

Pumping Breast Milk When Your Baby is in the Hospital

Breast milk is the healthiest choice for babies. Pumping breast milk for your baby helps give them the best possible nutrition. And it's good for you too.

We'll help you learn:

- how to get started
- about your milk supply
- how to collect it.

How does breast milk help my baby?

Breast milk is the ideal food for babies. It has all the nutrients they need. It:

- helps your baby fight infection
- helps their brain and eye development
- is easy for them to digest
- changes over time to meet your baby's needs
- may help shorten their time in the hospital.

How does pumping help me?

Pumping breast milk can help:

- lower your risk of ovarian and breast cancers
- burn calories, which can help you lose pregnancy weight faster
- release hormones that help the uterus return to its normal size
- lower your risk of diabetes, high blood pressure, and heart disease.

Our meal program

If you decide to pump for your baby, we'll give you 3 meals each day. Talk to your baby's nurse for more information about this program.

How does skin-to-skin help?

Skin-to-skin or kangaroo care will increase your hormones used to make breast milk. And it helps tell your body your baby's specific needs.

It also helps create a bond between you and your baby. Other caregivers can do skin-to-skin for bonding, too.

It's helpful to wear clothing that opens in the front. If your clothing makes it hard to do skin-to-skin, ask a nurse for a hospital gown.



Example of skin-to-skin or kangaroo care

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What supplies do I need to pump?

We'll give you:

- bottles to pump your breastmilk into
- breastmilk labels to put on your bottles
- a kit with pump parts to use with our hospital electric pumps. You can keep all the parts.

Your provider can give you a prescription to get an electric pump to use at home. You would get the pump through your insurance company.

What is Colostrum?

The first milk you make is called colostrum. It's full of important nutrients to meet your baby's needs. It works like medicine for your baby. Small drops can be used for mouth care even if your baby isn't ready to take your milk yet.

How do I start my milk supply?

When you first start pumping, you may only see a few drops of milk, or nothing at all. This is normal. It will take a little time for your milk supply to increase.

To help start and keep your milk supply follow these guidelines.

- Pump in the first hour after your baby is born or as soon as you can. This will help your milk come in sooner.
- Use a hospital grade pump when you're at the hospital. Ask for a pump from your nurse.
- If you don't have an electric pump at home, you can use the hand pump that came in your kit. If you need help to learn how to use a hand pump, let your nurse know you would like to talk to someone from lactation.
- Pump 8 to 10 times every 24 hours. You should not go more than 3 hours between pumping sessions, even overnight. Your milk supply will get lower if you don't empty your breasts often.
- Pump each side for 15 to 20 minutes or until it's been 2 minutes since the last flow of milk. You should do what takes the longest.
- Gently massage and compress your breasts before and during pumping. Learn how to on page 3.
- Use the Pumping Log with Daily Goals on pages 8 to 12 to keep track of how much milk you pump.



How to use a electric pump on both breasts at the same time



How to use a hand pump

How do I pump?

When you're in the hospital, we'll give you a hospital grade pump to use. The parts in your kit can be used with any of our hospital pumps.

How to use a electric pump

1. Wash your hands.
2. Before start, you can gently massage your breasts and nipples for a few seconds. This will send a message to your brain to release the milk.
3. Pump both breasts for 15 to 20 minutes.
 - Use the initiation mode until you yield 20 mL of milk for 3 pumping sessions in a row or until day 6.
 - After that, start with the low suction setting. Slowly increase suction as long as you're comfortable. Pumping should not hurt.
4. Gently massage and compress your breasts while pumping to help empty your breasts. Learn how to on page 3.
5. After pumping, you can use hand expression if your breasts do not feel empty. Learn how to on page 4.
6. Collect your milk in 1 of the bottles we give you. Write the date and time you started to pump on 1 of the labels. Put that label on the bottle.

What if I want help?

We can help you learn how to use the hospital pump and answer your questions.

