

Making Milk when you are separated from your baby

<i>How often do I express my milk?</i>	<i>PUMP or breastfeed 8 or more times each day</i>
<i>How much milk do I need?</i>	<ul style="list-style-type: none"> ○ <i>GOAL: 16-35 oz per day per baby</i> ○ Average 1 oz/hour (usual 25 oz per day per baby)
<i>I Don't have any milk yet!?</i>	<ul style="list-style-type: none"> ○ You have milk! Your colostrum will only be small amounts, but it is MEDICINE for your baby. SAVE EVERY DROP! ○ Your Mature Milk "Comes In" usually Day of Life 2-5
<i>How to INCREASE your milk by PUMPING</i>	<ul style="list-style-type: none"> ○ Pump every 2 to 2 ½ hours during the day ○ Use Hand Expression in the first few days, then Hands on Pumping (breast compression) with moist heat to get more milk! ○ ASK to see our videos to teach you these techniques ○ Sleep only 5 hours at night. <i>Place your milk WITH your pump kit into a cooler & go back to sleep</i>, then refrigerate in the morning & wash your pump kit for the next pumping. ○ Pump for 15-30 minutes, you may have many "letdowns."
<i>Keep a Pumping Log</i>	<ul style="list-style-type: none"> ○ These are in the pump room or ask your RN for one. ○ You may also use a phone app to keep track ○ Write down when you pump, hold SKIN to SKIN & Breastfeed. ○ This helps to keep track of your supply & schedule, to see problems early.
<i>What could cause my low milk supply?</i>	<ul style="list-style-type: none"> ○ <i>Pumping less than 8x each day.</i> ○ A pump that is not working well or filter needs replacing? You may also need the pump quality of a hospital grade pump rental. ○ You may need a larger pumping flange. Ask your RN for one. ○ Medications (talk with your physician) ○ Heavy smoking or alcohol use. ○ Breast surgery or other medical causes. ○ <i>Stress and separation from your baby!</i>
<i>Other ways to INCREASE your milk supply</i>	<ul style="list-style-type: none"> ○ SKIN to SKIN Holding!! ○ Pump at Bedside, be with infant OFTEN. ○ Non-Nutritive BF before bottle (~28 wk & stable) ○ Some DIRECT Breastfeeding around 33-34 weeks.
<i>What can you eat or take to increase your Milk?</i>	<ul style="list-style-type: none"> ○ Some moms feel that herbs or medications may help them to make more milk. ○ Because there is not strong research supporting these herbs or medications, we no longer routinely recommend these products. Discuss any supplements or medications with your physician. ○ Eat a well balanced, nutritious diet, DRINK FLUIDS & Rest!
<i>Are my medicines safe?</i>	<ul style="list-style-type: none"> ○ Almost always - YES! ○ Call Lactation or ask your Medical Team