



Resources

Pumping Chart (PDF): http://www.med.umich.edu/nicu/family/pumping_chart.pdf:

Breast Milk Storage Guidelines (PDF): http://www.med.umich.edu/nicu/family/breast_milk_storing_guidelines.pdf

Breast-feeding Wheel: <http://www.med.umich.edu/nicu/family/breastfeeding.shtml>

Lactation Services in Holden & Mott Hospital

When your baby is unable to begin breastfeeding shortly after birth, it is important to establish and maintain a good milk supply.

Some important things you can do are:

- Start pumping early and often - 8 or more times each 24 hours, or about every 2 to 3 hours. (Don't be concerned if only drops of colostrum are expressed, this will increase at about 3 to 5 days after delivery).
- Before your milk "comes in" pump for about 10 to 15 minutes each time. Once your milk is in, you should pump until the milk has stopped dripping (anywhere between 15-30 minutes).
- Rent a hospital grade pump to use at home. Med Equip has electric pumps available for \$53.00 per month, and they can often deliver a pump to the hospital the same day it is ordered. They can be reached at 734-971-0975
- The pumps they have are compatible with the pump kit you received from this hospital. Please be sure to tell them that you have a baby in Holden or the pediatric ICU. If there are no pumps available there are other options in the community. Please ask your nurse for help in obtaining one.

- If your baby is very sick when admitted do not be surprised if your milk supply is slow to get started. Fear and anxiety can have a negative impact on milk production. Continue frequent pumping so that as your baby improves, so will your supply.
- We have provided a chart on back for your convenience in keeping track of your pumping schedule. If this works for you feel free to make copies. http://www.med.umich.edu/nicu/family/pumping_chart.pdf.
- Please feel free to contact us with any questions you may have about providing milk for your baby or to help you when your baby is ready to be introduced to breastfeeding.

Pumping Instructions

- **Wash your hands** before touching pump parts or breasts.
- Kit is ready to use, just insert the connector into the receptacle on the pump.
- Pumping both breasts at the same time cuts time needed to pump and increases hormone response, which may increase milk supply.
- Pump and store milk for your hospitalized baby into the storage containers with "snap on tops" which are provided in Pump Rooms.
- Make sure suction level is at lowest setting when starting to pump (all the way to the left).
- You can increase suction as needed until you feel a strong tug, but no pain.
- Center breast shields over nipples.
- If this is your first time pumping, limit to 5-10 minutes. You may not get more than a few drops of colostrum the first 2 to 3 days, but this is "liquid gold". Be sure to take it to your baby's nurse for storage until your baby can be fed.

- Pump at least every 3 hours or eight times every 24 hours (at night one five-hour stretch) Use pumping schedule to keep you on track.
- Once your milk comes in, pump 15-30 minutes to make sure you are getting out all the milk available. This will help you to increase your supply.
- Label each bottle with your baby's name, his or her registration number, date, & time of pumping and date of freezing (if baby is not being fed yet)
- If you have a hospitalized baby, sterilize pump parts once every 24 hours.
- Transport fresh cold milk to hospital in insulated cooler bag, then freeze if baby had not began feedings yet.
- Please take your pump kit with you when you are discharged from the hospital and you need to rent a hospital grade breastpump. Breast pump kits cost about \$50 so do not leave behind.
- Pump rental can be arranged through: MedEquip at (734) 971-0975 or see list of community pump rentals.

Engorgement While Pumping

Engorgement is a filling of the breasts with increased amounts of milk, blood and lymph fluid. Some mothers will experience only slight fullness and others will become very full, tender and lumpy. Engorgement may cause the nipple to flatten which can make it difficult to express milk effectively. Engorgement usually is relieved within 24 to 48 hours, but the following suggestions will help to give you some relief sooner.

- Pump your breasts frequently (every 2 -2 1/2 hours or sooner); or try **Power Pumping**, (pump for 10 minutes on 10 minutes off, for one hour).
- Do not go longer than 3 hours between pumping or breastfeeding in the first week postpartum, while your milk supply is being established.
- Pump for at least 15 to 20 minutes after “let down” has occurred. Breasts should feel softer after

pumping. If you express enough milk to fill the small bottles, stop pumping and put on clean bottles and continue pumping until the spray slows/stops or about 15-20 minutes. You should then plan to start pumping into the 8 ounce bottles, swirling milk before storing in the smaller storage bottles. (mixes fat content evenly)

- Pump only on the most comfortable setting. This may only be low. Do NOT increase the suction to obtain more milk **if it is painful**.
- Use cold packs on the breasts for 20 minutes after pumping and about once an hour between feedings. (they can be made by putting cold water in a disposable diaper and freezing) Do not apply ice directly to breast, place a soft towel or bra between ice pack and skin.
- Fresh cold cabbage leaves may be applied to decrease swelling.
 1. Wash leaves of cabbage and crush in hand or roll to break veins of cabbage.
 2. Apply as many cold leaves as needed to cover entire breast and underarm area.
 3. Lay down on back to elevate breasts higher than heart. Ice packs may be applied over cabbage.
 4. When cabbage is warm and wilted, remove and reapply new cold leaves if engorgement is still present.

*****Caution**, use only long enough to make yourself comfortable, cabbage can “dry milk up” if used after engorgement is over.

- Warm moist heat and gentle massage can be applied to breasts for 3 to 5 minutes just before pumping or nursing infant to help milk “let down”.
- Gently massage just before pumping may increase the amount of milk expressed.
- You may take Tylenol or Motrin if needed for discomfort.

Call your health care provider or a lactation consultant if no improvement within 24 hours.

Care of Breast Pump Kit

After each use:

- Take kit apart.
- Wash following parts in hot soapy water, rinse well and allow to air dry:
 1. Silicone diaphragm
 2. Breast shield or flange
 3. Valve
- No need to wash tubing or cap attached to tubing.
- Once every 24 hours, sterilize the above parts.
- You can use the sterilizer located in Holden Breast pump Room or Pump Room located on 5 West, or in your dishwasher on “Sanitize cycle” or at home in pan of boiling water for 15 minutes.
- Use new containers for each pumping session. The hospital provided storage containers with lid should be screwed directly onto the pump kit so that milk is pumped and stored in the same bottle.

MedEquip Breast Pump Rental

MedEquip has Ameda-Egnell breastpumps available for monthly rental.

- They charge \$53 a month, and request the order be confirmed by credit card.
- They will bill your credit card on a monthly basis until the pump is returned.
- These pumps are compatible with the double pumping kits that are supplied for mothers of ill and premature infants. For all others, the kits may be purchased from MedEquip.
- MedEQUIP will deliver the pump to the mother’s room if she is a patient here otherwise they request pump be picked up.
- Please allow at least two hours from time of order to delivery
- Pump must be returned to MedEquip, not hospital
MedEQUIP is located at: 2705 S. Industrial Drive, Suite 300 (Across the street from AATA)

The phone number to order a pump is:

(734) 971-0975 Local, (800) 530-0714 toll free

They are open Monday-Friday, 8:30a.m.to

6:30p.m., Saturday 8:30 to 3:30 p.m.