You can also:

- visit [Medela.us/symphony-breast-milk-initiation-support](https://www.Medela.us/symphony-breast-milk-initiation-support) or
- scan the QR code below with your smart device camera to watch the video.



What is hands-on pumping?

Hands-on pumping helps you fully empty your breasts each time you pump. This is when you gently massage and compress your breasts before and during your pumping sessions. It can help you get more milk when you pump and increase your milk supply.

We suggest you get a hands-free bra. It will hold the bottles in place so you don't have to hold them while you pump. You can buy 1 or make 1 with a sports bra. For more information, let your baby's nurse know you would like to talk to someone from lactation.

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How do I massage my breasts?

To massage you can follow the steps below. You can also scan the QR code below to watch a video.

1. Wash your hands.
2. Use 2 fingers to gently rub (massage). Move in a circle motion around your breasts.
3. Gently squeeze (compress) your breasts. Squeeze in all directions.

To learn more:

- visit [Stan.md/3rE9fqC](https://stan.md/3rE9fqC) or
- scan the QR code below with your smart device camera to watch the video.



How do I express milk by hand?

To express milk by hand you can follow the steps below. You can also scan the QR code below to watch a video.

1. Wash your hands.
2. Sit up and lean forward.
3. Gently massage the breast.
4. Make a “C” shape with your hand. Hold your breast with your thumb on 1 side and your fingers on the other side. Your finger and thumb should be about 1 inch from the ring around the nipple (areola).
5. Pull your breast tissue back toward your chest wall.
6. Slowly squeeze your thumb and fingers together.
7. Repeat on the other breast. Then move back to the first breast. Go back and forth until all the milk is out.

To learn more:

- visit [Stan.md/3sEvmfh](https://stan.md/3sEvmfh) or
- scan the QR code below with your smart device camera to watch the video.



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How should I label my milk?

We'll give you bottles and labels to use. Make sure you use a new bottle each time you pump. If you need more, talk to your nurse.

Write the date and time you started to pump on 1 of your baby's ID labels. Put that label on the bottle.

If you need to freeze the milk, please write the date and time you put it in the freezer.

BABY BOY STORK

MRN 0123456789

DOB 01/02/03

Date/Time Pumped 01/02/03 4:00 PM

Date/Time Frozen _____

Date/Time Thawed _____

How should I store my milk?

- It can be kept at room temperature for 4 hours. Fresh milk is best. If you can bring your milk to the hospital within 4 hours of pumping, leave it at room temperature.
- It can be kept in the refrigerator for 96 hours (4 days).
- If you won't be able to bring your milk to the hospital within 96 hours (4 days), put it in the freezer.

How do I get my milk to my baby?

When you come to the hospital, give it to your baby's nurse.

Will pumping hurt?

No. You should not have pain when you pump. If you do, you may need to lower the suction level. Or you may need to use a different flange size. Flange is the part of the pump that touches the breast when you pump. If you have pain, ask your nurse to call lactation for help.

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What problems can I have?

Engorgement and plugged ducts are common problems with pumping.

- Engorgement is when your breasts are too swollen. It usually feels uncomfortable.
- Plugged ducts are hard spots in your breasts. They make it hard to empty all your milk, even when the rest of your breast is empty.

It's normal to have some engorgement or hard spots in your breast in the first week. But it can happen later if:

- you go too long between pumping sessions
- you do not fully empty your breasts.

It's important not to skip or go too long between pumping sessions. Make sure you pump at least every 3 hours or 8 times a day.

If you need help, let your baby's nurse know. They can have someone from lactation help you.

If you have engorgement or plugged ducts

- To make sure all the milk comes out, you can gently use your hands to help the pump empty your breasts.
- Put cool washcloth or an ice pack wrapped in a cloth on your breasts to reduce swelling. Swelling can make it harder to fully empty your breasts.
- Talk to your provider about medicine to lower the swelling (anti-inflammatory medicine).

