

A Mother's Milk Diary

Supplying Breastmilk
When Your Baby is Unable
to Breastfeed

Neonatal Intensive Care Nursery

Developed by the
Special Care Nursery Feeding Committee
Children's & Women's Health Centre of British Columbia
Revised December 2010

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CW596



Storing Breast Milk

Our deep freezer has limited space.
Once 2 large bins of milk are stored,
please try to arrange to keep
your extra milk at home.

Talk with your nurse.

You can donate extra breastmilk to
the Milk Bank. You need at least
100 ounces to donate.

Call 604-875-2282

Table of Contents

When Your Baby Is Unable To Breastfeed	1
The Secret To Success	2
The Law Of Supply And Demand	3
Choosing The Right Breast Pump	4
Where To Get A Breast Pump	5
Helping Your Milk "Let Down"	6
Collecting Your Milk	7
Double Pumping	8
Storing Your Breast Milk	9
Cleaning Your Equipment At Home	11
Bringing Your Milk To Hospital	13
Donating Your Milk	14
Taking Care Of Yourself	14
Common Problems	16
Pumping Charts	18
Where To Get Help	22



When Your Baby Is Unable To Breastfeed

You start out with a strong desire to nurse your baby. During pregnancy your body gets ready to make breast milk. Since your baby is in a Special Care Nursery, he or she may be too small or too sick to nurse right away.

Pumping your breasts will start your milk flow. Hand expression for a few minutes can be helpful for colostrum. To be able to breastfeed later on, you must pump your breasts as soon as you can after birth. You should pump within 6-12 hours after birth. Your milk may be stored and fed to your baby through a feeding tube when he or she is ready to feed.

Where To Get Help

Children's & Women's Special Care Nursery.. 604 875-2136

- ◆ Lactation Consultant..... 604-875-4200
 To page the Lactation Consultant, 604-875-2161
 and ask to page the Lactation Consultant 41-01445
 Or... 41-01767

Children's & Women's Lactation Service..... 604 -875-2282

- ◆ Out-Patient clinics available
- ◆ For an Out-Patient clinic appointment 604 875-3135
- ◆ Milk Bank..... 604-875-2282

Family Resource Library

- ◆ Located on the 2nd floor of the Ambulatory Care Building

Family Practice Clinic (on site)..... 604 -875-2029

Medical support for mothers who do not have a physician in town

Your Public Health Nurse

- ◆ Call the health unit in your area for community health nurse and clinics in your area. Phone numbers can be found in the blue pages at the back of the phone book.

Fraser Health Region

- ◆ Burnaby Hospital SCN 604-412-6330
- ◆ Lactation Consultant at Burnaby Hospital ... 604-412-6294
- ◆ Langley Memorial Hospital SCN 604-534-4121
- ◆ Matsqui, Sumas, Abbotsford Hospital (MSA) SCN 604-870-7494
- ◆ Royal Columbian Hospital SCN 604-520-4578
- ◆ Surrey Memorial Hospital SCN . 604-585-5609 local 2930

Remember To Pump 8 Times a Day

Keep this book with you and bring it to the hospital when you visit. Writing in it will help you get in the pumping habit.

Week 7								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Week 8								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Breastmilk and breastfeeding have many benefits for you and your baby. Premature babies can digest breast milk more easily than formula. Breast milk protects your baby against many types of infections. It is the one thing that **only you** can do. This may help you feel close to your baby while you are apart from each other.

The Secret To Success

Building and keeping your milk supply is an important job. Mothers who pump 8 times every day are more likely to produce enough milk. When a mother is unable to build and keep a good supply of milk, it may be that she has not pumped often enough.

Often enough means pumping for 20 minutes, **at least 8 times a day**. This means you will pump your breasts every 2 1/2 to 3 hours during the day, and once or twice during the night. Pumping less often for a longer time will not help you build a good milk supply. Create a regular pumping schedule.

Keep this book with you and read it while you pump. At the back of this book there are charts to help you get in the pumping habit. You can keep track of how often you pump by writing the time in each box.

The Law of Supply and Demand

The more you empty the milk from your breast, the more milk your breast will make.

