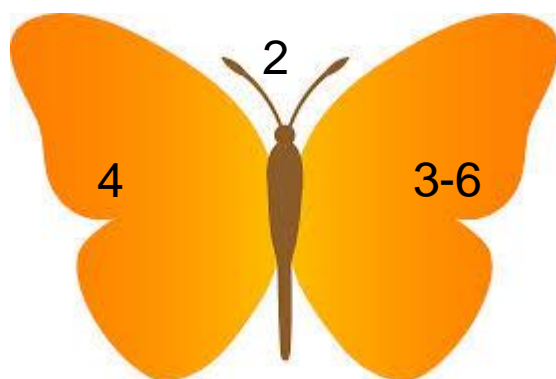


Breastmilk storage & collection

Collect your milk on a spoon
then suck into a 1 ml syringe
Put orange plug on the end
Label with your or baby's name
and time and date you expressed

Storage times

4 hours at room temp < 26°C
2 days in fridge
3-6 months in freezer
Freeze any unused milk after 2 days.



It's best to refrigerate your milk
if you are not using it immediately.

If your baby is born before 37 weeks or
was born very small for their age, or you
have breastfeeding difficulties,
it's best to keep expressing until baby is
term age, breastfeeding well and gaining
weight.

Expressing tips

Don't be discouraged if you don't get
much colostrum to start with; it takes time to
get the hang of expressing.

Your milk volumes should increase every day.
Warm before expressing and ice/cold packs
afterwards, if needed.

Your partners can be great at helping.

If you are having trouble expressing please ask
for help from your nurse or midwife.

Please express at night time with the longest
break recommended of 4 hours

Its important to express
at least 8 times every 24hrs

Full breasts

Full and hard breasts and milk that is not
flowing, will tell your body to slow down milk
production.

Do **NOT** have a hot shower. Use ice/cold packs
on your breasts, then try reverse pressure
softening (RPS). This removes extra fluid and
helps the milk flow.

After RPS start hand expressing or use an
electric pump- continue 8 x 24 hrs
Your midwife/nurse will show how.

Reviewed January 2018

Expressing Breastmilk

Information for
Postnatal Women



Women's Health,
Auckland District Health Board

Welcome *Haere Mai* | Respect *Manaaki*
Together *Tūhono* | Aim High *Angamua*

Early expressing is important

Start ASAP

- If your baby is not able to latch or suck well
- If your baby is in the Neonatal Unit
- If you and your baby are separated after birth

How often?

It's very important that you start expressing **ASAP** after birth or at least within **6 hours** of birth or as soon as you are able.

Your midwife or nurse can teach you.

Express at least 8x in 24hrs

Why?

When you start expressing it tells your body and breasts to start making milk.

Early and frequent expressing, particularly on day 2 and 3 and at least once at night-time will help your milk come in earlier. It sets up your breasts to make milk later on when at three months, milk production switches from hormone lead production to local factors in the breast called prolactin receptors.

First and Second day

Always wash your hands well first

- If you use **heat** and **massage** before you express you will get more milk.
- Single pump for 10 minutes and gently massage your breast while you pump then swap sides
- Colostrum is sometimes very thick so it might not flow well
- After pumping **HAND EXPRESS** for 10 minutes each side
- You can use a 1 ml syringe or a teaspoon to collect colostrum
- Hand expressing or pumping should never hurt

From the third day your milk starts to come in

- Wash hands then heat and massage
- Once your milk is flowing express with double electric pump for 10-15 minutes
- Use tubi-grip for hands free pumping
- Your breast should feel like they are softening after expressing
- Please talk to your nurse or midwife if your breasts feel hot, hard or sore

How to hand express



Massage & Heat apply warm flannel and massage your whole breast.

To help your milk let down, think about your baby or look at your baby. Stroke or tickle your breast.



Hold your breast in the C hold with your fingers back from the areola.

Push back into your breast towards your chest. Then gently squeeze, release and repeat. Move around the breast as the milk flow slows.

Spend 5-10 min per breast.

