PUMP FREQUENTLY
- Every 2-3 hours during the day, every 3-4 hours at night (8-12 times total each day)
- Reason – Milk supply is based on supply and demand

USE A GOOD PUMP
- Use a double-electric pump to pump both breasts at the same time
  • Take advantage of using the hospital-grade pumps while visiting
- You are entitled to a pump through insurance/ WIC
- Reason – Double-electric pumps are more efficient at expressing milk

HANDS-ON PUMPING
- Use your hands to gently massage and compress breasts while pumping
- Reason – Skin-to-skin touch helps to stimulate milk production and letdown hormones during breastfeeding

POWER PUMP
- On occasion, take a day to pump for 10-15 minutes every hour
- Reason – Increases prolactin level (milk production hormone), which leads to increased milk supply

RELAX!
- Find a comfortable, relaxing pump routine
- Reason – Stress can inhibit milk letdown

TAKE CARE OF YOURSELF
- Eat to hunger, drink to thirst
- Get enough rest

THINGS TO AVOID
- Smoking
- Caffeine
- Decongestants, Antihistamines
- Dieting
- Herbs and Supplements
  • They can have side effects. While people sometimes see a boost in milk supply, there is no scientific evidence behind them.

ASK YOUR NURSE/DOCTOR TO CONNECT YOU TO A LACTATION SPECIALIST FOR ASSISTANCE

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