

If you have any questions, ask your nurse or lactation consultant.

Pumping Breast Milk

Breast milk is important to your baby's growth and development. It gives your baby the nutrition they need. Breast milk also helps with digestion and protects against allergies and infections. Formula does not provide this protection.

Reasons for pumping breast milk

There are different reasons to pump breast milk. A breast pump can help you give your baby breast milk when you cannot directly nurse. Using a breast pump also helps to make sure that you have a good milk supply.

Here are other reasons you may use a breast pump:

- You are giving your baby a combination of formula and breast milk.
- You need to relieve breast engorgement when you are not able to breastfeed your baby.
- You want to encourage and maintain your breast milk supply if your baby is having trouble breastfeeding.
- You are away from your baby while they are in the hospital.
- Your baby is sleepy and not stimulating your milk production enough. This can happen in babies that are born early or small.
- You had breast surgery such as breast reduction or augmentation in the past.

When you are ready to pump

Here are a few tips to keep in mind when you are ready to use a breast pump.

Stay hydrated. Pumping milk and breastfeeding, in general, can make you very thirsty. Have something to drink next to you.

Relax and be comfortable. This helps your milk flow more easily (letdown). Choose a comfortable chair with good back support. Try to be near your baby when you pump milk. If you cannot be with your baby, listening to music, reading something positive or looking at a picture of your baby can be helpful.

Physical touch. Before pumping or feeding, a breast massage may help with letdown and increase milk flow. Skin-to-skin care before and after pumping can also help increase your milk supply.

Collecting colostrum. Colostrum is the first milk your body produces. It has nutrients that help protect your baby against infection. It is important to collect any drops you express. It also prepares your baby's intestines to digest milk. Try hand expressing your breast milk before pumping to remove more colostrum from your breasts in the first few days after delivery.

Ask your nurse to show you how to hand express breast milk. You can also watch the video "Hand Expression" at firstdroplets.com/downloads.

How to use the Ameda Platinum® breast pump

Clean your breast pump if it is not sterile before you first use it. Follow the manufacturer's cleaning directions.

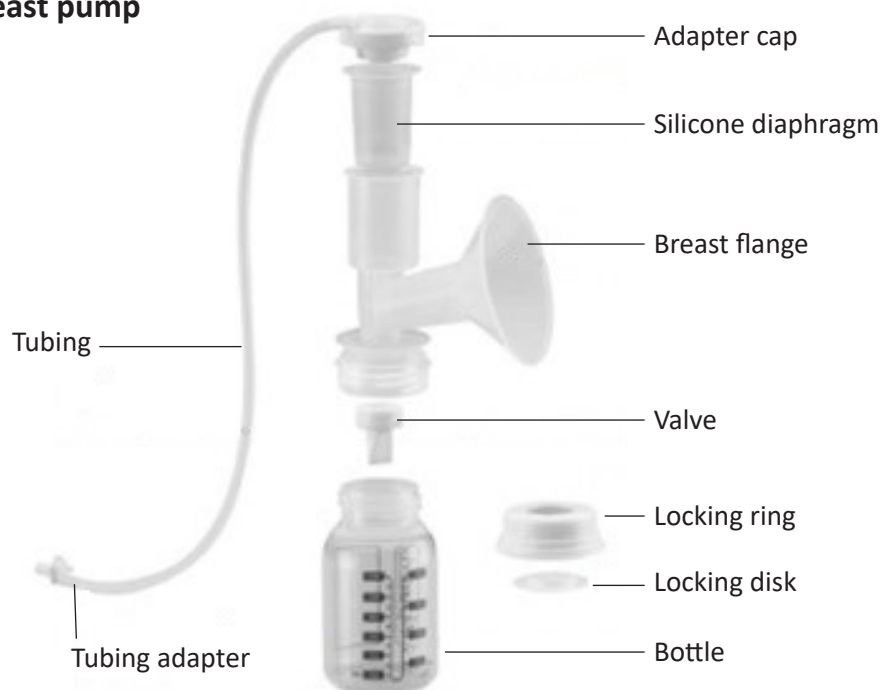
Wash your hands with soap and water before you touch:

- Any of the pump parts
- Your breasts
- Breast milk

Steps:

1. Assemble the breast pump equipment (Figure 1). Make sure you have the right flange size that is not too tight or too large. Your nurse can help you find the best-fitting flange.

Figure 1. Breast pump



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2. Connect the tubing to the pump.

