



Patient Information

EXPRESSING WHEN YOUR BABY IS NOT READY TO BREASTFEED



London Health Sciences Centre

Women's Care

For More Information See the Handouts:	Online:
<input type="checkbox"/> Hand Expression	http://www.lhsc.on.ca/Patients_Families_Visitors/Maternal_Newborn/Handouts/index.htm
<input type="checkbox"/> Building Your Milk Supply	
<input type="checkbox"/> How to be Sure Your Baby is Getting Enough	
<input type="checkbox"/> Storage and Use of Breastmilk	
<input type="checkbox"/> Guidelines for Pumping	

References:

Jones, F. (2017). Best Practice for Expressing, Storing and Handling Human Milk. North Carolina: Human Milk Banking Association of North America, Inc. (4th ed.)

Mohrbacher, N. (2010). Breastfeeding Answers Made Simple. Amarillo, TX: Hale Publishing. pp 466-476.

Wambach, K., & Riordan, J. (2016). Breastfeeding and Human Lactation (5th ed.). Boston, MA: Jones and Bartlett Publishers.

Developed by London Health Sciences Centre March 2011. Currently revised by the Middlesex London Elgin Breastfeeding Coalition with representation from London Health Sciences Centre, Middlesex London Health Unit, Strathroy Middlesex General Hospital, St. Thomas Elgin General Hospital, and Elgin St. Thomas Public Health. November 2017.

Baby-Friendly Initiative

Breastmilk Expression Record

DATE & TIME	CHECK	MINUTES	AMOUNT	NOTES
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			

Expressing Breastmilk When Your Baby is Not Feeding at the Breast

Getting Started:

- Hold your baby skin-to-skin as much as you can.
- It is best to hand express your breastmilk within one hour of giving birth.
- Within six hours of giving birth, you should have hand expressed or used a breast pump.
- Combining hand expression and pumping with a hospital grade breast pump is most helpful to build milk supply.
- Pumping both breasts at the same time will help to build your milk supply and usually saves time.
- Wash your hands before touching your breasts and the breast pump collection kit.
- Stimulate your breastmilk to flow before expressing by:
 - ▶ taking a warm shower or putting a warm moist towel on your breasts;
 - ▶ massaging your breasts;
 - ▶ have your partner or a friend give you a back massage.

Work with a lactation consultant or health care provider who is skilled with helping breastfeeding mothers!

How Often to Express:

- Expressing breastmilk eight or more times in 24 hours including at night can help to build your milk supply. This is as often as your baby should feed at the breast.

How Long to Express:

- Express your breasts for 10 to 30 minutes. Talk to your lactation consultant or health care provider for further instructions.

How Much Breastmilk to Expect:

- The amount of breastmilk you express may vary.
- When your baby is two weeks old many mothers produce as much as 750-1000 mL each day. Expressing more breastmilk than your baby needs will help you have enough breastmilk by the time your baby is ready to feed at the breast.
- You can use the following charts to keep track of how much and how often you are expressing/pumping in 24 hours. There are many free phone apps that can help you keep track.

Breastmilk Expression Record

DATE & TIME	CHECK	MINUTES	AMOUNT	NOTES
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			
	<input type="checkbox"/> express <input type="checkbox"/> feed			