Breastmilk Pumping
An instructional guide for the WIC counselor
Learning Objectives

• Upon completion, will be able to:
  ▪ List 3 or more reasons for using a pump
  ▪ Cite 4 or more tips that make pumping more successful
  ▪ Identify the various WIC breast pump options for specific breastfeeding situations
  ▪ Describe the basic steps for assembly of each type of WIC breast pump
  ▪ State recommended ranges for milk storage in common environmental conditions for healthy term infants
Reasons for Using a Pump

- Mothers who
  - Have hospitalized, sick, or premature babies
  - Return to work or school
  - Experience breast complications
  - Have past emotional or abusive issues
- Other temporary mother/baby separations
  - Mom’s night out or shopping spree
  - Baby’s legal visit with dad
Reasons for Using a Pump

- Public situations when mothers may not feel empowered to breastfeed.
  - Feedings during:
    - Church service
    - Sports events or ball games
    - Restaurants or outings
  - Reasons for using a pump do not necessarily indicate a need for an electric pump.
Tips For Successful Pumping

• Breastfeed often in the beginning to establish good milk supply.
  ▪ Milk is more abundant by 3 - 4 weeks.
  ▪ Higher volumes are a visual boost to mom’s confidence.

• Pump early in the morning thru noon.
  ▪ Milk volume is highest in the a.m.
  ▪ Pumping is easiest when the breasts are the fullest.
Tips For Successful Pumping

• Nurse baby on one breast while pumping from the other:
  ▪ Saves time
  ▪ Enhances milk letdown for pumped breast

• Pump whenever the breasts feel full:
  ▪ 1st few weeks; the breasts should feel full before each feeding (every 1½ to 3 hours)
  ▪ Later the breast may not feel full until a feeding is missed
    ▪ Pump in the morning if possible, or when you are away from the baby at a normal feeding time.
Tips For Successful Pumping

• Pump at the times the baby would normally nurse
  ▪ May not be possible for every mother
  ▪ Helps maintain the milk supply
  ▪ Optimizes chance of providing baby exclusive breastmilk

• Choose clothing that makes pumping easier:
  ▪ Two piece outfits and blouses or T-shirts
  ▪ Dresses that zip or button up in the front
Getting Started

• All pumping supplies should be available:
  ▪ Pump
  ▪ Milk collection and/or storage containers (bottles, freezer bags or disposable bottle liners)
  ▪ Water, towels or wipes for cleanup
Getting Started
Techniques to Help the Milk Flow

• Before Pumping
  ▪ Take a warm bath or shower
    ▪ If pumping at home
  ▪ Stimulate the nipples with the fingers or the heel of the hand

• Before & During Pumping
  ▪ Use a warm washcloth on breasts
    ▪ If available
  ▪ Massage the breasts
Getting Started
Techniques to Help the Milk Flow

- During Pumping:
  - Sit in a warm, comfortable, private place
  - Pump away from distractions (i.e. pets)
  - Look at a picture of the baby
  - Listen to soft relaxing music
Start Pumping

- Set pump suction on lowest setting.
- Moisten breasts slightly to achieve better seal, if possible.
- Place funnel or flange centered over areola and nipple.
- Turn on pump or begin pumping.
- Lean forward slightly to let the milk flow into container.
Start Pumping

- As the milk flows, increase suction to maximum comfort level.
- Pump until milk flow slows and then either stop or repeat let down efforts.
- Break suction by inserting finger between the breast and the pump flange.
AR WIC Breast Pumps

- Manual or Hand
  - Order number, CL-141
- Advanced Personal Double Electric
  - Order number, CL-147
- Lactina Loaner Electric
  - Order number for the collection kit only, CL-139

Click here for a current pump photo guide
Manual or Hand Pump

Order Number
CL-141
Manual or Hand Pump

- AR WIC indications for use
  - Temporary, occasional separation, i.e.
    - Stay at home mothers
    - Mothers working at home
    - Mothers who can take their babies to work.
    - Mothers desiring not to nurse in public situations.
  - Mild to moderate engorgement
  - No electrical power available or needed
Manual or Hand Pump

- Single pumping capability
- Single user pump (FDA approval)
- Demonstration for assembly, use and care.
  - Click Here
Advanced Personal Double Electric Breast Pumps come with a 1 year warranty. The one year warranty begins on the date pumps are issued. Date of issuance should be written on the white warranty card, prior to issuing a pump. If a problem occurs with the pump within the one year warranty period, the WIC breastfeeding woman should contact Medela Customer Service at 1-800-435-8316.
Advanced Personal Double
(Pump N Style)

- AR WIC indications for use
  - Mothers who have been certified as breastfeeding:
    - Pump for hospitalized premature or sick babies
    - Return to work or school
    - Experience breast complications (Per WIC CPA assessment and no loaner (Lactina) electric pump available)
  - Single user pump (FDA approval)
    - Mother should not pass the pump on to someone else. Instruct to keep for use with next child, or discard appropriately.
Advanced Personal Double
Pump N Style

• Pump capabilities
  ▪ Single pumping
  ▪ Double pumping
  ▪ AC adapter included

• Demonstration for assembly, use and care:
  ▪ Click Here
Breast Pump Specialty Items

- **Car and Battery pack adapter**
  - For mothers who travel long distances to visit hospitalized infants/who have other special circumstances
  - Or mothers who are starting back to work or school.

