



IMPORTANT

•Your milk supply is based on supply and demand.

• The more often the baby nurses or the more a mother expresses her milk, the more milk she will produce.

Breastfeeding

Pumping Your Breasts to Increase a Milk Supply

How often to pump:

- Begin pumping your breasts within 6 hours after birth if baby is not latching onto the breast.
- It is preferable to use a pump that allows you to pump both breasts at the same time.
- Pump every 2 to 3 hours during the day and at least once at night for 10-15 minutes while producing colostrum.
- Once the other milk is in, continue with pumping 8-10 times/day. When the milk stops flowing, pump for 5 more minutes.

To help the milk let down before you pump:

- Your emotions can affect the amount of milk that you can pump.
- Take a warm bath or shower.
- Place warm moist towels over your breasts.
- Try to relax. Do some deep breathing.
- Minimize distractions.
- 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 your baby's smell on it. If possible, pump beside your 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.

To encourage the flow of milk, use breast massage:

- 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 towards 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 flow.
- Milk supply is based on supply and demand. The more often you express, the more milk you will make. Expressing, however, is not as effective to build or maintain a supply as putting the baby to the breast.

Pumping:

- Center the breast cup over your nipple.
- Start with the lowest suction setting.
- Gradually increase the suction, as long as it is comfortable, until the milk is being extracted easily from the breast.
- You need to set your own pumping schedule; in order to build a milk supply, most women find they need to pump every 2-3 hours in the daytime, and at least once at night.

Timing:

- Pump each breast 10 to 15 minutes. The entire process should take 20 to 30 minutes.

Cleaning Pump equipment:

- After each time you pump, wash the parts that come in contact with the breast milk with hot, soapy water; then rinse with water and let air dry OR place all parts of the pump kit in the refrigerator in a Ziploc bag.
- Once every 24 hours, sterilize all parts that are in contact with the breast milk by boiling for 5 minutes.
- Pump connector parts do not have to be washed.
- Air dry pump parts on clean linen.

Adapted with permission from:
Breastfeeding Committee for Saskatchewan
Regina Qu'Appelle Health Region