

Hands on Pumping

Hands on pumping has been found to increase milk volumes when pumping. Hands on pumping is using a pump and doing gentle breast massage intermittently throughout the pumping session. The suction from the breast pump removes breast milk but does not completely empty the breast. Combining pumping and breast massage has been shown to increase milk production in research conducted by Jane Morton, MD, at Stanford University, Lucile Packard Children's Hospital. She found that adding breast massage and "hands on pumping" increased a parent's average daily volumes by 48%.

Pumping routine:

- If separated from baby, begin breast pumping within 6 hours of delivery, with the gold standard being to begin pumping within 1-2 hours.
- Use a breast pump and double pump 8 times or more per 24 hours, not to exceed 4 hours or more between pumping sessions.

Flange Fit:

- Assure the flanges are an appropriate size by having them measured by a Lactation Consultant.
- Make sure the nipples move freely in and out of the tunnels of the flange.
- Only the nipples should be visualized in the tunnel of the flanges, not the areolas.
- Pumping should feel comfortable.

How to Get Started:

- Wear a bra or stretchy tube top that will hold the flanges in place while pumping and massaging.
- Start with gentle breast massage to stimulate the let-down.
- Turn on the breast pump and use the maximum suction level that is comfortable but not painful.
- Massage breast with gentle circular motions and stroking motions towards nipple
- Watch for sprays of milk and massage breasts focusing on areas where milk flows the most easily.
- When the sprays of milk subside, turn off the pump and hand massage into the pump flanges for a couple of minutes. Some mothers can significantly increase their supply this way.
- Pump for 15 minutes or a few minutes longer until the milk stops flowing. Do not exceed 30 minutes.

Please watch the video <http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

Reference: Morton J, Hall JY, Wong RJ, Thairu L, Benitz WE, Rhone WD. Combining hand techniques with electric pumping increases milk production in mothers of preterm infants: J Perinatol. 2009, July 2.

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