later.
- 11 Chill breast milk within ONE HOUR after you have pumped for preterm or sick babies. Freeze the milk if it will be more than 48 hours before you can bring the milk to your baby. Use a cooler with ice or ice packs to bring your milk to your baby. The NICU will store your frozen milk.
- 12 Write down the amount of milk each time you pump on the pumping log sheet. If you notice that your milk supply is decreasing, notify the lactation consultant as soon as possible.

The First Milk

Your breasts began making milk at 4 months of pregnancy. This special milk is called colostrum. This first milk is very thick and in small amounts, which makes it hard to express. You make this first milk for about the first 3 days, then it starts to change to more mature milk. Many moms pump several times before they collect any milk. This is normal. If you had problems during pregnancy or delivery, your mature milk supply may take a little longer to increase. It is very important to continue expressing during this time despite the amount expressed.

Troubleshooting

- **Pain:** common causes of pain are too much suction, wrong flange size or pumping too long. Pumping should not be painful!
- **Decreasing milk supply:** common causes are pumping less than 8 times per day, using a non-hospital grade pump, meds (or drugs) mom is taking or stress.
- If you are making more milk than your baby needs, do not pump less often. This can decrease your supply very fast. Milk can be stored up to 6 months in a freezer, 12 months in a deep freezer or even donated if necessary.
- Doing kangaroo care (skin-to-skin contact) with your baby at least every day will help increase or maintain your milk supply. Moms tend to get more milk if they pump right after a Kangaroo Care session.

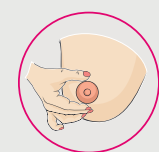
Call your lactation consultant with problems:
(405) 271-8001, ext. 40703

Outside business hours: Oklahoma Breastfeeding Hotline
(877) 271-6455, 24 hours a day, or text OK2BF to 61222

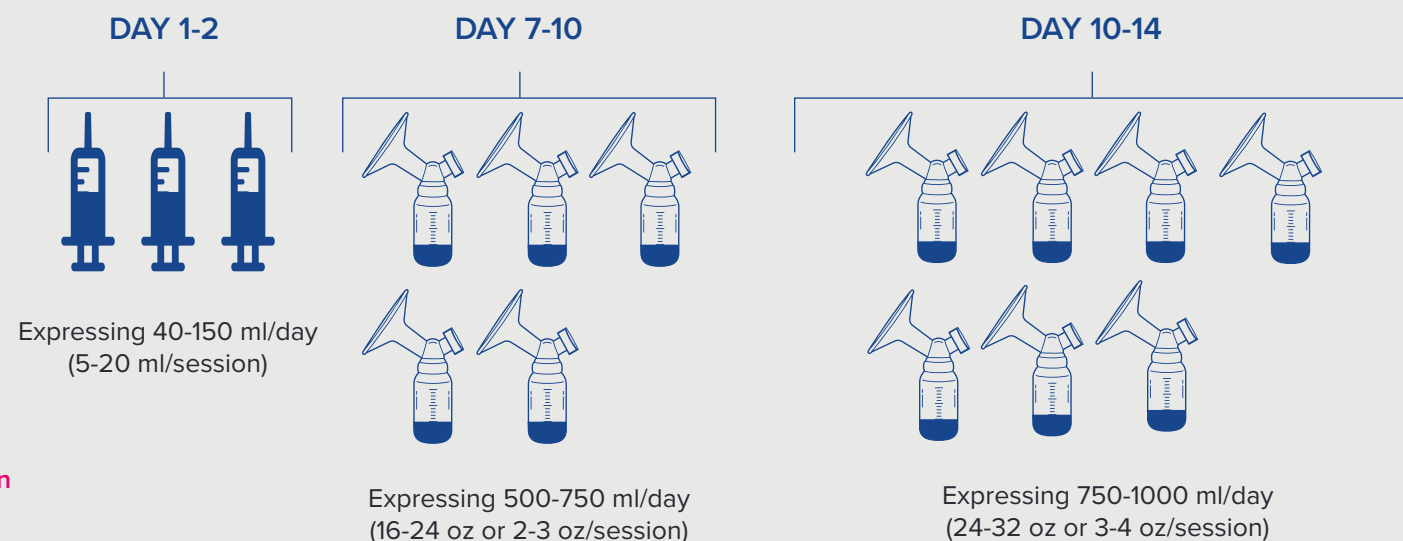
Daily Goals

for the First 14 Days

As long as your baby is in the NICU, it is advised to pump 8 times in a 24-hour period for at least 10-15 minutes and until the milk stops flowing.



Practice hand expressing after each pumping session



Hospital-Grade Electric Breast Pump



Hospital-Grade Hand Breast Pump