



Pump Like a Pro

- Choose the appropriate pump. If you have a low milk supply, or are exclusively pumping for your baby, a hospital grade pump, such as **The Symphony**, is recommended. A hospital grade pump cycles more frequently and is designed to withstand frequent use.
- Make sure you are using the correct size pump flange. If unsure, please have your lactation consultant size you. It is helpful to see the pumping in action for a few minutes to determine the best size.
- Pump to your highest comfort level. If it hurts, turn the pump down. A small amount of olive oil rubbed in the flange may help lessen the discomfort from friction.
- Check your pump parts frequently for signs of wear and tear. Plan to replace the tubing about every 3 months, or more frequently if mold growth is noted.
- Plug your pump directly into the wall outlet. Never use an extension cord with the pump. The battery packs on most personal use pumps do not provide strong suction and are meant to be used if no outlet is available.
- Try to eat at least 2,000 calories per day, and more if you are hungry. Have an 8-ounce glass of fluid to drink at every pumping session. Be consistent in your intake every day.
- Relax! Relaxation techniques, such as deep breathing, meditation, soft music and dim lighting may help to facilitate milk let-down
- If supply is low, pump 8 times per day, even at night. The levels of milk producing hormones are higher at night in most women, and your body is primed to respond to the stimulation provided by pumping.
- Don't be afraid to express by hand. Hand expression during and after pumping has been proven to increase the amount and fat content of your milk. You may find it helpful to view the video demonstrating several hand expression techniques found at: <http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>
- Power pump for several days. Power pumping works like this: Pick one hour from your day and pump for 10 minutes, then rest for 10 minutes. You will be pumping 3 cycles of 10 minutes each in the hour. Resume your normal pumping schedule throughout the rest of the day.
- Use a pumping bra. Purchase a hands-free pumping bra or make your own by cutting small holes in an old sports bra. Take care not to adjust too tightly. The pump flanges should rest firmly and comfortably on the skin without digging into the breast tissue.
- Cuddle or sniff your little miracle! If possible, cuddle with baby or smell his/her head or clothing prior to pumping. Mother Nature has connected you hormonally with your baby, and this may help your milk to let-down.