

Pumping is a temporarily tool used to protect the milk supply and allow the baby to be fed breastmilk while working to get the baby back to feedings from the breast. The object of pumping the breast is to aid in maintaining the milk supply and/or increasing the supply of breastmilk. It is most important to be DILIGENT about pumping on a CONSISTENT schedule to protect and build a milk supply as well as afford the mother optimal comfort.

Electric Hospital Grade Breast Pumping Instructions

Find a comfortable place to pump where you are comfortably seated and relaxed. Before attempting to pump please try some or all of the following **pre-pumping suggestions** to aid in preparing the breast for greater effective pumping:

- *Gently massage the breasts just before pumping for a few minutes. This is especially helpful when the mother is feeling tense.*
- *Stimulate the nipples, by gently rubbing or rolling the nipple.*
- *Try relaxing for five minutes, using childbirth breathing exercises or just sitting quietly, and using mental imagery to picture a relaxing setting.*

HOW TO PUMP: Place the breast shield over your breast, holding it firm enough to form a complete seal around the nipple area. Be sure it is positioned with the center of your nipple within the breastshield. Using the breastpump should always be comfortable and pain free. **Always begin pumping on the minimum vacuum level**, adjusting the level to find what works best for you and allows for maximum comfort.

When **DOUBLE PUMPING:** Using double pumping collection equipment to pump both breast simultaneously, your total pumping time should be 15 minutes. A break after about 8 minutes to do 2-3 minutes of breast massage followed by 7 more minutes of pumping will aid in a more productive pumping session.

SPORTS BRA TRICK – Take a snug cotton sports bra and put it on, break the Medela shield apart and place the small end over the nipple and draw around the base of the shield on the bra with a ballpoint pen. Take the bra off, cut out around the marking to form small holes and put the bra back on. You can now take the same part that fits over the nipple/breast and pull the bra out and place it over the nipple with the small end sticking out through the hole, place the connector of the shield on the end of the shield piece and you can now pump hands free. Remember 15 minutes both breast for best stimulation for milk removal and to stimulate more production.

When **SINGLE PUMPING**, follow the pumping timetable below:

<u>First Breast</u>	<u>Second Breast</u>
7 minutes	7 minutes
5 minutes	5 minutes
3 minutes	3 minutes

If your baby is not going to breast due to latch-on problems, jaundice (sleepy behavior), hospitalization or some other reason, it is **recommended that the breast be pumped every 3 hours**. This would be **8 pumping in a 24-hour period**. Pumping times are counted the same as breastfeeding sessions from the beginning of the feeding to the beginning of the next feeding (or the beginning of the pumping to the beginning of the next pumping). Don't be discouraged if you are not pumping a certain amount. Continued, regular pumping will usually begin to show increases in 24-72 hours from the time you start pumping.

Amount pumped will vary depending on many factors; how old the baby is, rather you are experiencing engorgement, **how faithful you are with regular pumping**, and several other factors. It is important to be in regular contact with your lactation support person, be it a La Leche League Leader, Lactation Consultant, WIC Breastfeeding Coordinator or Peer Counselor.

If you have questions about the operations of the pump or these instructions, please call Pat Lindsey, IBCLC 1-888-737-2229 or Pat's cell 407-803-2024.