



MUM'S WHO EXCLUSIVELY PUMP

By [Nancy Mohrbacher](#), IBCLC, Ameda Products

Co-author of *Breastfeeding Made Simple* and *The Breastfeeding Answer Book*

HOW TO BRING IN A FULL MILK SUPPLY WITH A BREAST PUMP

After birth, if you find yourself faced with a pump rather than your nursing baby, you may feel sad. It may help to think of the pump as a useful tool to help you get ready for breastfeeding.

Begin pumping by keeping your goal in mind: To pump a full milk supply — 750-1050 ml per day — by Day 10 to 14. Right after birth, your body is primed and ready to make milk. Don't wait too long. If you do, it may be much harder to reach this goal.

When do you start?

If you can, start pumping within the first six hours after your baby's birth. As soon as possible, pump at least 8-10 times every 24 hours. This is how many times each day your baby would be breastfeeding. In general, the more times each day you pump, the more milk you make. The reverse is true, too. The less you pump, the less milk you make.

What do you need to know from Day 1 to 4?

- If your baby is not breastfeeding, use a hospital-grade rental pump. (Go to www.ameda.co.nz, Products—Breast Pumps)
- Plan to dual pump (both breasts at once). This saves time and boosts milk supply faster.
- Until your milk "comes in" on Day 3 or 4, pump at least 10-15 minutes per breast.
- Pump at least once during the night. Don't go longer than about 5 hours between pumpings. (Full breasts make milk slower.)

When your milk increases about Day 4, make these changes:

- Pump longer — two minutes after the last drop of milk or 20-30 minutes, whichever comes first. (Drained breasts make milk faster.)
- Focus on the NUMBER of pumpings each day, not the time between pumpings (i.e., every 2 or 3 hours).

Many mums find it simpler to focus on their daily total. And it is this daily total that is most important to your milk supply. Rather than trying to pump at set times, instead think: "How can I fit in my 10 or so pumpings?" If you find you can't pump during part of the day, pump every hour when you can. Keep that daily total in mind.

Also, try to keep the longest stretch between pumpings as short as you can. (Full breasts make milk slower.)

When you reach 750-1050 ml per day, you've met your goal.

Most mothers can then pump fewer times each day and still keep up their milk supply.

You may also be able to sleep through the night without a drop in milk supply.



This is general information and does not replace the advice of your physician or healthcare provider.

If you have a problem you cannot solve quickly, seek help right away.

Every baby is different, and your baby may not be average.

If in doubt, contact your physician or other healthcare provider.



MAINTAINING A FULL MILK SUPPLY WITH A PUMP

You now have a full milk supply of 750-1050 ml per day. If your baby is not yet ready to breastfeed, don't worry. Your pump can help you keep your milk there until your baby is ready. To do this, it may help to first understand how milk supply works.

- **Drained breasts make milk faster.** When breasts are drained often and well, this sends the signal to make milk faster. Lots of pumping at first "puts in your order" for a full milk supply.
- **Full breasts make milk slower.** Human milk contains a substance called FIL (Feedback Inhibitor of Lactation) that signals the breast to slow down its milk-making. The more FIL in the breasts, the slower milk is made.
- **Different breasts mean different pumping patterns.** How long it takes for breasts to feel full depends on a woman's "breast storage capacity." This is the amount of milk her breasts can hold before feeling full. The room in the milk glands (not breast size!) is the basis for this and differs from one mum to the next. Mums with a "large capacity" store more milk, need to pump less often, and get more milk at a pumping. Mums with a "small capacity" get full faster and need to pump more often to get the same amount of milk. Both mums can make plenty of milk, but the number of pumpings needed to keep up supply can vary greatly.
- **Very long stretches between feedings can slow milk production.** Because full breasts make milk slower, very long stretches between pumpings may cause milk supply to go down. Cutting way down on pumping may work if you have a "large capacity." But if you're a mum with a "small capacity," be careful. Your milk supply may drop.

When you've reached a full supply, you may be ready to pump less. Here are some tips:

- Try cutting back to 5-7 pumpings each day. If your supply goes down, see the next section.
- Try sleeping all night. With a full supply, many mothers pump right before bed and then first thing in the morning. If you can do this without too much breast fullness, go ahead.
- Pump for a shorter time. For most mothers, 10-15 minutes of pumping is long enough.
- Once a week, add up the milk you pump during a 24-hour period. Write down this daily milk yield and compare your totals each week. This way you'll know right away if your total milk yield starts to drop.

If you need to increase your milk supply, the sooner you work on it, the faster you'll see results. Here are some ideas to try:

- Pump more: 8-12 per day. This boosts milk supply for most mothers.
- Pump longer: until two minutes after the last drop of milk or 20-30 minutes, whichever comes first. (Drained breasts make milk faster.)
- Read "Getting a Good Flange Fit" and then check your pump flange fit. Many women get better results with a larger breast flange. Even if you had a good fit at first, flange fit can change with time and pumping.
- Use breast massage during pumping. This yields more milk.

Ask your lactation consultant to talk to your doctor about prescription and herbal medicines that can boost supply. Examples are metoclopramide (Reglan), domperidone (Motilium), and fenugreek capsules and tinctures.

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THE FULLY PUMPING MOTHER: WHAT NEXT?

You brought in a full milk supply. You've kept it up for a while. Now what do you do?

Pumping for a non-breastfeeding baby brings many rewards. It feels great to see your baby grow and thrive on your milk. And it sets your mind at ease to know that you're giving your baby the best. But it is not easy. Experts recommend mother's milk for at least a baby's first year. Even so, because of the extra time involved, many mothers find it hard to make full pumping work long-term.

But there are options. Even if you've been pumping for weeks or months, you can still make the move to breastfeeding. To make this change, most mothers need help. Getting help is well worth it for both you and your baby.

For some mothers, the best person to turn to for help is a lactation consultant. Part of her job is to know tricks to make breastfeeding work. To locate a Lactation Consultant in your area call Plunket Line on 0800 933 922.

What can you expect from a meeting with a lactation consultant? She may show you how to help your baby latch on in a new way. Sometimes tools can help. Most good lactation consultants can get you any tools you might need.

But even if you decide to wean from the pump rather than making the move to breastfeeding, there are still things that are good to know. First, the safest and most comfortable weaning is almost always a gradual one. Here are some ways to make this happen.

- One way to start is by dropping one daily pumping. Give your body two to three days to adjust. Then drop another daily pumping. Leave your first and last daily pumpings until the end. Repeat until you're fully weaned from the pump.
- Another way is to keep the number of pumpings the same but pump for a shorter time. If you were getting 120 ml at each pumping, stop after 90 ml. Give your body 2-3 days to adjust and then do it again. Repeat until you no longer feel the need to pump.
- **Note:** While weaning, if your breasts ever feel full, pump until you're comfortable. Don't pump fully. Pump just until your breasts feel better. Letting your breasts stay too full puts you at risk for pain and mastitis, which can lead to infection.



When you are fully weaned from the pump and finish pumping for good, give yourself a big pat on the back. Always remember how lucky your baby is that you were willing to work so hard to give him the best!

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