

# Ten Tips for Using a Carum Breast Pump

## Information for Parents



1. Watch 'How to use a Carum Breast Pump' video and ensure the pump is set up correctly:

<https://vimeo.com/1092482783/3e63c13e1a>



2. Use a hospital grade double pump if you have been advised to use a pump to build or increase your milk supply. Aim to pump both breasts at the same time, 8-10 times in 24 hours (including at least once overnight between midnight and 5am). Avoid gaps of longer than 5 hours if able.
3. Being near your baby if you are able. Having a photo or something that smells of your baby can help.
4. Use a breast shell (flange) that fits your nipples comfortably. How to recognise correct sizing is demonstrated in the video above.
5. Massage your breasts for 1-2 minutes before pumping. Gentle nipple stimulation between your thumb and forefinger can be useful to boost oxytocin.
6. Some mothers find it is helpful to hand express before they use the pump. This may help with your milk 'let down'. It may take some time for this to happen. (See hand expressing poster).
7. Start with the cycles high and vacuum low. Once the milk starts to flow into the bottle, decrease the cycles and increase the vacuum.
8. Increase the vacuum until it is slightly uncomfortable and then reduce it to comfort. Pumping should never be painful.
9. Double pump for 15 minutes. Continue longer than this only if the milk is flowing freely. Stop pumping within 2-3 minutes of the milk droplets stopping to prevent nipple trauma.
10. Some mothers find it helpful to hand express for a few minutes immediately after they use the pump to ensure their breasts feel soft all over.

