

Breast Expression Information Booklet

This Belongs To: _____

**Ten out of ten
BABIES
prefer
breast
milk
!!!**



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Date of Issue: September 2002
Date of Revision: May 2005
Form #: X181

Expressing Breast Milk

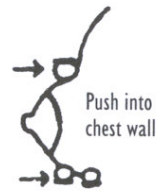
Breast milk can be expressed by hand or by using a special pump. Both techniques require patience and practice. Expressing works best when *letdown* occurs spontaneously. A tingling sensation in the breast may be experienced when milk begins to flow. Sometimes a warm cloth will aid in letdown, but you may find it necessary to gently massage the breast. Stimulating the nipple with the palm of your hand or expressing right after the baby has nursed can also be effective.

Wash your hands thoroughly with soap and water before handling your breasts or the milk-expression equipment.

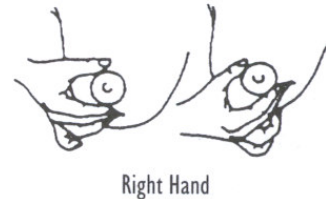
How to Hand Express Breast Milk

It takes practice to express milk by hand. Once you know how, you will be able to express milk anywhere with little equipment. Here are some guidelines:

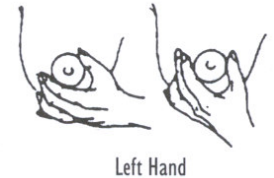
1. Wash your hands.
2. Massage your breast.
 - Start at the top of the breast. Press firmly into the chest wall. Move fingers in a circular motion on one spot on the skin.
 - After a few seconds move the fingers to the next area of the breast.
 - Spiral around the breast toward the areola using this massage.
 - The motion is similar to that used in a breast examination.
3. Next, stroke the breast area from the top of the breast to the nipple with a light tickle-like stroke.
 - Continue this stroking motion from the chest wall to the nipple around the whole breast.
 - This will help with relaxation and will help stimulate the milk ejection reflex.
4. Shake the breast, leaning forward so that gravity will help the milk eject.
5. Put a clean container under the breast to be expressed.
6. Position the thumb and first two fingers about 1 to 1 1/2 inches (2 1/2 to 4 cm) behind the nipple.
 - Use this measurement as a guide. It may not be at the outer edge of the areola, as the areola varies in size from one woman to another.
 - Place the thumb pad above the nipple and the finger pads below to form a “C”.
 - Note that the fingers are positioned so that the milk reservoirs lie beneath them.
 - Avoid cupping the breast.



7. Press straight into the chest wall.
- Avoid spreading the fingers apart.
 - For large breasts, first lift and then push into the chest wall.



8. Roll thumb and fingers forward as if making thumb and fingerprints at the same time.
- The rolling motion of the thumb and fingers compresses and empties the milk reservoirs without hurting sensitive breast tissue.



9. Repeat to drain the reservoirs.
- Position, push, roll; position, push, roll.
10. Rotate the thumb and finger position to milk the other reservoirs. Use both hands on each breast.
11. This procedure should be followed by mothers:
- Who are expressing in place of a full feeding.
 - Who need to establish, increase, or maintain their milk supply when the baby cannot breast feed.
 - Express each breast until the flow of milk slows down.
 - Assist the “letdown” (milk ejection reflex) (massage, stroke, shake) on both breasts. This can be done together at the same time.
 - Repeat the whole process of expressing each breast and assisting “letdown” once or twice more. The flow of milk usually slows down sooner the second and third time as the reservoirs are drained.
12. The entire procedure should take about 20-30 minutes.
- Express each breast 5 - 7 minutes
 - Massage, stroke, shake
 - Express each breast 3 - 5 minutes
 - Massage, stroke, shake
 - Express each breast 3 - 5 minutes

Note: If your milk supply is established, use the times given only as a guide. Watch the flow of milk and change breasts when the flow gets small. If little or no milk is present yet, follow these suggested times closely.

If your milk does not flow at first, massage your breast again. It might take a few minutes longer for the letdown than when you are nursing. It takes practice to become skilled at expressing breast milk. Try to be relaxed and not rushed.

Expressing By Pump...

Mothers who initiate long-term milk expression need a hospital-grade electric breast pump with a double collection kit. Mothers of preemies should initially use these “double pumps”. Double pumps are available for your use while you are in hospital. After discharge you may be able to borrow a double electric pump for short term use if your baby remains in NICU.

How to Express Using a Hospital Grade Double Pump

- Connect tubing to electric pump. Have a nurse show you.
- Place the cups over each breast - centered over the nipple and areola.
- Have the “container” coming downward.
- Turn pump on (lowest setting). Only increase if absolutely necessary. It should **not** be painful.
- Pump for approximately 10 minutes.
*Remember, pumping creates negative pressure so milk flows out. It is not “pulled” out.
- Breast massage prior to pumping encourages the “letdown” in which milk flows more freely.
- When finished pumping, turn off pump and remove from breasts.
- Unscrew the top and pour milk into containers. Milk from one pumping can be poured into one container.
- Label the milk with date, time and name.
*Remember to wash your pumping supplies with warm water and air dry on a towel.



A variety of breast pumps (hand and electric) are available. You should discuss the technique and suitability of the various types with a lactation consultant or nurse. **Remember** that whichever pump you choose, it must be kept **clean**.

Pump Rental and Purchase Information

A Child's Place (Brandon Shoppers Mall):

A Child's Place is a Medela Lactina
Select Rental Station.

Rental Rate:

- Minimum 10 day rental fee of \$30.00 + GST & PST
- \$ 70.00 for the first month, then \$60.00 for subsequent months + GST & PST

Collection Kits for Rental Pumps for Purchase:

Double Pumping Kit Approximately \$50.00

Examples of Good Quality Pumps for Purchase:

Electric:

Medela Pump N Style Approximately \$300.00

Hand:

Medela Harmony Approximately \$70.00

Avent Isis Approximately \$70.00

Right To Your Home Mobility (Winnipeg):

*Free Shipping – On call 24 hours a day (1-877-863-7713)

Rental Rate:

Whittlestone (Hospital-Grade) Breast Pump

- 1 month = \$79.00
- 2nd month = \$79.00
- 3rd month+ = \$75.00
- Double Collection Kits \$48.00

MEDELA Symphony (Hospital-Grade) Breast Pump

- 1 month = \$95.00
- 2nd month = \$95.00
- 3rd month+ = \$85.00
- Double Collection Kits: \$48.00

Pumps for Purchase:

Electric Medela Pump 'N Style: Approximate price = \$340.00

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