

## **BREAST PUMPING INSTRUCTIONS for NICU Moms**

### **Watch these videos:**



[Droplet \(firstdroplets.com\)](http://firstdroplets.com)

**It is normal to get very little milk out the first 2-3 days:** Milk supply increases when pumping every 2-3 hours. Pump at least 8 times per 24 hours, around the clock. Missing nighttime pumping sessions can cause low milk supply. Do hand-expression after pumping to increase milk production. A full milk supply is 24-35 ounces (750 ml-1050 ml) or 90+ml per pumping session if you're pumping 8 times per day. Pump both breasts at the same time to make more milk. Record the amount you pump on the back of this handout.

**ASK** a Lactation Consultant about ordering a breast pump for home or **CALL** your insurance company to inform them of the baby's birth and say that you need a breast pump because your baby is in the NICU.

**ASK** the NICU Lactation Consultant about borrowing a LOANER breast pump until you get your own.

**Pump settings:** There are 2 settings on the Symphony breast pump. Initiation program: Use this for the first 5 days after the birth of your baby or until you get 20 ml of breast milk in your last 3 pumping sessions from both breasts combined or beginning on day six, whichever comes first. Then switch to Maintain program: Press On/Off button and this will start with a stimulation phase for two minute and then go into expression phase. Turn the center dial to the level of suction that is comfortable for you.

**How long to pump:** 15 minutes or pump until you no longer see any more milk flowing or spraying. Pump into new clean bottles every time and the NICU will provide more bottles each day.

**Clean:** Wash pump parts after each use. Place parts in a clean wash basin used only for infant feeding items. *Do not place pump parts directly in sink.* Add dish soap and water, wash by hand, rinse, and air dry on a clean towel. It is not necessary to wash the tubing, it should always stay dry, do not submerge in water. Ask nurse for new tubing if yours gets soiled, wet, or has water droplets inside.

- All pump parts, except the tubing, should be sanitized once per day. NICU will provide you with a "Quick Clean Micro-Steam Bag" to use in the microwave once a day. Other ways to sanitize are by placing pump parts on the top rack of dishwasher and use the heated drying setting, or boiling pump parts for 15 minutes.

**Label:** Use Mom's patient labels to label the pumped breast milk until NICU gives you breast milk labels with your baby's name and barcode. Write the date and time the milk was pumped on this label, stick it to the bottle or syringe, and place in refrigerator or freezer. Bring it with you on ice when you or family members visit the NICU.

**Storage Guide:** Fresh pumped breast milk can be kept at room temperature for only 4 hours, then must be refrigerated or frozen.

1. Refrigerated breast milk must be used within 48 hours for NICU and premature babies; or up to 7 days for babies born full-term at home.
2. Frozen breast milk can be stored for 6 months in deep freezers or 3 months in refrigerator freezers.

**Maintaining your milk supply:** Continue to pump routinely, 8 times per 24 hours, including at night. Keep a pumping log on paper or download an app to record when you pump and how much breast milk you pump each time. We have extra pumping logs as needed.

**Mother's Milk Station:** Located in the top hall of our NICU. Here you can find pumping supplies: storage bottles, information sheets, pumping logs, and the microwave for sterilizing your pump parts.

**Our Lactation Consultants: Melissa, Colleen, and Becky want to work with you when you visit. Please Call Us Anytime from the phone in your baby's room at extension 5912 or 314-242-5912**

