

# Ten Tips for Using a Breast Pump

Information for Parents



1. Watch 'How to use a Medela Breast Pump' video:

<https://vimeo.com/1097860599>



2. If your baby is receiving care from the Special Care Baby Unit then you should be given a Golden Drops Basin. White breast pump basins are provided for the post-natal ward.
3. Massage each breast for 1-2 minutes to stimulate hormones before double pumping.
4. Being near your baby if you are able. Having a photo or something that smells of your baby can help.
5. Use the correct size. Ensure the nipple moves freely in the pump. If it rubs against the side, then a larger size shell may be needed. If you notice a large portion of breast tissue is being pulled into the shell, then a smaller size shell may be needed.
6. Use the **Initiate** programme (press droplets button within 10 seconds) if you are pumping from birth to day 5. If you are pumping more than 20 ml (both breasts) then use the **Maintain** programme.
7. Increase the suction to maximum comfort level. If it is painful, turn the suction down as needed.
8. Express for 15 minutes. Continue longer if your milk is still flowing. Discontinue pumping within 2 minutes of droplets stopping. Hand expressing after pumping can help to soften breasts.
9. Flexible timings throughout the day but aim to drain breasts at least once between 00:00-05:00. Avoid gaps of longer than 5 hours.
10. Depending on your situation you may not see larger volumes of milk until lactation is established. Ask your named professional for advice specific to your needs.

