VON VOIGTLANDER WOMEN'S HOSPITAL
MICHIGAN MEDICINE

Pumping Diary

How do I use this pumping diary?

- Pump every 2-3 hours for 15-20 minutes.
- Record the time you pumped in the top row.
- Record the amount (in ounces) of milk you expressed in the bottom row.
- Record your total for each day in the bottom row.
- Your breast milk amounts should be:

Day 0-2 about 30 ml. (1 oz.) **per day**
(*2-10 ml. –or- 1-2 teaspoons **per feeding***)

Day 3-7 350 ml. (11.5 oz) or more **per day**
(*30-45ml. –or- 1-2 ounces **per feeding***)

Day 7-14 500 - 1000 ml. (16.5 – 33 oz.) or more **per day**
(*50-150ml. –or- 2-4 ounces **per feeding)***

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Daily totals here:	oz.	oz.	oz.	oz.	oz.	oz.	oz.

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Time: :							
Amount: :							
Time: :							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Time:							
Amount:							
Daily totals here:	oz.	oz.	oz.	oz.	oz.	oz.	oz.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Kim Wellman

Patient Education by Michigan Medicine is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Revised 05/2018