

Pumping Guidelines

Provided to you by the Utah WIC Program

1. Wash your hands with soap and water before starting.
2. Try to relax to help get the milk flowing. You can think of your baby or look at a picture of your baby. Try putting warm wash cloths on your breast. Gentle massage or stoking can also help.
3. Pump as often as your baby would breastfeed to help keep your milk supply. If you are not able to nurse your baby, pump every 2-3 hours and once during the night, or at least 8 times per day.
4. If you are hand pumping or are single pumping with an electric pump, start by pumping one breast for 5-7 minutes or until the spray of milk becomes small. Then change to the other breast and pump for 5-7 minutes.
5. Return to the first breast for 3-5 minutes, repeat on the second breast.
6. Pump each breast again for 2-3 minutes.
7. Each pumping session will probably take about 20 minutes.
8. To clean the pump or pump kit, rinse with cold water first. Then wash with hot, soapy water or in a dishwasher. Clean after each use. If you have hard water, add 2 tablespoons of vinegar.
9. **If you have a very small baby or a special needs baby, ask your hospital for special instructions for storing and pumping your breast milk.**
10. If soreness or discomfort develops, discontinue and contact a WIC lactation educator.

STORING BREASTMILK

1. Store your breast milk in a clean, hard plastic or glass bottle or in a disposable nursing bag. You may want to double the bag if you plan to freeze the breast milk.
2. Do not add warm milk to already cooled milk. Cool the milk first then add to already cooled milk.
3. Put only enough milk for 1 feeding in each nurser bottle/bag. Do not overfill- allow some room in the bottle/bag because breast milk expands when it freezes.
4. Write the date on a piece of masking tape and label the bottle/bag. Always use the oldest milk first.
5. Breast milk should be refrigerated after pumping. If you are not planning to use your breast milk within 48 hours, you should freeze it.
6. You can freeze breast milk in the old style freezer units, which are inside the refrigerator, for about 2 weeks. If your freezer section is separate from the refrigerator, you can store breast milk for about 2-3 months and if you have a deep freeze, for about 6 months.
7. To warm *refrigerated* breast milk, place bottle/bag in a container of luke warm tap water until it is at room temperature. This should take about 10 minutes.
8. To that *frozen* breast milk, place bottle/bag in the refrigerator (about 12 hours) until thawed or gently shake the bottle/bag while holding it under warm tap water. Thawed breast milk should be used within 24 hours.
9. Don't thaw frozen breast milk at room temperature. Never defrost breast milk in a microwave oven or on the stove top. These methods can destroy nutrients and protective factors in the breast milk. It can also cause serious burns.
10. Throw away any milk the baby doesn't eat. Don't save it for later.
11. Don't refreeze your breast milk after it has been thawed.