- **Larger Sized Flanges**
  - For mothers who need a larger flange (the part that fits on the breast) for larger nipples.

Call the Breastfeeding Help Line at 1-800-445-6175 for more information about obtaining the items.
Lactina

Lactina Collection Kit
CL-139
Lactina

AR WIC indications for use

- Temporary optimal pumping needs
  - Mothers with significant problems that can be resolved within a few days or weeks, such as:
    - Nipple trauma.
    - Surgery
    - Severe Engorgement
    - Separation
    - Cleft lip

- Multi-user loaner pump (FDA approved)
  - For use with the single user collection kit, CL-139.
Lactina

- Pump capabilities
  - Single pumping
  - Double pumping
    - Multi-user pumping with single-user kit

- Demonstration for assembly, use and care:
  - [Click Here](#)
Lactina

If a loaner pump is issued:

- Mother must sign an Inventory Transfer (FIN-1006) assuming responsibility for the pump.
  - A copy of her driver’s license must be attached to FIN-1006
- FIN-1006 must be completed according to directions.
- Participant must also be instructed on the proper use of the pump, informed of the value of the pump and the need for its return.
If a loaner pump is issued (cont’d):

- The mother will be issued a Lactina pump kit that is for her use only and does not require return.
- The pump inventory log (PhA: CPS-5) should reflect the issuance of the Lactina pump kit.
- To document that the pump was issued by WIC staff to the mother. They must sign and date the FIN-1006.
- Document issuance of the loaner pump in the “General Notes” or “SOAP Notes” as appropriate in the Participant Folder.
Lactina

Returned Loaner Pumps

- Participant must be informed that she may be asked to repay if the pump is not returned in good condition.

- Mother must sign the FIN 1006 when the loaner pump is returned.
  - The participant must be given a copy of the signed FIN 1006 form.

- All participants will be placed on a monthly check pick-up until the electric loaner pump is returned.
Lactina

• Returned Loaner Pumps (cont’d)
  ▪ Pump return is documented in the inventory log, participant folder and on the FIN-1006.
  ◦ WIC Staff must retain a copy of the FIN-1006 according to its retention schedule.
  ▪ For repair and replacement information about the Lactina, call WIC Nutrition and Breastfeeding at 1-800-445-6175.
• **Cleaning & Care of Loaner Pump**
  
  – **Exterior surfaces of the pump motor and carry case require cleaning when returned.**
  
  – Use a 1:10 bleach solution for cleaning (See Formulas for Mixing Chlorine Bleach Solution in the Patient Care Services Volume).
Hand Expression

- Advantages
  - Always convenient and portable
    - Can’t be forgotten
  - It’s free
    - Never needs replacement parts or accessories
  - Skin to skin contact is more stimulating than the feel of plastic
  - More comfortable and effective when technique is mastered
Hand Expression

• Indications for use
  ▪ Mother’s preference
  ▪ Inability to express milk with a pump
  ▪ Relieve engorgement
  ▪ No electricity
  ▪ No pump available

• Demonstration – click here
Milk Storage Guidelines
Milk Storage

• Breastmilk storage guidelines:
  ▪ Wash hands with soap and water before pumping or preparing bottles.
  ▪ Store milk in 2 ounce or 4 ounce “single-serve” portions, plus a few extra 1 ounce portions for when the baby wants more.
  ▪ Don’t over fill the storage container.
Milk Storage

Fresh Milk

- Milk pumped on the same day can be added together to make enough for a feeding.
- Chill the milk as soon as possible and definitely within 4 hours.
- If the milk will be used within 5 days, keep it in refrigerator. Otherwise freeze it.
Milk Storage

- Frozen Milk
  - Label and date bottles or bags.
  - Milk inventory should be rotated so oldest is used first.
  - Don’t add fresh milk to frozen milk.
  - Use within 3 - 6 months if stored in a self-defrosting freezer.
  - Use within 12 months if stored in a zero degree standard freezer.
  - Do not refreeze thawed milk.
Milk Storage

- Using Stored Milk
  - Warm refrigerated milk by shaking gently under warm running water.
  - Defrost frozen milk in cup of warm water or by shaking gently under warm running water.
  - Avoid microwaving, which can cause hot spots and damage the milk.
  - Discard milk not taken within that feeding period.
Conclusion

Pumping allows mothers to:

- Continue providing breastmilk during separation periods
- Maintain milk supply
- Feel confident to continue breastfeeding with flexible routines and challenging situations