



Pumping Tips

- a) Apply warm moist compresses to breasts 5-7min prior to pumping. Wet washcloths or towel, (microwave for 40-45 sec., make sure it is not too hot before applying to breasts.)
- b) Dip your fingers into pure olive or Wesson oil (avoid corn or nut oils) and massage the breasts from base of breast toward nipple. Avoid getting oil on the nipple and areola area.
- c) Wet the inside of the pump flange and your nipple with water or your milk.
- d) Hold your pump flange between your index and middle finger as if you were making a “peace” sign. Center your nipple into the flange. Use your thumbs to massage breasts as you pump. If you are using the hands free pumping system, use the back of your hands to gently compress your breasts as you pump.
- e) Start your pump on low and gradually move the pressure up to a comfortable level. As your breasts empty, you may increase the vacuum pressure, always at a comfortable level.
- f) Pump for 5-7min. Stop, and place your milk collection kit into 2 coffee mugs to help prevent them from spilling over. Massage breasts for ½ minute, lightly stroke the breasts from base to nipple, lean forward and shake the breasts gently. Pump for 5-7 min, repeat massage, stroke, and shake. Pump 5-7min. Total pumping time is 15 min. Ask about our hands free pumping band!

To increase milk production.

Your body makes milk by regular routine stimulation and drainage of the breasts. The breasts need to have good stimulation 8x’s/in 24hrs for 15min. Some mothers “cluster pump” or space out their pumping.

- a) Pump immediately after or in place of breastfeeding for 15min following the above procedure.
- b) Pump even if nothing comes out. It’s normal to obtain more from one breast than the other. Many mothers obtain more milk in the morning than in the evening.
- c) Increase your rest time; eat nutritious foods and drink to thirst. Eat oatmeal 3x’s a week as well as lots of protein daily. Limit household chores, visitors and activities.
- d) Some mothers have found that using herbal remedies is helpful in increasing milk production. Discuss their use with your healthcare provider. Fenugreek is one such herb that is usually taken in capsule form. In doing research on this herb I found a caution stating, “women who experience hypoglycemic episodes should avoid its use”. Alfalfa tablets (6-8 per day), Brewers Yeast tablets (6-9 per day), Blessed Thistle, and Marshmallow root are usually taken in a tincture (liquid) or capsules.
- e) There are medications that may be prescribed by your Dr. to increase milk production. Reglan and Domperidone. Medications are not without risk and should be taken only with your doctors’ consent. Don’t order them off the internet!

Weighing the baby: We offer free weight checks on Mondays and Thursdays from 11:00-12:00, and on Saturdays from 10:00-11:00. Baby to gain 1 ounce per day. To compute how much to feed the baby, take the baby’s weight, multiply by 2.5 (or by 3) and then divide that number by the number of feeds. Most newborns feed 8x’s/in 24hrs.