

How to use the breast pump

About stimulating your breasts

- It is good to start stimulating your breasts by hand or with a breast pump as soon as you can, **preferably within the first hour after delivery**. In the beginning, only a few drops of milk may be expressed. Every drop is valuable and can be given to your child immediately.
- Continue to stimulate your breasts eight times spread over 24 hours. This is best done every three hours. If your child is fed through a nasogastric tube, it is good to have skin-to-skin contact while your child is feeding and, after the mealtime, express milk from your breasts with the pump. Many women feel that it is easier to express milk when close to their child. Therefore, feel free to take your borrowed pump and express milk beside your child's incubator or bed.

This is what you do

- Use two new bottles and breast shields on each occasion you express milk.
- By expressing milk from both breasts at the same time, i.e. double pumping, you can increase your milk production and save time.
- Start the pump with the button on the left (1). Regulate the suction strength by turning the knob in the middle (2). Express milk with the highest suction strength you feel comfortable with. It should not hurt. There are various sizes of breast shields to try out.
- The pump begins by pumping short, rapid strokes to stimulate milk flow. After two minutes, it automatically switches to slow strokes. If milk begins to flow before two minutes have passed, you can switch over to slow strokes yourself by pressing the button on the right of the pump (3).
- Stimulate your breasts with the pump for approximately 10 to 15 minutes per breast, even if only a small amount of milk is expressed. It is normal that one breast has more milk. Some women may have difficulty getting milk to come out when they use the breast pump but can breastfeed their child without any difficulty.



After pumping

- Mark the bottle with your child's name, personal ID number as well as the date and time of milk expression. Place the bottle in the pump room's milk fridge.
- If you are receiving care in the maternity/delivery ward, or you are staying in relatives' accommodation or Hjältarnas House, place the bottle of breast milk in the refrigerator and take it with you the next time you come to Neo-IVA. Then your child can receive your breast milk as soon as possible.
- Leave the breast shields for washing up in the pump room of the ward.

Useful information

- During the time your child is cared for in Neo-IVA, you may borrow a breast pump from the ward. When it is no longer needed, or your child is discharged, you must return it.
- To get milk production started faster and produce a larger volume of milk, you can use a special programme on the pump called Symphony Plus. **It replicates the natural sucking pattern of a child.**
- If you only pump milk, it is good if you can reach a volume of 600 to 750 millilitres per 24 hours when your child is four weeks old. This applies even if your child does not eat much in the beginning. This is so that you will have a sufficient amount of breast milk when your child is ready to be breastfed exclusively.
- Don't forget to take care of yourself. In order for the body to produce milk, it is important to get sleep and rest, eat regularly and drink extra fluids.
- You can stop using the pump for stimulation when breastfeeding works, and your child is breastfed exclusively and not fed via a feeding bottle or nasogastric tube.

If you have any concerns or questions, speak to the personnel.



Tip! Films showing how to hand express, how the electric pump works, what happens to your milk after you leave it in the milk fridge and how it is later fed to your child can be found on the ward's website:

www.1177.se/Hitta-varld/Vasterbotten/Kontakt/Barnavdelning-4-Umea