

Caring for Your Child
Pumping and Storage of Breastmilk

An Unexpected Beginning:

Your baby is being admitted to the hospital for special care. If you are planning to breastfeed, you may not be able to for a period of time. This will depend on your child's healthcare needs. This information sheet provides information on how to pump and store your milk until your baby can be fed by tube, breast, or bottle.

Getting Started:

After your baby is admitted, tell your child's nurse that you are interested in breastfeeding and that you would like to pump and save your milk. Your child's nurse will give you pump kit and individual storage bins for the refrigerator and freezer to store your breast milk in. Your nurse will also show you the storage bottles and labels to use and how to label your breast milk. Electric pumps stimulate your breasts in much the same way a baby sucks, which will help to produce and maintain your milk supply. Your nurse can show you how to use the electric breast pump and can arrange for you to meet with the lactation specialist.

Breast Pumps at The Children's Hospital of Philadelphia:

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.

Since you will need to pump throughout the day and night, it is helpful to have a pump at home. Electric breast pumps can be rented for use while you are at home and away from the hospital. If you are interested in this, CHOP has a rental station where both electric breast pumps and Baby Weigh scales can be rented. The rental station can be reached at 1-267-426-5325 or in hospital at 65325. If you would like to rent a breast pump closer to home you can contact Medela at 1-800-435-8316 to find a rental station near you.

Pumping:

- While pumping your milk, you must keep the milk free from germs. Clean the pump with the sani-wipes (available in each pump room) before each use. Wash your hands before pumping.
- Before pumping, massage both breasts by pressing firmly with the flat of the fingers into the chest wall. Work your way around the entire breast in sections down toward the nipple. Warm compresses also help the milk flow.
- 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 and increases the suction to draw out the milk.
- You may need to readjust the suction pressure.
- You should feel pressure, not pain when pumping.

- It is important to relax in order to get your milk to let down. Many women find that their milk lets down when they think about their baby or look at a picture of their baby. Others find it helpful to listen to relaxing music.
- Double pump kits are available at the hospital. These kits allow you to pump both breasts at the same time. Using a double pump kit stimulates milk production more effectively.
- Set up a pumping schedule for yourself. Pump every 2-3 hours (about 8-12 times a day) to establish and maintain your milk supply. It's all right to sleep for 5-6 hours at night without pumping as long as you are pumping at least 8 times a day. The more often you pump, the sooner your milk will come in.
- Pump until the milk flow stops to completely empty both breasts, but not more than 30 minutes.
- Air dry your nipples after pumping. If nipples become sore, pump on minimum for the duration of your pumping session. Start on the least sore side and switch after your milk lets down. Apply some expressed breast milk to sore nipples and then allow to air dry. A lanolin cream made for breastfeeding mothers can also be applied to the nipples. Soaking your nipples in warm salt water can help soothe sore nipples.
- When finished pumping, wash all parts of the breast pump that touched the breast or the expressed milk with dish soap and water and rinse. Allow to air dry and store in the plastic bag provided in the kit.
- The parts of the breast pump that touch the breast should be sterilized in boiling water for about 15 minutes once a day or run through the dishwasher. 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

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Collecting, Storing, and Transporting Breast Milk

After collecting the milk, divide the milk into amounts equal to the feedings your baby is taking. This avoids waste. Ask your baby's nurse to give you breast milk storage containers, labels, and individual storage bins for the refrigerator and freezer to store your breast milk in.

Fill out the breast milk label completely. Ask your baby's nurse to show you the breast milk refrigerator or freezer on your baby's unit. Place your pumped milk in your refrigerator bin if it is to be used within 48 hours. All milk fed to your baby in the hospital must be checked by 2 healthcare providers. If it is not to be used within 48 hours then place it in your freezer bin. There is limited space in our freezers so only bring in a few days worth of milk at a time. Frozen breast milk at CHOP can be used for about 6 months when stored in a zero degree freezer. Never store breast milk on the door of the freezer as the temperature is not constant and the breast milk can begin to thaw.

Once your baby begins to be fed with your pumped breast milk, it is better to give it fresh rather than frozen. The first feeds should always be the colostrum that you pumped after the baby was born. Your baby should receive your colostrum in the order that it was pumped. When the colostrum is gone, you can pump your milk and give it to your baby's nurse to be used for the next feeding without freezing it first. Any extra pumped breast milk that is not used to feed your baby should be frozen within 48 hours of pumping.

If you are transporting fresh breast milk from home to the hospital, place it either in a bag of ice or in a cooler filled with ice. Frozen breast milk should be packed tightly into an insulated cooler without ice. You need to be careful not to allow the breast milk to begin to defrost. If it begins to thaw, and is less than 50% thawed it can be refrozen. If it thaws greater than 50% then it cannot be refrozen. It needs to be placed in the refrigerator and used within 24 hours. If your baby is still not eating, this milk may need to be thrown away before your baby gets a chance to have it.

Breastfeeding can be a wonderful and rewarding experience for both you and your baby. The staff at Children's Hospital is here to make your breastfeeding experience a positive one. Lactation specialists are available to assist you. They can be reached at voice mailbox #4-4442.

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