

Providing Breastmilk for Your Hospitalized Infant

Top 10 Benefits of Breastmilk for hospitalized infants:

- Promotes your baby's growth and development
- Protects against many problematic conditions of the premature baby
- Special breastmilk fats will help your baby's eyes
- Special breastmilk fats provide better brain growth
- Breastmilk is more easily digested and helps the stomach and intestines to grow
- Your baby will tend to have fewer infections
- Hormones help your baby and you to relax and feel less stress
- Fewer doctor visits and hospital readmissions for your baby
- Breastmilk is your baby's first immunization
- Only you can do this for your baby! What a special gift!

When to Begin Hand Expression and Pumping

- If you are separated from your baby, begin breast massage and hand expression within one hour of birth if possible.
- Begin pumping as soon as possible after birth, ideally within 1-3 hours
- Massage breasts and Pump 8 to 10 times every 24 hours
- Never go more than one 5 hour stretch between pumping sessions (usually at night!)
- A pumping log is very helpful to keep track of your milk supply. There are many good pumping and breastfeeding apps : Pump Log, Feed Baby, Breastfeeding, and Pumping Tracker to name a few.

How to Pump:

- Before pumping, wash your hands well
- Routine bathing with a mild soap will cleanse your breasts adequately, there is no need to clean breasts before pumping.
- Start by massaging both breasts for 2-3 minutes. This will help your milk to flow more easily
- Use a hospital grade electric pump that can pump both breasts at one time
- Choose the breast shield (flange) size that fits comfortably



Pumping should not be painful: breast shields (flanges) come in different sizes so ask your lactation consultant or your baby's nurse for help if your nipple hurts while pumping

Talk with your lactation consultant /nurse for information to help you pump the following amount of breastmilk:

-17 oz. (500 ml) per 24 hours by day 7 post-partum

-20-25 oz. (600-750 ml) by day 14 post-partum

After a few weeks, you may be able to adjust your pumping schedule; discuss with your lactation consultant or nurse.

Feel good about your commitment to provide the best nutrition possible for your baby!



Kangaroo Care:

Hold your baby skin to skin on your chest as often as possible!

- ♥Increases mother's milk production
- ♥Decreases mother's stress hormones
- ♥Decreases baby's stress hormones
- ♥Improves baby's heart rate, respiratory rate and oxygen saturation

- Center your nipple in the breast shield (flange)
- Increase suction of the pump to your level of comfort
- Pump both breasts for 15 minutes

Type of Breast Pump to Use:

- Hospital grade, double electric breast pump
- Pumping both breasts at the same time (double pumping) increases the hormones to produce more milk and increases the fat content of your milk

Cleaning Your Breastpump Kit:

- Disassemble the breast shields (flanges), white valve membranes, and collection bottles. Rinse in **lukewarm** water.
- Use a basin reserved for the breastpump kit.
- Wash all parts and pieces with hot soapy water and rinse thoroughly (accept tubing and diaphragm cups). Air dry.
- Sanitize pump parts, wash basin and bottle brush once a day on top of the stove with boiling water, in a dishwasher on *Sanitize* setting or in a microwave sanitizing bag

Cleaning Your Breast Pump:

In the hospital: outer surface of the pump should be cleaned before and after each use with the cleanser provided by hospital staff

At home: clean as needed

Storage of Breast Milk for Hospitalized Infants

- Talk to your nurse about storage container needs while your baby is in the hospital
- Use a new container every time you pump
- Label each container with your baby's name, date and time of pumping before delivering the milk to your baby's nurse or at home before placing in the refrigerator or freezer
- Freshly expressed breastmilk can be stored in the refrigerator while your baby is hospitalized and transported daily to the hospital in a cooler with frozen packs.
- Frozen breastmilk can be stored in a deep freezer (-20° Centigrade) for up to 12 months
- Thawed breastmilk may be stored in the refrigerator or fed to your baby within 24 hours
- Ask your baby's nurse about storage guidelines specific to your hospital.

References

Best Practice for Expressing, Storing, and Handling Human Milk in Hospitals, Homes and Child Care Settings, Human Milk Banking Association of North America, 2019

<https://www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet.pdf>

