

Maintaining Your Milk Supply While Your Baby is in the Hospital

When your baby is admitted to the hospital, you want to do everything that you can to make sure that you maintain your milk supply. You want your baby to receive your milk in both the hospital and when you return home. This may mean that you will need to use a breast pump. Whenever your baby is not eating, whether because of illness, surgery, treatments or tests, you will need to pump. If your baby is allowed to eat while in the hospital, you should be able to breastfeed when you are here. If you cannot be here all the time, you will need to pump at home to make sure you do not lose your milk supply. Your pumped milk can be fed to your baby when you are not here.

You should start a pumping schedule that matches your baby's usual feeding times. For example, if your baby normally breastfeeds every 2 to 3 hours during the day and sleeps 6 hours at night, you should pump every 2 to 3 hours during the day with a 6 hour break at night. If you need to increase your milk supply, you can pump more often.

Getting Started

You may have never used a breast pump before your baby was admitted to the hospital. On the other hand, you may have had a bad experience pumping with a poor quality pump. The pumps at Children's Hospital of Philadelphia (CHOP) have computer chip technology, which mimics how infants feed at the breast. Our pumps have two different computer chip programs, initiation and maintain.

- The **initiation pattern** mimics how babies drink colostrum. The initiation pattern should be used starting at birth and until you are producing about 20 milliliters (ml) of milk per breast.
- Once you are making over 20 ml of milk per breast, you can begin to use the **maintain pattern**. The maintain computer chip pattern replicates how a baby breastfeeds once milk supply is established. This is a two-phase pattern with stimulation sucking (to start let-down) and an expression pattern to empty the breasts.

You should pump both breasts at the same time. By pumping both breasts at the same time, you will more effectively and efficiently empty your breasts. Research shows that pumping both breasts at the same time can result in higher milk production. While your baby is at CHOP, we will provide you with a sterile double electric pump kit. This kit also has an attachment that can be converted into a hand pump. Use this device in the event of an emergency, such as loss of electricity.

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Where are the Pumps in the Hospital?

Medela Symphony electric breast pumps are available in the following locations:

<u>Breast Pump Room Locations</u>	<u>Number of pumps</u>
NIICU - 2nd Floor Main	6
5 West A - (5NW52-A).....	1
5 West B – (5NW52-B)	1
6 South Tower - CICU (6C22).....	1
7 West – PICU (7W81).....	1
8 th Floor – (8575A).....	1
3 Floor Wood Building (3113)	1

- Pump rooms are open 24 hours a day 7 days a week on a first-come-first-served basis.
- No keys or sign-up required.
- All the rooms have a comfortable chair, a Symphony electric pump, a sink for cleaning your kit and sanitizing wipes for cleaning the pump. They also store bottles, labels, and dish soap.
- Please keep the pump rooms clean.
- The Special Delivery Unit (SDU) and the Newborn Infant Intensive Care Unit (NICU) have Symphony pumps at every single bed spot.
- All other inpatient units have one or more Symphony pumps that you can use in your room. You may need to share a pump with other mothers on the unit.

Before pumping, clean the pump with Sani-wipes. Wash your hands with soap and water before pumping or handling your milk. There is no need to clean your nipples or breast.

For the Initiation Pattern:

- Apply flanges to nipples.
- Turn pump on and immediately press the drop button.
- Turn suction dial up until you are uncomfortable and then turn it back a notch.
- The initiation pattern will run for a full 15 minutes.
- Always pump for the full 15 minute pattern until you reach about 20 ml per breast, then switch over to the maintain pattern.

For the Maintain Pattern:

- Apply flanges to nipples.
- Turn pump on and wait for 10 seconds.
- Turn suction dial up until you are uncomfortable, and then turn it back a notch.
- The stimulation pattern (quick sucking) will automatically run for 2 minutes. As soon as you see jets of milk (milk squirting into the flange), press the drop button to change from stimulation to expression pattern.
- Re-adjust the pressure as needed.
- Keep the pressure as high as you can (without causing pain) in order to get the most milk.
- You should feel pressure, not pain when pumping.
- You should pump until you do not see jets of milk coming from the breasts and then go an extra 2 minutes to ensure your breasts are empty.
- With the Symphony pump, most mothers will find their breasts are empty in 10-15 minutes.
 - Collect milk from both breast into one container.
 - If you are making less than 20 ml per breast, pump into the sterile colostrum containers.
 - If you are making between 20 ml to 75 ml per breast, pump into the sterile 80 ml containers.
 - If you make more than 75 ml per breast, ask your nurse for larger bottles, and then transfer into the smaller bottles for storage. This prevents separation of fore and hind milk during the pumping session.