This cycle of making milk and emptying your breasts must be done over and over again in order to keep up your milk supply. If you pump only 5 times a day there will be a little less milk the next day. If you pump 4 times a day there will be even less again.

At the beginning you may not get much milk when you pump. What you will be pumping is colostrum. This thick, yellow milk is rich in proteins and cells that protect your baby against infection. It is the perfect food for your baby's first small feedings. As the days go by, your milk becomes thinner and whiter, and you will be able to pump a larger amount.

Pumping Charts

Use these charts to keep track of how often you are pumping. Write the time in a square each time you pump.

Week 5								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Week 6								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Remember To Pump 8 Times A Day

Keep this book with you and bring it to the hospital when you visit. Writing in it will help you get in the pumping habit.

Week 3							
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

Week 4							
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							



Choosing The Right Breast Pump

There are many types of breast pumps. The electric breast pump takes the place of your nursing baby. Electric pumps work best to increase your milk supply and empty your breasts. It is the best way to start your milk flow when you are apart from your baby. You should have an electric breast pump at home.

Try Not To Use

- ◆ Electric pumps that are hand-held, run by battery, and cost about \$70.00.
- ◆ Manual pumps (pumps that you use by hand).

These pumps are only good for pumping once in a while. They are not strong enough to start or keep up a good milk supply. If you must use one, wait until your milk supply has built up.

Where To Get A Breast Pump

Many hospitals have pump rooms and electric pumps for you to use. Ask your nurse to show you the pump room and help you start pumping. Some units have portable electric pumps so you can pump at your baby's bedside.

Electric pumps can be rented for use at home. Ask for a list of places renting pumps in BC. If you need financial help, talk to your social worker.

If you will be pumping for a long time, (2-3 months or more), it may be better to buy a good electric pump. These cost about \$300.

Pumping Charts

Use these charts to keep track of how often you are pumping. Write the time in a square each time you pump.

Week 1								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Week 2								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

Low Milk Supply

Your milk supply may drop after you have been pumping a few weeks. This may happen if you do not pump often enough, if you are not getting enough rest, or if you are very worried about your baby. **Tell your baby's nurse or see the lactation consultant** right away if you are pumping less than one ounce from each breast.

These steps may help you make more milk:

- ◆ Pump more often. You may pump 8 times or more a day, as well as during the night.
- ◆ Remember that pumping more than 20 minutes each time does not help build your milk supply.
- ◆ Double pump.
- ◆ Pump at your baby's bedside.

If you continue to have problems, check with your nurse about medications that can help your milk supply. Ask for the pamphlet called "Making Enough Milk".

Taking Medication

Almost all medications that you take will pass into your breast milk. Most of the time this is not a problem. Check with your baby's doctor or nurse when you are taking any medication, over-the-counter drug, or herbal remedies.

Other resources: <http://motherisk.org>

Textbook on unit called "Medications in Mother's Milk"
by Thomas Hale.

Helping Your Milk "Let-Down"

When you first start pumping you may not see any milk. This is normal; your milk will gradually increase. The "let-down" refers to the flow of milk from the milk-making cells to the nipple. Warm face cloths and breast massage may help to bring your milk down. To massage your breasts, start from the outside and move in towards your nipple.

Your milk will flow better if you are relaxed and comfortable. Here are some ideas:

- ◆ Have a picture of your baby, a lock of your baby's hair, or one of your baby's blankets in front of you.
- ◆ Listen to music, read, or think happy thoughts.
- ◆ At home, make your pumping area a private place where you pamper yourself and think about your baby.
- ◆ Have a glass of water, juice or a soothing, warm, non-alcoholic drink before you pump.
- ◆ Stimulate the nipple of one breast while you pump the other.
- ◆ Pump after you have had a bath or shower.
- ◆ Try pumping at your baby's bedside.
- ◆ Spend time "skin-to-skin" cuddling with your baby and then pump.

Collecting Your Milk

1. Wash your hands with soap and water. Put together the sterilized equipment.
2. Place the breast shield over your nipple and areola. The areola is the darker skin around you nipple. Make sure that your nipple is in the middle of the shield.
3. Set the suction on low and turn on the pump. Slowly raise the suction. It should not hurt. You do not need the pump to be on the highest setting.

