

Breastfeeding...

Expressing Breastmilk

Pumping 101

Because of prematurity and other problems, some infants are not immediately able to feed at the breast. Other moms choose not to nurse and decide to pump instead. Feeding at the breast is best, but when you can't, here are some pumping tips!

- Pump as soon as possible after delivery! Wait no longer than 6 hours.
- Wash your hands
- Place your nipple in the center of the flange
- Put the pump on the lowest setting that allows your milk to flow.
- Pump for a maximum of 15 minutes each side. If breasts run "dry" before 15 minutes is up, pump until dry then add 2 minutes. Compression can be used when pumping as well and increases the amount you can pump.
- Remember, pumping should not hurt. If it hurts:
 - Lower the suction setting
 - Ensure the nipple is centered in the flange
 - Pump for a shorter period of time

What kind of pump?

- You don't have to use a pump at all! Hand expression is very effective.
- If you will be pumping for an extended period of time, you may choose to use an electric breast pump. A double electric breast pump will be most efficient.
- Hand pumps are also available.
- With any kind of breast pumping, try hand expression before, during or after a pumping session. Milk supply will increase more than with pumping alone.

	Room Temperature	Insulated Cooler Bag with ice packs	Refrigerator	Freezer of Refrigerator (separate doors)	Deep Freezer
Freshly Expressed Breastmilk	6-8 hours Up to 77°F	24 hours 39° or less	5 days 39° or less	3-6 months 0° or less	6-12 months -4° or less
Thawed Breastmilk (Previously frozen)	DO NOT STORE	DO NOT STORE	24 hours	Never refreeze thawed milk	Never refreeze thawed milk

Thaw milk in refrigerator overnight or place in warm water. Swirl to mix. Never use a microwave or stovetop to heat milk!

Breastfeeding Questions?
The Wood County Breastfeeding Coalition can help!
Call (715) 421-8911, (715) 389-3903 or (715) 421-7452



How often do I pump?

- You should pump as often as your baby is eating, even at night. However, its okay to wait a little longer in between pumping sessions at night. You may have better milk flow if you wait until you wake on your own.
- Most babies eat every 1-3 hours.

Need breastfeeding help? Call 715-421-8911 for a lactation consultant.