



Breastfeeding Committee For
Saskatchewan

IMPORTANT

You may be pumping your breasts because you are currently unable to breastfeed, or you are breastfeeding and want to increase your milk supply

Your milk supply is based on supply and demand.

- The more often baby nurses or mother expresses her milk, the more milk there will be.

For further information contact:

Local Public Health Nurse

Lactation Consultant

*Local Health Care
Provider*

*Local breastfeeding support
group*

HealthLine
1-877-800-0002

Breastfeeding

Pumping Your Breasts to Establish and/or Build a Milk Supply

How often to pump

- Pump every 2 to 3 hours during the day and at least once at night. Pump at least 8 times in 24 hours. *This pattern is similar to how your baby would feed.*

To help the milk let down before you pump

- If you can, lie down in a quiet place for 10 to 15 minutes.
- Take a warm bath or shower.
- Place warm moist towels over your breasts.
- Try to relax. Do some deep breathing.
- Have a drink of water, milk or juice before or during pumping.
- Think about your baby. Look at your baby's picture. Smell a blanket that you have used for your baby that has the baby's smell on it. If possible pump beside baby.

Getting ready to pump

- Wash your hands well with soap and water.
- No special cleaning of your breasts is needed before pumping.
- Set up the pump equipment.
- If you wear breast pads, change them when they become damp

To encourage the flow of milk, massage the ducts that produce milk.

- Start at the top of your breast. Press firmly into the chest wall. Move fingers in a circular motion on one spot on the skin.
- After a few seconds move your fingers to the next area on the breast.
- **Circle** around your breast toward the areola using this massage. The motion is similar to that used in a breast examination.



- **STROKE** the breast area from the top of the breast to the nipple with a light **tickle-like stroke**. Continue this stroking motion from the chest wall to the nipple around the whole breast.



- **SHAKE** the breast while leaning forward so that gravity will help the milk eject.



Storage times for breast milk

Freshly expressed

Room temperature

25°C 4 to 6 hours
19 - 22°C 10 hours

Refrigerator 8 days

Freezer

Single door fridge

- 2 weeks

Separate door fridge freezer

- 3 to 4 months

Chest style deep freezer (-20°C)

- more than 6 months

Note: Keep in the coolest part of the freezer.

Previously frozen

Room temperature - 1 hour

Refrigerator - 24 hours

Do not refreeze breast milk.

Pumping

- Center the breast cup over your nipple.
- Start with the lowest suction setting.
- Gradually increase suction, as long as it is comfortable.
- You need to set your own pumping schedule. Unlike your baby, the pump will not demand to be used.
- You can pump both sides at the same time. To increase milk supply even more, pump until milk flow stops and then pump 5 minutes longer.

Timing – How long to pump

- 10 to 15 minutes each side. The entire procedure should take 20 to 30 minutes.
- Express each breast 5 to 7 minutes. Massage, stroke, shake.
- Express each breast 3 to 5 minutes. Massage, stroke, shake.
- Express each breast 2 to 3 minutes. *(Chele Marmet technique)*

Cleaning pump equipment

In hospital or at home (always follow manufacturer's advice):

—some hospitals provide a new pump kit every day

- After each time you pump, wash with hot, soapy water (mild liquid soap):
 - pump breast cup
 - valve and/or membrane
 - collection container/bottle
- Pump connector does not have to be washed.
- Rinse with cold running water.
- Air dry pump parts on clean linen.
- Store in original bag.
- **Do not** throw out any equipment.

Collecting breast milk:

- Use clean container/bottle or new bottle liners every time you pump.
- Double bag breast milk if using bottle liners when freezing.
- Label the bottle with your name, date, and time of collection.
- Use the longest stored/oldest milk first.