

# PUMPING PRIMER

How to get and use a breast pump.

## Ask your health plan if it provides a breast pump



Most plans today pay the full cost of a pump. This may include shipping.

## Start small

It takes time and practice for your body to respond to pumping.

When pumping 30-60 minutes **after** breastfeeding, expect to pump half a feeding.

When pumping **in place** of breastfeeding, expect to pump a full feeding.

## Pick a pump based on how you'll use it

- Pumping 100% in the first month, or boosting milk supply**, use a rental-grade pump
- Pumping daily while also breastfeeding**, use a double electric pump with a 1-year warranty
- Pumping less than daily**, use any type (hand, single, double)



## Set your pump suction to the highest comfortable level

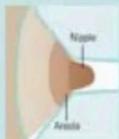
To find your best setting, turn up the suction until you feel slight discomfort. Then turn it down slowly. Stop when you are fully comfortable.

Baby's age	Amount of a full feeding
3 days	1 oz. (30 mL)
1 week	1.5 oz. (45 mL)
2 weeks	2 oz. (60 mL)
1-6 months	3-4 oz. (90-120 mL)

## Be sure you have a good fit

Pump fit affects your comfort and milk flow. If pumping hurts on low suction, try a larger or smaller nipple opening. You may need different sizes for each breast.

**GOOD FIT.** Your nipple moves easily in the tunnel. You may or may not see space around it.



**TOO SMALL.** Your nipple can't move easily in the tunnel. This may be painful and slow milk flow.



**TOO LARGE.** Too much breast is pulled in. This may be painful. Your nipple may bounce in and out of the tunnel.



## To get more milk, use your pump *and* your hands

- Gently massage your breasts.
- Pump both breasts at once. Use your hands to massage gently and compress out more milk while you pump. Stop pumping when milk sprays stop.
- Gently massage both breasts again.
- End by pumping one breast at a time or hand expressing, whichever works better. Focus on one breast at a time. Compress and gently massage. Go back and forth until milk stops.
- Allow about 25 minutes for all these steps.

## Timing matters

Many moms pump more milk in the morning. If you're breastfeeding, pump about 30 minutes after a feeding. This short wait may yield more milk. It should not affect the next feeding.