Single Pumping

Pump for about 20 minutes, on each breast breast for about 10 minutes - every woman has different 'let down' times.

To encourage the milk supply:

- ◆ pump your first breast for about 5 minutes; turn pump off.
- ◆ move the pump to your second breast and pump for about 5 minutes; turn pump off.
- ◆ return to your first breast and pump for another 5 minutes; turn pump off.
- ◆ then pump your second breast for another 5 minutes; turn pump off.

Time for Pumping

It is important to pump 8 times a day. The electric pump is taking the place of your nursing baby and no one should keep a mother from a hungry baby.

- ◆ Ask you partner or support person to help you with anything that might keep you from pumping your breasts as often as you need to.
- ◆ Let friends and relatives help out by bringing meals, doing housework, or caring for other children.

Common Problems

Sore Nipples

Your nipples may be tender in the first week or two of pumping. If your nipples stay sore, or become dry or cracked these ideas may help.

- ◆ Expose your nipples to air.
- ◆ Put breast milk onto your nipples.
- ◆ Begin pumping on the side that is less sore.
- ◆ Get help from your nurse
- ◆ Before applying any creams, check with the Lactation Consultant
- ◆ If your nipples continue to be sore, call the Lactation Consultant, your doctor or midwife.

Fluids

Let thirst be your guide. You need plenty of fluids each day. Have a glass of water, juice or a warm, non-alcoholic drink each time you pump. You do not need to drink milk to make milk! Try to limit fluids with caffeine (tea, coffee, or cola) to one or two a day.

Smoking And Alcohol

When you smoke, the nicotine passes into your breast milk. Nicotine may lower your milk supply and may cause colic in your baby. Try to stop smoking or cut down on the amount you smoke. Alcohol will also pass into your breast milk. Drinking a large amount of alcohol may lower your milk supply and slow down your “let-down” reflex. While it is best not to drink alcohol, an occasional drink will not harm your baby. (1 to 2 drinks/week).

The amount of alcohol in breast milk depends on the amount of alcohol in the blood. It takes about 60 to 90 minutes for alcohol to appear in breast milk. It takes another 2 to 3 hours for the alcohol to no longer be a concern for nursing. Drinking a large amount of alcohol may lower milk supply and slow down the let-down reflex. If you do plan to have a few drinks (preferably after breastfeeding has been established for a bout a month), you can “pump and dump” - pump your milk and then throw it away.

Pump even if you do not get any flow, this will help your breasts to produce milk. Most of the time, you will not get more milk if you pump longer than 20 minutes. When you have lots of milk, you may need to pump longer.

Store all your milk in the sterile plastic bottles provided by the Nursery. Ask your nurse to give you a supply of bottles and caps to take home.

Double Pumping

Pumping milk from both breasts at the same time takes about 10-15 minutes. Double pumping may help to increase your milk supply. Begin as soon as you are ready.

Have a nurse show you how to set up and use your equipment the first time you double pump. With double pumping you can pump for the full 10-15 minutes. There is no need to stop pumping after 5 minutes.

Both single and double pumping work well. Choose the method that works best for you.

Storing Your Milk

Containers

Use a new sterile bottle each time you pump. These are kept in the Nursery pump room. Be careful not to touch the inside of the bottle or lid. Fill the bottle only $\frac{3}{4}$ full so that there is space for the milk to freeze. Package your milk in feeding-sized portions. No more than 8 hours worth of feeding works well. It is very important to place the lid tightly on the bottle right away. Use plastic bottles, not freezer bags, to bring your milk to the Nursery.

Labels

Label each bottle. Pre-stamped labels for bottles can be obtained at the Nursery front desk. Place label so that the measurement lines on the bottle can be seen. Write on the label the date and time the milk was pumped. **Put a green dot on the lid of each bottle of milk if it was pumped during the first week after birth.** This milk should be clearly marked as it has more protein and sodium in it.

Donating Your Milk

If you find you have too much milk, you may want to donate your milk to the BC Women's Hospital Milk Bank. Talk with your nurse.

