

Using a Breast Pump

- **Use warmth and massage** - to get things started – using your hands *
- **Shield size** - make sure it is big enough so there is room for your nipple to move without rubbing
- **Squeeze & compress** your breasts, pushing milk out – using your hands *
- **Suction** – turn it up until it is uncomfortable then turn it back a little
- **‘Let it flow’** – relax, breathe deeply, visualize milk flowing/rivers/waterfalls, think about those you love
- **Time** - For approximately ten minutes or according to the milk flow
- **Get the last few drops** – using your hands *
- **Repeat** – at least 8 times each 24 hours.
 - Pumping times do not need to be evenly spaced
 - One 4-5 hour stretch between pumps for sleeping is ok.
 - How *often* you pump is much more important than how *long* you pump.

Double pumping (both breasts at the same time) increases milk yield by up to 18%. But using your hands as described*, increases milk production by 48% (compared to using the pump’s suction alone).

Frequently Asked Questions:

Why am I not getting anything?

- **Nothing, or just a drop or two, is normal the first few times you pump in the early days**
- Check that the shield is not too small (a common cause). Your whole nipple needs to be able to move freely without rubbing and not be squashed.
- ‘Letting down’ is needed for milk to flow. Letting down is partly an emotional response.
- Are you using your hands to push out the milk?
- Check the suction is working and is strong enough.

Tip: It is easier to collect the very small amounts of colostrum by having the bottle above instead of below. The drops of colostrum will collect in the funnel of the shield. Then you can suck it up with a fine syringe and give to your baby.



I don't think I'm letting down!

- Let down is very gentle, and usually not felt, in the early days. You might notice a little flow and then it stops, or you may feel an ‘after pain’ (your uterus contracting). That was a Let Down.
- It may take more than 5 minutes for the first Let Down to come, if you are a first time mum.
- Let Down can be delayed if the birth has been difficult. Lots of Skin to Skin with your baby, breast stimulation (breastfeeding, massage, hand expression, pumping) and time will all help.
- Let Down happens partly due to physical stimulation, but it is also an emotional response. Our body and our emotions respond better to a baby rather than a machine.
- Let down is helped by relaxation, deep breathing, shoulder and back massage, visualization of milk and liquids flowing, loving thoughts. Let down is delayed by tension and anxiety.
- When breastfeeding is well established, so is the Let Down. Then it is much easier to trigger and in some people can feel very strong.

When and how often should I pump?

- After feeds, or in place of feeds
- At least 8 times each 24 hours. One 4-5 hour stretch between pumps for sleeping is ok.

- Pumping times do not need to be evenly spaced. You can ‘cluster pump’ just like a baby ‘cluster feeds’
- Emptier breasts make milk faster. Fuller breasts make milk slower
- More milk out = More milk made

Will I get engorged? Probably not. Engorgement should not be confused with ‘Over Supply’ even though it might look and feel like you are making too much milk

- engorgement is caused by:

milk not being removed (That is not at all the same as too much being made)

and

fluid in the breast tissues (like the fluid in swollen hand & feet) making them puffy and oedematous. The fluid will drain away, via the lymph glands in your armpits, in a few days. If the areola is puffy it may be difficult for your baby to latch, or the pump to be effective. The fluid can be pushed away temporarily by applying pressure with your fingers on your areola close to the nipple. Push backwards, for 1-2 minutes. (This is called Reverse Pressure Softening). And also by Therapeutic Breast Massage. This is massaging the fluid away towards the lymph nodes in the armpit and sternum.

<http://bfmedneo.com/our-services/breast-massage/>

Will I get ‘Over Supply’? Probably not

- The early days are meant to be a time of **rapidly increasing production**... but if you are a first time mum, have had a difficult birth or have health issues, your production *may* be a little slower to get started

Approximate Average Volumes							
	Day 1 0-24 hrs	Day 2 24-48 hrs	Day 3 48-72 hrs	Day 4 72-96 hrs	Day 5 96-120 hrs	Day 6 120-144 hrs	Day 7 Onwards
24 hrs	Drops -30ml	60 -125ml	125 - 250ml	250 -375ml	375 -500ml	500 – 600 ml	750 ml Range 570-900 ml
Each feed	Drops - 5ml	5 - 15ml	15 – 30ml	30 – 45ml	45 – 60ml	50 – 75ml	75 ml

- Once your milk production is meeting your baby’s needs, it becomes about *maintenance* of production.
- The volumes needed by your baby, from these early days onwards, changes very little in the months ahead. Your baby’s gut matures and gets more of the goodness from your milk and your baby’s metabolism slows.
- Stimulation of good milk production *early on* makes milk production *maintenance* later so much easier!
- It is simple to reduce your production, if you need to, by removing less milk. Less milk removed = less milk made.

What if I plan to continue pumping at home?

- You can buy or hire a pump. It would be best to organise this before you go home.
- You may need to buy parts – one (or two) shields, and maybe connectors. Get the right size shield for *your* breasts.

Some helpful sites...

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

<http://www.medelabreastfeedingus.com/products/577/personalfit-breastshields>

[http://www.medela.com/IW/en/breastfeeding/research-at-medela/double-](http://www.medela.com/IW/en/breastfeeding/research-at-medela/double-pumping.html)

[pumping.html](http://www.medela.com/IW/en/breastfeeding/research-at-medela/double-pumping.html)<http://kellymom.com/bf/pumpingmoms/pumping/what-to-expect-when-pumping/>

<http://www.lowmilksupply.org/pumping-how.shtml>

<https://www.breastfeeding.asn.au/bf-info/breastfeeding-and-work/suggestions-using-electric-breast-pump>