How do keep track of how much milk I pump?

- Use the Pumping Log on pages 8 to 12.
- For each day, write down the time you started and the amount of milk you pumped.
- At the end of the day, add up the amount you pumped during each session. This will give you the total amount of milk for that day.

How do I know if I pump enough milk?

Your milk supply will increase over time. You may only have a few drops on the first 3 days your pump. By day 15, you may pump more than 25 ounces each day.

Use the daily goals in the Pumping Log to help you know what to expect.

If your milk supply drops lower than normal, make sure you pump at least every 3 hours or 8 times a day. If you want help, let your baby's nurse know. They can have someone from lactation help you.

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How do I clean my pump parts?

After each pumping session, take apart the pump parts. You need to wash each part that came in contact with your breast or milk.

You should also disinfect (sanitize) your pump parts 1 time each day.

How to wash the parts

You can wash them by hand or in a dishwasher.

- **If by hand:**
 - Wash them in a clean basin or bowl. Do not wash them in a sink. We can give you a bowl to use when you're at the hospital.
 - Use hot soapy water.
 - Rinse well, then let air dry.
- **If in a dishwasher:** put each part in the top shelf or with your silverware.

How to sanitize the parts

You can sanitize them in the microwave or with boiling water.

If by microwave:

- Put them into the micro-stream bag we give you.
- Add 2 ounces (Oz) of water to the bag.
- You should put them in the microwave for:
 - 1 1/2 minutes at 1100 watts
 - 3 minutes at 800 to 1100 watts
 - 5 minutes for 500 to 750 watts.
- There may be microwaves for you to use to sterilize your pump parts when you're at the hospital. Talk to your nurse if you're like to use one.

If with boiling water: put all parts in boiling water for 5 minutes.

To learn more:

- visit [YouTube.com/watch?v=PjkXDlg5iYc](https://www.youtube.com/watch?v=PjkXDlg5iYc) or
- scan the QR code below with your smart device camera to watch the video.



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How do I get a breast pump for my home?

You can get a prescription from your OB provider before you leave the hospital after you give birth (discharged). To get your pump, you can call your insurance company directly, or go through a medical supply company. Below are the medical supply companies you can use.

Aeroflow

(800) 867-9890
BreastPumps.AeroFlowInc.com

Byram Healthcare

(877) 733-1972
BreastPumps.ByramHealthcare.com

Carefluent Connect

(615) 322-3010
Carefluentconnect.com

Cutter Cares

(615) 262-1123
3250 Dickerson Pike, Suite 101
Nashville, TN 37207

Edge Park

(855) 504-2099
EdgePark.com/BreastPumps

Spring Creek

(931) 591-2975
SpringCreekMedicalSupply.com

What if I need more help?

We're happy to help. Let your baby's nurse know you have questions. They can also ask someone from lactation to talk to you.

Pumping Log with Daily Goals

For each day, write down the time you started and the amount of milk you pumped. At the end of the day, add up the amount you pumped at each session. This will give you the total amount of milk for that day. For help, talk to your baby's nurse.

Day 1 date: _____			Day 2 date: _____			Day 3 date: _____		
Pump	Time	Amount	Pump	Time	Amount	Pump	Time	Amount
Pump 1			Pump 1			Pump 1		
Pump 2			Pump 2			Pump 2		
Pump 3			Pump 3			Pump 3		
Pump 4			Pump 4			Pump 4		
Pump 5			Pump 5			Pump 5		
Pump 6			Pump 6			Pump 6		
Pump 7			Pump 7			Pump 7		
Pump 8			Pump 8			Pump 8		
Pump 9			Pump 9			Pump 9		
Pump 10			Pump 10			Pump 10		
Total Pumped Add amount from each pump			Total Pumped Add amount from each pump			Total Pumped Add amount from each pump		
Today's Goal: any amount			Today's Goal: any amount			Today's Goal: any amount		

