



London Health Sciences Centre

Patient Information

GUIDELINES FOR PUMPING

- Wash your hands with warm, soapy water or use hand sanitizer before each pumping session.
- Find a place where you will be comfortable when you pump and when possible, near your baby.
- Settle your baby before you begin pumping.
- Many mothers like to have a drink of water or juice while pumping.
- Allow adequate time for pumping and try to relax. Thinking about your baby, picturing yourself feeding your baby, or listening to music can help stimulate the flow of your milk.
- You may want to use a warm cloth on your breasts or shower before pumping to help your milk flow.
- Massage the breast moving from the chest wall toward the nipple before and during the pumping session.
- The amount of milk that you pump will vary with each pumping session. It is not uncommon for each breast to produce different amounts of milk.
- Remember it takes time to learn how to pump and to feel comfortable pumping.
- Using hand expression while pumping can help to remove milk from your breasts.
- Pumping milk is not as effective at removing milk from the breast as a baby who is breastfeeding. You cannot tell how much milk your baby drinks when breastfeeding by measuring the amount of milk that you obtain when pumping.
- Talk to your health care provider if you develop sore nipples from pumping. You may want to use a different breast pump, change the size of the flange or breast shield, reduce the suction strength, or alter your technique.

Pumping and hand expression are good ways to remove milk from your breasts. However, if you do not obtain milk this way, pumping still provides stimulation to make milk. Talk with someone skilled in helping breastfeeding mothers when deciding when and how often is best for you to pump.

WHEN TO PUMP

If you are breastfeeding regularly, you may pump:

- if your baby breastfeeds from one breast, you can pump milk from the other breast.
- extra milk in the morning when your milk supply is most plentiful.
- midway between feedings.
- if you miss a feeding you can pump milk from both breasts to help maintain your milk supply.

If you are unable to breastfeed regularly:

- pump as often as your baby would normally feed. Make sure milk is removed from your breasts at least 8 times in 24 hours.

If you are not fully feeding your baby by breast:

- use a hospital grade pump with a double pump kit, pumping 8 or more times in 24 hours.

If you have decided not to breastfeed, but feed your breastmilk:

- you can give your baby your pumped breastmilk. Try to pump as often as your baby feeds.

HOW TO PUMP

Single Pumping

- Apply a small amount of expressed breast milk to your nipples before you begin and after pumping, if desired.
- Begin with a suction setting that is comfortable and watch for your milk to begin to flow.
- Use only as much suction as you need to maintain milk flow.
- Avoid long periods of continuous suction.
- If your baby has not breastfed, alternate pumping between breasts two or three times at each pumping session. When the milk from the first breast stops flowing switch to the other breast. Most mothers need 15-30 minutes to thoroughly remove milk and stimulate both breasts.
- If your baby has fed from one breast, pump your milk from your other breast.

Double Pumping

- If your baby is not feeding at breast, use a hospital grade pump to best remove your milk. Hospital grade electric pumps are designed to single or double pump.
- Research shows that double pumping stimulates milk production more than single pumping and can obtain more milk.
- Apply a small amount of expressed breast milk to your nipples before you begin and after pumping, if desired.
- Begin with a suction setting that is comfortable and watch for your milk to begin to flow.
- Use only as much suction as you need to maintain milk flow.
- Avoid long periods of continuous suction.

When your baby is first born:

- Pumping can take 10-15 minutes per session.

When your baby is 2 or more days old:

- Pumping times can vary for each mother. This can take 10-30 minutes per session. Check with your health care provider if you are unsure how long you should pump.
- Double pumping for 10 minutes, resting for 10 minutes, and then pumping once again for 10 minutes is helpful in building your milk supply.

Hand expression and breast massage will help your milk flow and will increase the amount of milk you obtain with pumping.

See handout: *Hand Expression*

Follow link for more information on breast massage combined with pumping.

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

References

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