

Pumping for the NICU Infant

CARLE COMMUNITY BREASTFEEDING CLINIC





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Giving your breast milk is one of the most important things you can do for your baby.

Breast milk has precious antibodies that are custom made for your baby. It helps protect them from infection. No one else can do this for your baby. It's so special – you're making "medicine" that's priceless.

BEGINNING IN THE HOSPITAL:

1. Wash your hands.
2. Use heat on your breasts for 20 minutes before pumping. This will help them release more milk during the pumping session.
3. Massage each breast for one to two minutes to stimulate blood flow and hormone release.
4. "Prime" your breasts before you begin by hand expressing some milk on each side.
5. Pump at least eight times in 24 hours. Pumping at night is needed for best supply. Pump for 15 minutes (20 minutes for twins). You can pump more often during the day when you have the time and energy. This will help your milk come in faster. Don't pump longer, pump more often.
6. Pump both your breasts at the same time.

7. Don't skip nighttime pumps. As this will decrease your milk supply.
8. Use the "Initiate" setting.
9. Continue to use the "Initiate" setting until you're obtaining 20 ml for three pumping sessions in a row, and then switch to "Maintain". Use "Maintain" starting on day six, even if you're not yet pumping 20 ml at a time.
10. Hold the pump parts upside down so the drops can collect at the end of the connector.
11. Increase suction as tolerated, slowly, every one to two minutes. Stop increasing the suction if you're getting uncomfortable. If the pumping is painful, or your nipples become damaged, tell your nurse.
12. Collect the drops of colostrum on an oral swab or in a syringe.
13. Label the colostrum/milk with time, date and medications you've taken in the last 24 hours.
14. Take colostrum/milk to the NICU within one hour or give to the OB staff to take for you.
15. **Don't be concerned if you don't get very much colostrum when you pump. Every time you pump, you're releasing hormones that help your body make milk. Just keep pumping.**

PUMPING PRO TIPS

1. Consider buying a hands-free pumping bra so your hands are free to massage your breasts.
2. To help make milk or increase the amount of milk you have:
 - Pump right after you've held your baby skin to skin
 - Pump right after you've put your baby to your breast
 - Pump at the baby's bedside
3. Think about your baby at the breast or look at a picture of your baby while you're pumping.
4. Wrap one of the baby's used blankets around your neck while you're pumping.
5. Relaxation (quiet time, relaxation music, etc.) 20 minutes every day increases breast milk production for moms with premature infants. Use music for relaxation during pumping.

AFTER YOU PUMP:

1. Wash your pump parts immediately so they have time to dry. Use a basin not the sink. Don't let your pump parts soak.
2. Take all the pieces apart that are dirty and rinse in lukewarm water.
3. Wash in hot soapy water.
4. Rinse well.
5. Air dry and cover with a paper towel.

LACTATION

1. The lactation nurse will come to your room and provide you with additional pumping instructions.
2. They'll assist you in obtaining a pump to use at home.

PUMPING AT HOME

1. Continue to pump eight to 10 times a day in 24 hours for at least two weeks to ensure establishment of a good milk supply.
2. Maintain your pumping log. This helps you track the number of times you have pumped in 24 hours, and when you need to pump again. Keep your log with your pumping supplies so you remember to record the time and amounts.
3. Every 24 hours, total the volume of milk pumped.
 - After seven days you want to be pumping 500 ml in 24 hours. You'll pump different amounts of milk at different times of the day.
 - Continue to calculate 24 hour milk totals until you're pumping 750-1000 ml in 24 hours.
 - Once you're pumping 750-1000 ml, you can track your milk for 24 hours one or two times a week or when you feel like your supply has decreased.
 - If your supply is doing well after two weeks, you can space out one nighttime pumping. Track your 24 hour production to verify that your supply has not decreased.
4. Sterilize your pump parts once a day. Ways to sterilize include: microwave steam bags, boiling water for 5 minutes (or as recommended by pump manufacturer) or a bottle sterilizer. There's also a microwave sterilizer in the NICU moms pumping room at the hospital. The directions are posted on the cabinet.

5. When you're here visiting, you can pump at the baby's bedside with a hospital pump or in the NICU moms pumping room. You don't need to bring your pump from home, only the tubing and pump parts.
6. If you need more bottles or labels, your baby's nurse will be happy to give them to you, just ask.

