

Caring for Your Child

Maintaining Your Milk Supply While Your Baby is in the Hospital

When your baby is admitted to the hospital you want to do everything that you can to make sure that you maintain your milk supply. You want to know that your baby will continue to receive your milk during the hospital stay and when you return home. This may mean that you will need to use a breast pump at times. Whenever your child is not eating, whether because of illness, surgery, treatments or tests, you will need to pump. If your baby is allowed to eat while in the hospital, you should be able to breastfeed when you are here. If you can not be here all the time, you will need to pump at home to make sure you do not lose your milk supply. Your pumped milk can be fed to the baby when you are not here.

You should start a pumping schedule that matches your baby's usual feeding schedule. For instance, if your baby normally breastfeeds every 2 to 3 hours during the day and sleeps 6 hours at night, you should pump every 2 to 3 hours during the day with a 6 hour break at night. If you need to increase your milk supply, you can pump more often.

Getting Started

You may have never used a breast pump before your baby was admitted to the hospital. Or you may have had a bad experience pumping with a poor quality pump. You will be happy to know that pumping with a hospital-quality electric breast pump can be an easy, pain-free experience.

Your child's nurse will give you a double pump kit so that you can pump both breasts at the same time. The same kit can also be used for single pumping if you prefer, but remember that double pumping is a great time-saver.

Where are the Pumps in the Hospital?

Medela Symphony electric breast pumps are available in the following locations:

Pump Room Locations	Number of pumps
NIC - 2 nd Floor Main	4
5 West A	1
5 West B	1
6 South Tower-CICU	1
Connelly Center - 8 th Floor Main - Bathroom	1
4 WCSH (406B)	1

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- Pump rooms are open 24 hours a day 7 days a week on a first-come-first-served basis.
- No keys or sign-up required.
- All the rooms have a comfortable chair, a Symphony electric pump, and sani-wipes for cleaning the pump. They also have breast milk storage bottles, labels, and a sink with soap to clean your pumping kit.
- Each room is a little different, so feel free to try them all.
- Please keep the rooms clean for the others that will use them after you.
- Every inpatient unit also has a portable Symphony pump that you can use at the baby's bedside. You may need to share with other pumping mothers on your floor.

Before pumping, clean the pump with sani-wipes. Then wash your hands with soap and water before pumping or handling your milk. There is no need to clean your nipples or breast.

- Apply flanges to nipples.
- Turn pump on.
- Turn suction dial up until you are uncomfortable and then turn it back a notch. You will feel a series of small quick sucks.
- As soon as you see milk flowing, press the teardrop button. This slows down the sucking pattern.
- Readjust the sucking pressure to your comfort. Keep the pressure as high as you can (without causing pain) in order to get the most milk.
- You should feel pressure, not pain when pumping.

You should pump for about 10-15 minutes or until you have completely emptied both breasts. The most important part of pumping is that you remove all the milk each time you pump. You should pump for 2 minutes after milk flow stops. That way you will be sure to continue making plenty of milk for your baby.

All milk from each breast should be collected in one container. If you make more than 75ml per breast, use the 6oz bottles that come with the kit and then transfer into the smaller bottles for storage. This prevents separation of fore and hind milk during the pumping session.

Cleaning your Pump Kit

- It is sterile and ready for use when you first receive it.
- After each use, take the set apart and wash in hot soapy water all of the pieces that come in contact with your milk. Regular dish soap can be used. Then air dry and store in the plastic bag provided in the kit.
- Sterilize your pump kit daily by running it through the dishwasher or boiling it for 15 minutes. You can also ask your nurse for a Medela microwave bag for sterilizing your pumping equipment.
 - Microwaves for sterilizing pumping equipment are in the NICU, 5 West, 6 South Tower, and 4 West Seashore House pump rooms

- Place all pumping equipment except for the tubing in the microwave bag and add 2 ounces of water. (You can use a collection bottle to measure 2 ounces)
- Microwave for 3 minutes on high
- Be careful when removing from microwave
- Drain water off through side steam vent
- Dry equipment with paper towel