Day 4 date: _____			Day 5 date: _____			Day 6 date: _____		
Pump	Time	Amount	Pump	Time	Amount	Pump	Time	Amount
Pump 1			Pump 1			Pump 1		
Pump 2			Pump 2			Pump 2		
Pump 3			Pump 3			Pump 3		
Pump 4			Pump 4			Pump 4		
Pump 5			Pump 5			Pump 5		
Pump 6			Pump 6			Pump 6		
Pump 7			Pump 7			Pump 7		
Pump 8			Pump 8			Pump 8		
Pump 9			Pump 9			Pump 9		
Pump 10			Pump 10			Pump 10		
Total Pumped Add amount from each pump			Total Pumped Add amount from each pump			Total Pumped Add amount from each pump		
Today's Goal: 1 to 2.5 ounces (30 to 75 mL)			Today's Goal: 1 to 2.5 ounces (30 to 75 mL)			Today's Goal: 5 to 7.5 ounces (150 to 255 mL)		

Day 7 date: _____			Day 8 date: _____			Day 9 date: _____		
Pump	Time	Amount	Pump	Time	Amount	Pump	Time	Amount
Pump 1			Pump 1			Pump 1		
Pump 2			Pump 2			Pump 2		
Pump 3			Pump 3			Pump 3		
Pump 4			Pump 4			Pump 4		
Pump 5			Pump 5			Pump 5		
Pump 6			Pump 6			Pump 6		
Pump 7			Pump 7			Pump 7		
Pump 8			Pump 8			Pump 8		
Pump 9			Pump 9			Pump 9		
Pump 10			Pump 10			Pump 10		
Total Pumped Add amount from each pump			Total Pumped Add amount from each pump			Total Pumped Add amount from each pump		
Today's Goal: 7.5 to 10 ounces (225 to 300 mL)			Today's Goal: 10 to 12.5 ounces (300 to 375 mL)			Today's Goal: 12.5 to 15 ounces (375 to 450 mL)		

Day 10 date: _____			Day 11 date: _____			Day 12 date: _____		
Pump	Time	Amount	Pump	Time	Amount	Pump	Time	Amount
Pump 1			Pump 1			Pump 1		
Pump 2			Pump 2			Pump 2		
Pump 3			Pump 3			Pump 3		
Pump 4			Pump 4			Pump 4		
Pump 5			Pump 5			Pump 5		
Pump 6			Pump 6			Pump 6		
Pump 7			Pump 7			Pump 7		
Pump 8			Pump 8			Pump 8		
Pump 9			Pump 9			Pump 9		
Pump 10			Pump 10			Pump 10		
Total Pumped Add amount from each pump			Total Pumped Add amount from each pump			Total Pumped Add amount from each pump		
Today's Goal: 15 to 17.5 ounces (450 to 525 mL)			Today's Goal: 17.5 to 20 ounces (525 to 600 mL)			Today's Goal: 20 to 22 ounces (600 to 660 mL)		

Day 13 date: _____			Day 14 date: _____			Day 15 date: _____		
Pump	Time	Amount	Pump	Time	Amount	Pump	Time	Amount
Pump 1			Pump 1			Pump 1		
Pump 2			Pump 2			Pump 2		
Pump 3			Pump 3			Pump 3		
Pump 4			Pump 4			Pump 4		
Pump 5			Pump 5			Pump 5		
Pump 6			Pump 6			Pump 6		
Pump 7			Pump 7			Pump 7		
Pump 8			Pump 8			Pump 8		
Pump 9			Pump 9			Pump 9		
Pump 10			Pump 10			Pump 10		
Total Pumped Add amount from each pump			Total Pumped Add amount from each pump			Total Pumped Add amount from each pump		
Today's Goal: 22 to 23 ounces (660 to 705 mL)			Today's Goal: 23.5 to 25 ounces (705 to 750 mL)			Today's Goal: 25 ounces or more (750 mL or more)		