Cleaning Your Pump Kit

- The pump kit is sterile and ready for use when you receive it.
- After each use, take all 4 pieces of the pump apart. Wash parts that have been exposed to your milk in hot soapy water.
- Use regular dish soap (no antibacterial dish soap or scented dish soap).
- Do not use any type of cleansing wipes or regular hand soap.
- Place the pieces on a towel away from the sink and allow them to air dry.
- Once they are dry, you can store them in a plastic bag.
- Microwaves for sterilizing pumping equipment are in all the pump rooms as well as on hospital units.
 - Sterilize the equipment with the Medela microwave bag.
 - Place all pumping equipment except for the tubing in the microwave bag and add 2 ounces of water. You can use a collection bottle to measure 2 ounces.
 - Microwave for 3 minutes on high.
 - Be careful when removing the bag from the microwave.
 - Drain water off through the side steam vent.
 - Air dry equipment on a paper towel.

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Handling and Storing Milk

- Use as many bottles as you need, but start with new containers each time you pump.
 - Do not add milk to previously collected milk. This increases the risk of infection.
 - Label each bottle with a breast milk label. Fill out the label completely including your baby's name, medical record number, date and time pumped.
- You will receive storage bins labeled with your baby's name and medical record number.
- Give bottles to your baby's nurse for storage.
- Two healthcare providers must check all milk fed to your baby in the hospital.
- If the baby will be fed the milk within 96 hours of pumping, the nurse will place it in the refrigerator. Use fresh milk when possible.
- If you are pumping at home and will be bringing it to the hospital within 96 hours, put it in the refrigerator. Pack fresh milk in ice or use freezer packs to transport milk. Use an insulated bag. Milk pumped at home should be brought to the hospital if it will be used within 96 hours.
- Milk that will not be used within 96 hours should be frozen.
- If your baby is not allowed to eat (nothing by mouth - NPO), bring your fresh milk to the hospital for the nurse to freeze.
- Once you have a supply of frozen milk here at CHOP, you can freeze milk at home for later use. To bring frozen breast milk to the hospital, pack it tightly in a cooler without ice. Packing it with ice may actually thaw the milk as the ice begins to melt.
- Check to make sure that frozen milk has not begun to thaw during transport. Milk that thaws more than halfway during transport will have to be used within 24 hours or thrown away. Frozen milk that has begun to thaw may be refrozen if it is less than halfway thawed.
- Thawed milk must be used within 24 hours.

Tips for Pumping

- If you are having problems getting your milk to let-down or producing milk, try putting warm washcloths on your breasts and massaging both breasts for 5 minutes before pumping.
- Think about your baby, look at photos, think happy thoughts and RELAX!
- Stress can interfere with milk letting down.
- Having a baby in the hospital is going to cause stress.
 - You can work on relaxation techniques to help the milk flow.
- Drink plenty of fluids (same as if you were at home breastfeeding). Make sure you are eating three healthy meals a day.
- High calorie, healthy snacks are good if you cannot fit in scheduled meals. Try dried fruits, nuts, cheese and crackers, granola bars, peanut butter and ready to eat cereal.
- If your supply is low, pumping more often will help to increase it. You can pump every 2-3 hours during the day and at least once at night. If your supply is low, you may consider renting a hospital grade pump to help empty your breasts and increase your milk supply.
- It may take several days for your supply to increase. Do not be discouraged, it will happen.

Pumping at Home

- If you will be spending a lot of time at home pumping, you may want to rent a hospital grade electric pump.
- A hospital grade electric pump works better than a small hand or battery powered pump. We recommend hospital grade electric pumps for maintaining your milk supply if your baby is not breastfeeding.
- If your baby is breastfeeding and you are using one of the smaller hand or battery pumps, then these pumps are fine.

To Rent a Pump, You Can Call

- **CHOP Lactation Rental Station** at 1-267-426-5325. Inside the hospital, dial 6-5325. CHOP rents Symphony pumps, Classic pumps, Lactina pumps, and Baby Weigh scales. The pump kit you receive in the hospital will work with these pumps.
- **Medela** at 1-800-435-8316. We use this brand in the hospital. If you rent their pump, you will not need to purchase another pump kit.

Additional Questions or Problems with Pumping

Ask your baby's nurse to help with pumping. If your baby's nurse cannot answer your questions, the nurse can contact one of our International Board Certified Lactation Consultants (IBCLC). We want to help you get your baby back to breastfeeding as soon as possible.