

# Expressing Breastmilk When You and Your Baby are Separated

## General Information

Even though you are not able to be with your baby right now, you are still able to provide the breastmilk your baby needs.

## First 3 to 4 Days After Your Baby's Birth

- Try to begin pumping within 6 hours of the birth, if possible.
- Pump at least 8 to 10 times each day. Pump at least once during the night.
- Pump 10 to 15 minutes each side. Use a double pump, if possible, to decrease the time you need to pump and increase your milk supply.
- Don't be discouraged if you only get a few drops of milk. This is normal. Any amount of milk you get is worth saving and giving to your baby when he or she is able.

## After the First 3 to 4 Days

- Pump at least 8 to 10 times each day.
- Pump another 2 to 3 minutes after the flow of milk stops.
- Try to pump at least 25 ounces each day, if possible.
- During stressful times, your milk supply may decrease. This is normal.

## Expressing Your Milk

- Wash your hands with soap and water before pumping and whenever you handle your breast milk.
- Be sure to wash all pump parts with hot, soapy water after each use. Allow the parts to air dry on a clean towel and cover them with another clean towel.

## Storing and Transferring Milk

- Ask the staff taking care of your baby what containers they would like you to put your milk in.
- Keep your milk cool in a small cooler while taking it to your baby.

## Whom to Call for More Information

If you have any questions while you are in the hospital, do not hesitate to ask the nursing staff or the lactation consultant.

If you have any questions while you are at home, call: \_\_\_\_\_.