STORAGE AND TRANSPORT

1. Each container/bottle should contain the milk from only one pumping. Don't add new milk to old milk from the earlier pumping session.
2. The lactation consultant or NICU nurse will give you a red bag to bring your milk in from home. Freeze and use the gel pack to keep the milk cold while transporting to the hospital.
 - To keep milk fresh in preparation for NICU handling, take it to the NICU or put it into the refrigerator as soon as possible after pumping (ideally within one hour).
3. Store milk at home in the back of the refrigerator or freezer where the temperature is the most constant.
4. Refrigerated milk is better than frozen milk.
 - Fresh refrigerated milk is good for four days (96 hours) and must be frozen after that. If you can't come every day, talk to your baby's nurse, the lactation consultant, or the NICU dietician about the best plan to make sure your baby gets the freshest milk possible.

TROUBLESHOOTING / LOW MILK SUPPLY

1. If pumping is painful, talk to the lactation consultant.
 - A common reason for pain during pumping is the flange isn't the right size; you may need a larger or a smaller size.
 - Putting a small amount of lanolin on your nipples and areola before pumping may improve comfort.
 - You may also run the flanges under warm water before pumping; this can soften the flange slightly.
2. Use a power pumping schedule once every day. Pump for 10 minutes, rest for 10 minutes. Repeat twice for a total of one hour. It may take several days of power pumping to increase your supply.
3. Be sure to talk with the lactation staff. They might have other suggestions.
 - They're available by appointment at the hospital or by phone until 10 p.m. each evening for questions. Call (217) 326-2610.

BREASTFEEDING

1. When your baby is ready to go to the breast for feeding, call the Lactation appointment line **(217) 326-2610** and select option 1 to make an appointment so the consultant can come help you with a feeding in the NICU. If your baby is too small or too sick to go to the breast, skin to skin is good for you and your baby. The lactation staff make rounds in the NICU on a daily basis, Monday through Friday. Let your baby's nurse know you would like to talk to them.
2. Practice breastfeeding as often as your baby tolerates. Breastfeeding sessions usually last 10 to 20 minutes. Stop if the baby is showing any stress cues or is falling asleep.
3. Put your baby to your breast at least once a day. It's good to practice while you're here in the hospital and have experienced staff to assist you.
4. Before you go home the lactation staff can help you with a special feeding plan for you and your baby.
5. Once you go home, we're also able to help you and your baby with breastfeeding. Please call us to schedule an outpatient appointment at one of the branch clinics.
6. If you're a working mom, talk to your employer about pumping while you are at work. They're required by state law to give you break time, meal time, and a private place to pump (that is not a bathroom). Most employers are happy to help, you just need to ask.
7. When you take your baby home it's common for it to take a while to get into a routine. If you are feeling overwhelmed, call the lactation consultant and she may be able to suggest some different ways to do things.
8. You'll need to continue pumping and storing milk for your baby until your baby is able to feed exclusively at the breast. This takes time, especially when your baby is born pre-term. Utilize the breastfeeding clinic to determine when it's safe to exclusively breastfeed and to stop pumping.
9. Use the following guidelines when storing breast milk at home.

MILK STORAGE GUIDELINES FOR THE HEALTHY INFANT

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.

	Countertop or Table	Refrigerator	Freezer with separate door
Storage Temperatures	77° F or colder (25° C)	40° F or colder (4° C)	0° F or colder (-18° C)
Freshly Pumped/ Expressed Milk	Up to 4 hours	Up to 4 days	Within 6 months is best, up to 12 months is acceptable
Thawed Milk	1-2 hours	Up to 1 day (24 hours)	Never refreeze milk after it has been thawed

United States Department of Agriculture



REMEMBER:

- Take care of yourself.
- Rest as much as you can.
- Eat a balanced diet and drink plenty of fluids. NICU moms can bring water into the unit to drink. You may want to bring a few snacks with you from home since it's hard sometimes to get down to the cafeteria.
- You can also order meals (free of charge) from the cafeteria and they'll be delivered to the NT9 family lounge for you. This will help you save time and make sure you're eating properly.
- Remember that you should touch and hold your baby every day. Love your baby. That's the easy part!

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SPANISH

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

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