3. Place the flange on your breast. Make sure the flange fits well while pumping. The nipple should move freely in the breast flange tunnel.
 - The flange is too small if some or all the nipple is rubbing against the sides of the flange. If you feel discomfort (even on a low suction), and the nipple does not move freely, or the milk flows more slowly than expected, use a larger flange size.
 - The flange is too large if much of the areola is drawn into the flange tunnel with the nipple. Use a smaller size if more than the nipple is drawn into the flange tunnel, you have discomfort, or you are unable to make a good seal.
4. Press the red start button on the lower left. The speed will automatically start at 80 cycles per minute (cpm).
5. Use the middle “suction” button to start the suction at 5% to 10%. Slowly increase the suction as far as possible without causing pain. Some people can only tolerate 5% while others can tolerate 45%. Go by how the suction feels for you. Either level will work. In the beginning, do not use more than 50% suction. This will let you to increase the suction as the milk comes in and not be too sore or uncomfortable. If you feel pain or tension, try decreasing the suction to a more comfortable level.
6. Once your milk begins to flow, use the “speed” button on the left to decrease the pump speed to 50 cpm. Increase the suction for better milk removal. The suction should feel powerful, but not painful. Adjust the level of suction based on your comfort level.
7. If the flow of milk slows down, increase the speed back up to 80 cpm to stimulate letdown. Once the milk is flowing again, slow the speed. Do this as often as needed.

Storing breast milk

After you collect breast milk, you will need to properly store it. It is important to keep the breast milk cool. You can use specially-designed bags or bottles to store your breast milk. You can keep breast milk in a cooler, refrigerator or freezer depending on when you intend to use it.

For your baby’s safety, follow these breast milk storage guidelines:

Type of Milk	Stored at Room Temperature	Stored in a Cooler With 3 Frozen Gel Packs	Stored in the Refrigerator	Stored in the Freezer
Fresh, expressed pumped milk	Up to 4 hours	Up to 8 hours	Up to 4 days	Best used within 6 months, but storing up to 12 months is OK
Thawed, previously frozen	Up to 2 hours	Up to 2 hours	Up to 2 hours	Never refreeze thawed breast milk

Care of the pump equipment

During your hospital stay

Wash all the parts of the pump that touch your breasts after each use. You do not need to wash the tubing adapter, silicone tubing or adapter cap. Follow the steps below to care for the pump equipment.

1. Wash your hands with soap.
2. Disconnect the breast pump parts.
3. Rinse each part with cold water (except the tubing, adapter cap and tubing adapter).
4. Use a basin to wash the parts with warm water and the soap provided by your nurse.
5. Rinse the parts with warm, clean water. Be sure to rinse off all the soap. Do not let the parts soak in soapy water.
6. Air dry the parts on a clean paper towel.
7. Cover parts with a clean towel if you are not planning to use them again right away.

At home

At home you may hand wash the breast pump parts with dish soap. You can wash the large plastic pieces (breast flanges and bottles) in the dishwasher. Always wash the locking ring and disc, white valve and diaphragm by hand — not in the dishwasher. (The high temperatures will cause these pieces to melt.) You do not need to wash the plastic tubing, adapter cap or tubing adapter.

Sterilize the clean breast pump parts once a day. The Ameda pump parts (except the locking ring and disc, white valve and diaphragm) are top rack dishwasher safe. You can also put the parts in boiling water for 20 minutes or use a microwave sterilizing pouch.

Tips to remember

- Pump every 2 to 3 hours or whenever your baby is feeding from the bottle.
- Pump each breast for 15 to 20 minutes at a time, no longer. It is normal to get only a few drops the first time you pump. It is not the length of time pumping that is important, but rather keeping up with pumping every 2 to 3 hours to stimulate breast milk production. Keep in mind, milk production is a process of “supply and demand.” The amount increases each day but changes with every pumping session. The more often you pump, the more milk you will produce.
- Using a pumping bra can let you be hands-free while pumping. If you do not have a pumping bra, you can use an old bra or sports bra and cut holes in the middle to let the flanges fit inside.
- Heating pads can help with uterine cramping.

- If you are only pumping breast milk and not breastfeeding, it takes about 10 to 14 days to establish your milk supply. So, by the time your baby is 2 weeks old, you should get 500 to 1,050 milliliters (mL) in a 24-hour period (or 30 to 90 mL per breast each time you pump). Remember that this is a slow process. In the first several days after birth, it is normal to only pump drops each time. It is important to continue pumping to maintain your hormone levels and prevent breast engorgement.
- If you have concerns about your milk production, please talk with your baby's nurse.

Keep a record

Keep track of how much you are pumping on the Breast Pump Log or in an electronic tracking application. You will need to enter the time you pump, which breast you are pumping and the amount of breast milk you collect.

To learn more

Please talk with the nurse if you have any questions about pumping, milk storage, skin-to-skin care or breastfeeding. For more information, contact the La Leche League at **Illi.org** or 877.452.5324.

Follow up with a lactation consultant at home if you have any issues or need more help.

