



## Care Plan for Establishing Milk Production with a Hospital-Grade Electric Breast Pump

If your baby is preterm, ill, or sleepy and not yet able to breastfeed well, a rented hospital-grade breast pump is strongly suggested. Only these pumps were made for round-the-clock use to establish and maintain a mother's milk production. Studies have shown that the milk-making hormone, prolactin, is higher when using a rented hospital-grade pump. It is very important before your milk "comes in" to stimulate this hormone in order for your body to produce enough 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 is able to breastfeed well.

### Care Plan Goals:

- Stimulate your milk to "come in" and maintain good milk production to meet your baby's needs.
- Pumping feels physically comfortable for you.

#### 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.

#### Pumping Your Breasts:

- Turn on the pump.
- Increase suction level to your highest comfortable level. (Higher suction does not mean you will obtain a higher volume of milk and can cause soreness.)

#### How Often To Pump

- Pump at least 8 to 10 times in 24 hours. We recommend pumping every 3 hours.
- You may sleep for up to 4 hours at night but pump more frequently during the day to meet the minimum of 8 sessions per day.
- Keep a pumping log to help you keep track of how many times you are pumping.

#### How Often to Pump

##### Days 0–3 (before your milk "comes in" and begins to flow)

- Pump for 15 minutes.
- Use the highest level of suction pressure that feels comfortable. It should not be painful.
- You may get a few drops of colostrum but less than an ounce from each breast.

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)

- Pump for at least 15 minutes. Watch for your milk to stop dripping and pump 2 minutes beyond this point. If milk is still dripping at 30 minutes, you can stop. (Total time will be 15 to 30 minutes)
- Use the highest level of suction pressure that feels comfortable. It should not be painful.
- You may get more than an ounce from each breast.

Your milk production will continue to build up through Day 14 and beyond when you are pumping at least 8 times in 24 hours.

**Note:** For mothers of preterm babies, talk with your lactation consultant in NICU/SCN for more information about your milk production goals.



# TriHealth Women's Services



## Pumping Tips

- You may feel a gentle pull and tug when pumping but you should not feel pain. Many pumps have different size flanges (breast shields) and you may need to be fitted with the right size flange so you are comfortable. The right fit helps you to get the most milk out.
- If the suction pressure is too high, it can cause pain and damage to your nipples. Turn the knob to the highest level that is comfortable.
- You will make more milk if you have a regular pumping schedule. If your pumping schedule is not working for you and you need some helpful ideas, call the TriHealth Breastfeeding Care Center at 513 862 7867 option 3.

## Cleaning Your Breast Pump Kit

After each use, wash your pump kit pieces that contact milk: flanges, clear connectors, yellow mounts with white membranes, and bottles (tubing and yellow caps on Symphony pump do not need to be washed).

- Wash with hot, soapy water
- Rinse with hot water
- Shake out excess water and lay pieces on clean towel to dry
- Dry the pieces with a clean paper towel if they are still wet when it's time to pump again

You can also wash your kit on the top rack of a dishwasher. To sanitize pump kit pieces that contact milk, place them in a 4- to 5-quart saucepan, and fill with cold water. Cover pan and boil 20 minutes. Drain off water and place on towel to dry.

## Troubleshooting Pump Problems

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

- 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
- Your pump kit pieces are completely dry before you begin pumping
- Check to make sure all pieces to your pump kit are connected securely together

Prevent milk from backing up into tubing by emptying the collection bottles before they become overly full. If the pump kit tubing gets water inside or if you see condensation in the tubing after pumping,

detach the bottles and allow the pump to run for 15 to 20 minutes until they are dry.

Note: If these suggestions do not improve the problem, exchange your rental breast pump for a different one at the supplier. If you have a personal pump, call the manufacturer.

## Care Plan for Expressing Your Milk by Hand:

Hand expression is a useful skill to learn. Expressing a drop of milk onto your nipple beforehand may help baby to latch onto your breast. There are different techniques for hand expression, including the one pictured (below). Other illustrations or photos of techniques may be found via the links in the *Resources* section of this booklet.

## Care Plan Goal:

- Provide baby with colostrum or breast milk

## Technique for Hand Expressing Your Milk:

- Wash and dry your hands
- Hold a collection bottle or spoon under your nipple to collect your milk
- Grasp your breast slightly beyond the outer edge of your areola (the dark area around your nipple)
- Place your thumb and index finger on opposite sides of your nipple
- Press your index finger, middle finger, and thumb back toward your chest wall, keeping them in the same place on your breast. (Do not slide or spread them.) For large breasts, lift them first, then push straight into your chest wall.
- Roll your thumb and fingers forward toward your nipple, changing finger pressure from the middle to index finger at the same time.
- Repeat rhythmically several times.
- Rotate your index finger and thumb to another area of your breast and repeat.



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