Handling and Storing Breastmilk

- After pumping your breast milk pour it into breast milk storage containers. These are available in the pump rooms and in the kitchen areas of patient care units.
- Use as many bottles as you need but start with new containers each time you pump.
 - Do not add milk to previously collected milk, even if there is room in the bottle because this increases the risk of infection.
 - Label each bottle with a breast milk label. Fill out the label completely including your child's name, medical record number, date/time pumped.
- You will receive storage bins labeled with your child's name and medical record number. Use these to store your milk in the refrigerator and/or freezer.
- All of the milk fed to your baby in the hospital must be checked by two healthcare providers.
- If the baby will be fed the milk within 48 hours of pumping, you can place it in the refrigerator. Use fresh milk when possible.
- If you are pumping at home and will be bringing it to the hospital within 48 hours put it in the refrigerator. Pack fresh milk in ice or use freezer packs to safely transport milk in an insulated bag.
- Milk that will not be used within 48 hours should be frozen.
- If your baby is not allowed to eat (NPO), freeze all of the milk that you pump. If you have enough milk at the hospital, freeze your breastmilk and keep it at home until your baby begins eating.
- To bring frozen breast milk to the hospital, pack it tightly in a cooler without ice. Packing it with ice may actually thaw the breast milk as the ice begins to melt.
- Check to make sure that frozen milk has not begun to thaw during transport. Milk that thaws more than 50% during transport will have to be used within 24 hours or thrown away. Frozen milk that has begun to thaw may be refrozen provided that it is less than 50% thawed.
- Thawed milk must be used within 24 hours.

Tips for Pumping

- If you are having problems getting your milk to let-down or producing milk, try putting warm washcloths on your breasts and massaging both breasts for 5 minutes before pumping.
- Think about your baby, look at photos, think happy thoughts and RELAX!
- Stress can interfere with milk letting down.
- Having a child in the hospital is going to cause stress.
 - You can work on relaxation techniques to help the milk flow.
 - Try a warm drink, listening to music, watching TV or reading.

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- Try not to focus on pumping or on the amount of milk in the collection bottles.
- Drink plenty of fluids (same as if you were at home breastfeeding), and make sure you are eating 3 healthy meals a day.
- High calorie, healthy snacks are good if you can not fit in scheduled meals. Try dried fruits, nuts, cheese and crackers, granola bars, peanut butter and dried cereal.
- If your supply is low, pumping more often will help to increase it. You can pump every 2-3 hours during the day and at least once at night. If your supply is low, you may consider renting a hospital grade pump to help completely empty your breasts and increase your milk supply.
- It may take several days for your supply to increase. Don't be discouraged; it will happen.

Pumping at Home

- If you will be spending a lot of time at home pumping you will probably want to rent an electric pump to keep at home.
- An electric pump works better than a small hand or battery powered pump. We recommend electric pumps for maintaining your milk supply if your baby is not breastfeeding yet.
- If your baby is breastfeeding and you are using one of the smaller hand or battery pumps occasionally, then these pumps are fine.

To Rent a Pump you can call:

CHOP Lactation Rental Station @ 1-267-426-5325 (inside hospital 6-5325). CHOP rents Symphony pumps, Classic pumps, Lactina pumps, and Baby Weigh scales. The pump kit you receive in the hospital will work with these pumps.

Medela (This is the brand we use in the hospital so if you rent their pump you won't need to purchase another pump kit). 1-800-435-8316

Hollister/Ameda/Egnell (a good quality pump but the Medela kit will not work with this pump) 1-800-323-4060

- These companies will tell you where you can get a pump from someone close to your home.
- Rates vary so it pays to shop around and compare prices.
- Often your insurance company will pay for the cost while your baby is in the hospital. Check with them first, they may even send one to your house.

Additional Questions or Problems with Pumping:

You can get help with pumping or maintaining your milk supply by calling the lactation specialists at 215-590-4442. Leave us a message and we will get back to you as soon as we can. We want to help you get your baby back to breastfeeding as soon as possible.

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