

PUMPING YOUR MILK: basic rules.

Routine:

1. **Pump 8 times/day**, including at least **once overnight** (00:00 and 05:00), to establish good milk production.
2. **Before your milk comes in**, pump each breast **15 minutes**. (You can pump both breasts at the same time or one at a time).
Once milk is in, pump until breasts are “**emptied**”, (i.e. very low milk flow).
3. Breast milk must be put in bottles provided by the hospital.
4. Put sticker with baby’s name on each bottle. Ask for them at the reception desk at the entrance of the Unit.
5. Breast milk must be put in the refrigerator outside the milk lab. Place it in the bin labeled with your baby’s name.

Our freezer space is limited; please plan storage space at home now.

Cleaning:

- **Clean after each use.** Take your kit apart in the bowl or basin given. Wash each piece with hot soapy water (no soaking). Do not wash tubing and do not leave them on / in the pump when leaving the unit.
- **Disinfect your kit once a day.** Boil in water x5-10 minutes **or** place it in the dishwasher **or** use a bag / appliance for sterilizing baby equipment. A microwave for pump kit disinfection is available on the unit.

Transportation:

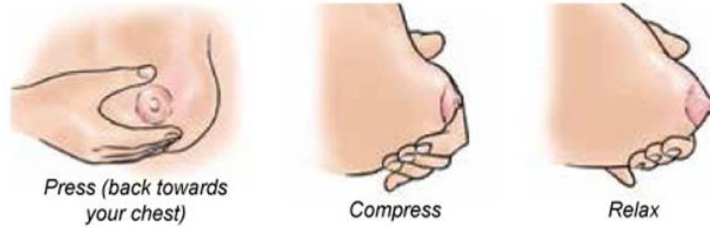
- Bringing milk from home to hospital: use an insulated bag (eg. lunch bag or cooler) with an ice pack.
Frozen milk must stay frozen and must be placed on arrival in the milk lab freezers; after 19:00, ask your nurse.

If you are sick (cold, flu, gastroenteritis) your baby still needs your milk.
It will provide antibodies.

Wash your hands carefully.

Start breastfeeding: Golden rules

Start manually expressing your milk as soon as possible – ideally, within 1-2 hours of birth (for 10-15 minutes every 2-3 hours, day and night – 8x/24hrs.)



Every drop counts! Do not discard any breast milk even if the amount is very small. This is normal. Collect it in the milk expression kit given to you and have your partner bring it to your baby.

To maintain production, after the first day, continue to express your milk 8X/day, with the combination of a pump and your hands.

Our NICU team and lactation **consultants are available to support you.**

| Breast milk storage while in NICU | Length of time |
|--|--|
| Room temperature (fresh or thawed) | 4 hours at 26 °C (79 °F) |
| Warmed milk (fresh or thawed) | 1 hour |
| Fresh milk in refrigerator | 48 hours at 4 °C |
| Fresh milk in insulated container with an ice pack | 24 hours at 15 °C (59 °F) |
| Thawed milk in refrigerator | 24 hours at 4 °C Do not refreeze |
| Refrigerator freezer | 6 months at -18 °C (0 °F) Do not place it in the door |
| Chest freezer | 12 months at -18 °C (0 °F) |