

Care Plan: Establishing Milk Production with a Symphony® Hospital-Grade Electric Breast Pump

When your baby is not able to breastfeed well or you are separated from your baby, it is important to begin pumping in the hospital with a Symphony® breast pump. This pump was made for round-the-clock use to establish and maintain a mother's milk production. It is important to stimulate the milk-making hormone, Prolactin, for your body to produce milk for your baby.

Initially you may only obtain a few drops of colostrum each time you pump. When you continue pumping regularly, your milk volume will increase. Effective milk removal is very important for you to build good milk production. It is strongly recommended to continue to use the hospital grade pump for maintaining good production until baby can breastfeed well.

Care Plan Goal:

- Stimulate your milk to “come in” with a breast pump and hand expression
- Produce milk to feed your baby by maintaining your milk production with a breast pump

How Often to Pump:

- Pump at least 8 to 10 times in 24 hours. We recommend pumping every 3 hours
- Record your sessions on a pumping log or download a pump tracking app
- Try to pump on your baby's feeding schedule

Preparing to Pump:

- Wash your hands thoroughly with soap and water
- Put your breast pump collection kit together and attach it to the breast pump
- Massage your breasts from your rib cage to the areola and nipple area
- Center the flanges (breast shields) over your nipples to pump both breasts at the same time
- Watch videos showing hand expression and massage while pumping at www.firstdroplets.com (Electric Pump and Hands on Pumping; Hand Expression)

Pumping Your Breasts: Days 0-3 (before your milk “comes in” and begins to flow)

- Pump 8-10 times in 24 hours, or every 3 hours
- Turn on the Symphony® breast pump by pressing the button on the left
- Immediately (within 10 seconds) press the button on the right (*Initiation Mode*)
- Adjust the pump to 4-5 bars or the highest level that is comfortable not causing pain
- The *Initiation Mode* is programmed to automatically pump for 15 minutes
- It's not unusual to see drops or small amounts of colostrum, the first milk between days 1-3
- Keep pumping and *save* whatever you collect for baby—even if small amounts—it can be used for feeding your baby
- Regular, frequent pumping is important in the first week even if you are obtaining small amounts of milk.

Days 3-5 and beyond (once your milk has “come in” and flows easily)

- By days 3-5 your milk starts to “come in”
- You will start pumping longer when you collect 20-30 mL for 3 pumping sessions
- You will be pumping in the *Maintenance Mode*-- No longer push button on the right on Symphony® pump
- Pump at least 15 minutes. If there is still milk dripping, keep pumping
- When the dripping stops, pump for two more minutes

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Days 3-5 and beyond (once your milk has “come in” and flows easily)

- If milk is still dripping at 30 minutes, you can stop. (Total time will be 15-30 minutes)
- Empty the bottles before they become overly full, or milk might flow back into tubing
- Completely emptying your breasts signals your breasts to make more milk-- Longer pumping sessions helps you make more milk

Pumping should be comfortable

- Pumping should feel like a gentle pull and tug
- Turning suction pressure up high **will not** make your milk come in sooner
- Most women adjust the suction to 4-5 bars or the highest level that does not cause pain
- The breast shields, or flanges, that fit over your nipple and breast should be comfortable
- The kit has two sizes—24 mm and 27 mm. Try the larger size if you feel pinching or pain
- More sizes are available—ask your nurse or lactation consultant for assistance

Trouble Shooting Symphony® Breast Pump Problems

If you are not able to get suction pressure while pumping or the suction pressure is weak, make sure:

- The flange (breast shield) is forming a complete seal around your breast
- The yellow caps on top of the Symphony® pump are pushed on tightly
- The white membrane is pushed securely into the yellow valve inside the collection bottle
- All pieces to your pump kit are connected securely together

Cleaning the breast pump kit

- Wash only pieces that touch milk: flanges, connectors, yellow valve, white membranes
- Wash in hot soapy water and rinse in hot water
- Shake out excess water and place pieces on a clean towel to dry
- Dry the pieces with a clean paper towel if they are still wet when it's time to pump again

CDC Human Milk Storage Guidelines for Full Term Baby

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

	Storage Location and Temperatures		
Type of Breast Milk	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

For questions or concerns regarding breastfeeding or pumping, call TriHealth Breastfeeding Helpline at 513-862-7867 (option 3)

References available upon request. Written permission given for link to First Droplets video by Jane Morton, MD, FABM, FAAP, Professor Emeritus, Stanford University