Taking Care Of Yourself

It is important to take good care of yourself, during this very difficult time. Your baby needs a well-rested and well-nourished mother to provide milk.

Rest

Pumping for your baby is a full time job. It is important to give yourself time to put your feet up and rest. Even if you do not sleep, resting will help you cope with all that is going on, and help your milk supply. Stress and your emotions can lower your milk supply.

Food

You may forget to eat meals in your concern for your baby. Your many visits to the hospital can make it hard for you to find time to eat. Try to eat small healthy snacks until your appetite is better. Ask friends to make casseroles that you can freeze and then heat quickly.

4-Dishwasher

- ◆ You can disinfect your equipment in a dishwasher on the hottest cycle. Your hot water tank must be set at 180 degrees Fahrenheit.
- ◆ Place equipment on top rack, with open end of equipment down.
- ◆ Run complete wash and dry cycle.

To Store Equipment

Let the equipment cool and dry. If you are not ready to use it right away, store it in a clean, covered container.

Bringing Your Milk to the Nursery

When bringing your milk to the hospital, make sure that it stays cold or frozen.

- ◆ Pack your **frozen** milk tightly into a cooler without ice. Use a clean towel or Styrofoam chips to fill in extra space. Wet ice is warmer than frozen milk and can thaw your milk.
- ◆ Use gel packs if your frozen milk will be out of the freezer longer than 18 hours.
- ◆ Pack your **fresh** milk in wet or dry ice.
- ◆ Give your milk to your baby's nurse. If you are pumping more milk than your baby needs, please store this extra milk at home in the freezer.

Storing

Breastmilk should be refrigerated or frozen as soon as possible after you pump. This way your milk will not spoil and bacteria will not grow. If your milk is to be fed to your baby in less than 72 hours after pumping, you can store it in the refrigerator. If not, put it in the freezer right away.

Breastmilk that is stored in the fridge longer than 48 hours cannot be frozen. It must be thrown away at 72 hours. Milk stored in the fridge for less than 48 hours can be frozen.

It is best to use stored breastmilk as soon as you can. The special infection fighting cells found only in breast milk will be lost the longer it is frozen.

Freezing

Your milk can be frozen for:

1. Up to 1 month in a refrigerator freezer that has a door inside the refrigerator.
2. Up to 6 months in a refrigerator freezer that has a separate outside door and is cold enough to keep ice cream very hard.
3. Up to 6-12 months in a deep freeze at -20°C if it stays frozen hard.

Tell Your Baby's Nurse

Keeping in touch with your baby's nurse is important. When you phone to ask about your baby, tell your baby's nurse when you will visit, how much milk you will bring, and if you will pump fresh milk at the hospital. This way extra milk will not be taken from the freezer and thawed. When your baby is feeding, your fresh milk will be used first.

Disinfecting (Cleaning) Your Equipment At Home

There are 3 ways to disinfect your equipment: boiling, cold water method or using a dishwasher.

With all 4 methods you must first wash your equipment before disinfecting. Do not wash or disinfect the tubing unless milk gets into it.

1. Take apart all pieces of equipment.
2. Rinse away all milk with cold water.
3. Wash in hot soapy water and rinse well.

1- Boiling Method

- ◆ Place equipment in large pot. Cover all pieces with water and use lid.
- ◆ Bring water to a boil and boil for 5 minutes. Use a timer so water does not boil dry – or equipment may melt!
- ◆ Use lid to drain water from pot. Let equipment cool and dry in pot.

2 - Cold Water Method: Sodium Hypochlorite Solution.

“Hygeol or Alcavis” can be bought at some drug stores.

To use Hygeol solution:

- ◆ Use plastic or glass container large enough to hold all equipment to be disinfected. Do not use metal containers.
- ◆ Mix 1 part hygeol to 10 parts water. Mix enough solution to completely cover equipment.
- ◆ Soak equipment in solution for at least 10 minutes.
- ◆ Wash hands before lifting out the parts and rinse with cooled, boiled water. Wipe outside with clean cloth.
- ◆ Change solution and wash out container once every 24 hours.

3 - Cold water method: Bleach

- ◆ Follow directions for Hygeol solution (above) but mix bleach 1/4 cup to water 2 1/4 cups