How to Use the Breast Pump

It is important to know how to use your breast pump correctly. The more you pump, the more breastmilk you will make. You should not feel pain when you use your breast pump.

It is also important to know how to safely clean your breast pump parts. You should clean your breast pump parts every time you finish pumping. One time each day, you should sanitize your breast pump parts. This helps get rid of germs and bacteria that can be harmful to your breastmilk and baby.

To pump breastmilk:

1. Clean your hands with soap and water for 15 to 30 seconds. Rinse, then dry your hands with clean paper towels.

If your hands are not visibly dirty, you can use alcohol-based hand rub to clean them using the following steps:
   1. Put enough alcohol-based hand rub to fill the palm of your hand.
   2. Spread the hand rub over all parts of your hands.
   3. Rub hands until dry.

2. Set up the breast pump. The directions are with your kit. Each time you pump, use a clean bottle.
3. Sit close to the pump. Relax and be comfortable. You can help start the let-down reflex by looking at a picture of your baby and thinking about your baby. Smell things that remind you of babies. Drink something warm.

4. Using both hands, massage your breasts in a circle. Rub from the outside of your breasts toward your nipples.

5. Using the tips of your fingers, stroke your breasts lightly and gently. Stroke from your shoulder down to the nipple, from under your arms to the nipple. Then stroke from your waist up to the nipple, and from the middle of your chest to the nipple.

6. Then lean forward, hold your breasts and gently shake them, as if to shake the milk to the nipples.
7. Center the breast shield over your nipple. Make sure the whole breast shield touches your skin. If your nipples hurt or rub on the inside of the shield, it might be too small. Ask your nurse or lactation consultant if you have questions.

8. Begin pumping at a low level. Slowly make the machine pump harder. Using the breast pump should not hurt. Pumping too hard may make your nipples sore.

9. Follow the directions for the pump you have:

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### Symphony Breast Pump
1. Relax, massage, stroke, gently shake breasts
2. Pump each breast for 10 minutes
3. Relax, massage, stroke, gently shake breasts
4. Pump each breast for 10 minutes
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### Lactina or Manual Breast Pumps
1. Relax, massage, stroke, gently shake breasts
2. Pump each breast for 7 minutes
3. Relax, massage, stroke, gently shake breasts
4. Pump each breast for 5 minutes
5. Relax, massage, stroke, gently shake breasts
6. Pump each breast for 3 minutes
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10. Store milk safely.
    Ask your nurse or doctor for the handout, *How to Store Breastmilk* #339

11. Clean the parts of the breast pump after use.
    a. Take apart the breast pump. Wash all the parts that touch milk or your breast with warm, soapy water in a basin.

Breast shield.
Breast shield connector.
Valve and membrane.
b. Rinse these parts in cold, clear water.
c. Wash in hot, soapy water.
d. Rinse with clear, warm water.
e. Dry with a clean towel or air dry on a clean towel or mesh bag.
f. Cover them when not in use.

12. Once a day, after you wash the parts, sterilize them by doing one of the following:
   — boil the parts in water for 10 minutes and allow the water to cool. Remove
     the parts from the water with tongs. Be careful not to burn yourself on the
     pot or water.
   — wash all parts but the white membrane on the top rack of the dishwasher
   — use the Medela Quick Clean Micro-Steam bag (follow the instructions on
     the bag)

After sterilizing the parts, place them on a clean towel and let them air dry. Do not
store the parts if they are still wet.

If you have any questions, or need help ask your nurse or lactation consultant.

**Things to know:**

• The more often you pump or nurse, the more milk you will make.

• Empty your breasts 8 to 12 times every 24 hours, even if you do not feel full. This
  means pump or nurse every 2 to 3 hours during the day and night.

• Drink a glass of water, milk, or juice every time you pump or nurse.

• Eat three good meals and three snacks each day you pump or nurse.

• No matter how much breastmilk you get, keep pumping. This is how your body
  knows it needs to make milk.

   — By the end of the first week, you should get more than 500 ml (16-1/2 ounces) of
     milk every 24 hours.
   — By the end of the second week, you should get more than 750 ml (25 ounces)
     of milk every 24 hours.

If you are getting less milk than this, tell your nurse, lactation consultant, or doctor.
If you want to learn more about breastfeeding, ask your nurse or doctor for any of these handouts:

- What to Eat When You Breastfeed (490)
- How to Make More Breastmilk (913)
- How to Store Breastmilk (339)
- Is Your Breastfed Baby Getting Enough to Eat? (439)

Now that you’ve read this:

☐ Tell your nurse, lactation consultant, or doctor how often you need to pump or nurse. (Check when done.)

☐ Show your nurse, lactation consultant, or doctor how you use the breast pump. (Check when done.)

☐ Show your nurse, lactation consultant, or doctor how you clean the breast pump. (Check when done.)

If you have any questions or concerns,

☐ call your child’s doctor or ☐ call ______________________
If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer
The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children’s Hospital urges you to contact your physician with any questions you may have about a medical condition.
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Name of Health Care Provider: _______________________________
Date returned: ____________  □  db

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? □ Yes □ No

easy to read? □ Yes □ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? □ Yes □ No

Why or why not?

Would you do anything differently after reading this handout? □ Yes □ No

If yes, what?

After reading this handout, do you have any questions about the subject? □ Yes □ No

If yes, what?
Is there anything you don’t like about the drawings?  □ Yes  □ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

Thank you for helping us!