



Power Pumping for Low Supply

Steps for Pumping: Follow manufacturer guidelines for breast pump use.

1. Wash your hands well with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
2. To help with “let-down” have one of the following items nearby: a picture or video of your baby, a baby blanket or item of your baby’s clothing with his scent on it. You may also want to apply a warm compress to your breasts prior to pumping.
3. Massage your breasts for several minutes using circular motions around your entire breast.
4. Center breast pump flanges over breasts with your nipples in the center. Your nipples should not rub the sides of the flange. If your nipples rub then you need a larger size flange. Begin with low suction strength and gradually increase to level of comfort. **Pumping should not be painful!**
5. Double electric breast pump instructions:
First 4 days: pump for **10-15** minutes. **Day 5 and beyond:** pump for **10-20** minutes. If your milk production slows down or stops, then push the let-down or massage button on your pump for a 2 minute fast cycle to stimulate another let-down.
6. Pump 8-10 times in 24 hours, every 2-3 hours during the day and every 3-4 hours during the night.
 *Pumping from both breasts at the same time with hands on pumping is recommended for maximum milk production and pumping bra is highly recommended.

Video demonstration: <http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

If your nipples or breasts become tender:

- Use the pump on a lower suction level
- Pump for a shorter time on each side
- Check the flange size for proper fit. Your nipples should not rub on the sides of the tunnel. If this is happening you may need to use a larger flange size.
- Contact a lactation consultant for further assistance.

Power Pumping: Low milk supply

Before you try this, make sure you actually have a supply issue. Many moms are concerned they have a low supply although they’re actually producing a normal and healthy amount of breastmilk. Research shows that the **BEST** way to boost supply is to nurse at the breast often. We know this isn’t an option for every mom, but opt for breastfeeding over pumping whenever possible.

The idea behind power pumping is to trick your body into producing more milk by rapidly emptying the breasts. It replicates what babies do when they are “cluster feeding” which is when baby is on and off the breast often so as to signal to your body to increase supply. It’s not meant to replace your normal pumping routine; rather, it’s designed to enhance your milk supply within an established routine.

Find **one hour** in the day that you can pump uninterrupted. Do your best to find time in the morning because that’s when milk production is usually the highest.

Within that hour, use this pumping pattern:

Pump 20 minutes, rest 10 minutes, Pump 10 minutes, rest 10 minutes, Pump 10 minutes

Throughout the rest of the day, pump the normal length of time that you would typically pump, ideally replicating baby’s feeding schedule if you are apart or the usual time that you would be pumping.

You typically only need to **power pump for 2-3 days** before you see results, then return to your normal pumping routine.

Diapers	Minimum Wet	Minimum Dirty	Estimated amount per feeding/pumping	
			Breastfeed on demand (8-12+ times in 24 hours)	Bottle feed on demand, at least 8 times in 24 hours <i>(Baby might take more, let feeding cues be your guide)</i>
			Stomach size	mL per feeding (30 mL=1 oz)
Day 1	1	black tarry/meconium	Day 1	2-7 mL
Day 2	2	black tarry/meconium	Day 2	10-15 mL
Day 3	3	dark green/brown	Day 3	25-30 mL
Day 4	4	dark green/brown	Day 4	45-60 mL
Day 5	5	yellow, seedy or loose	Day 10	60-80 mL
Day 6	6-8	yellow, seedy or loose	1 Month+	80-150 mL

*If baby has not stoolled for 1 week or is fussy, spitting up more than normal, or has a distended stomach notify your physician and/or go to the ER for stools that are white/gray, black or red.
American Academy of Pediatrics/HealthyChildren.org

Collection and Storage of Breast Milk for the Healthy Full-Term Infant

These guidelines are for milk expressed for a full-term healthy baby.
If your baby is seriously ill and/or hospitalized discuss storage guidelines with baby's doctor.

Type of Breastmilk	Room Temperature 60-85°F (16-29°C) or colder	Refrigerator 39.2°F (4°C)	Freezer 0°F (-18°C)
Freshly Expressed or Pumped	Up to 4 hours 6-8 hr under very clean conditions	Up to 4 days	Within 6 months is best Up to 12 months is acceptable
Thawed, previously frozen	1-2 hours 5-8 hr under very clean conditions	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed
Left Over from a Feeding, baby did not finish the bottle	Use within 2 hours after the baby is finished feeding		

Storage of Breast Milk for Home and Child Care Use

- Use breast milk storage bags or clean food-grade containers with tight fitting lids made of glass or plastic to store expressed breast milk.
 - Avoid bottles with the recycle symbol number 7, which indicates that the container may be made of a BPA-containing plastic.
- Never store breastmilk disposable bottle liners or plastic bags that are not intended for storing breast milk.

Storage Tips

- Clearly label the breast milk with the date it was expressed.
- Do not store breast milk in the door of the refrigerator or freezer. This will help protect the breast milk from temperature changes from the door opening and closing, and should be kept away from the walls of self-defrosting freezer.
- If you don't think you will use freshly expressed breast milk within 4 days, freeze it right away. This will help protect the quality of the breast milk.
- Freeze breast milk in small amounts of 2 to 4 ounces (or the amount that will be offered at one feeding) to avoid wasting breast milk that might not be finished.
- When freezing breast milk, leave about an inch of space at the top of the container because breast milk expands as it freezes.
- Breast milk can be stored in an insulated cooler bag with frozen ice packs for up to 24 hours when you are traveling. Once you arrive at your destination, milk should be used right away, stored in the refrigerator, or frozen.

Resources:

Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants. Academy of Breastfeeding Medicine 2017.

CDC Centers for Disease Control and Prevention. Proper Storage and Preparation of Breast Milk.

More CDC information on how to safely clean and store pump equipment and infant feeding items:

<https://www.cdc.gov/breastfeeding>

[How to Clean, Sanitize, and Store Infant Feeding Items.](#)

[How to Keep your Breast Pump Kit Clean: The Essentials.](#)

Safe Thawing Of Breast Milk

- Always thaw the oldest breast milk first. Remember first in, first out. Over time, the quality of the breast milk can decrease.
- There are several ways to thaw your breast milk:
 - In the refrigerator overnight.
 - Set in a container of warm or lukewarm water.
 - Under lukewarm running water.
- Never thaw or heat breast milk in the microwave. Microwaving can destroy nutrients in breast milk and creates hot spots, which can burn a baby's mouth.
- Use breast milk within 24 hours of thawing in the refrigerator (this means from the time it is no longer frozen or completely thawed, not from the time when you took it out of the freezer).
- Once breast milk is brought to room temperature or warmed after storing in the refrigerator or freezer it should be used in within 2 hours.
- Never refreeze breast milk once it has been thawed.

Feeding Expressed Breast Milk

- Breast milk does not need to be warmed. It can be served room temperature or cold.
- If you decide to warm the breast milk, here are some tips:
 - Keep the container sealed while warming.
 - Warm breast milk by placing the container of breast milk into a separate container or pot of warm water for a few minutes or by running warm (not hot) tap water over the container for a few minutes.
 - Do not heat breast milk directly on the stove or in the microwave.
 - Test the temperature of the breast milk before feeding it to your baby by putting a few drops on your wrist. It should feel warm, not hot.
- Swirl the breast milk to mix the fat, which may have separated.

Thank you for trusting us with your care...

Tripler Army Medical Center

Lactation Services 808-433-3732