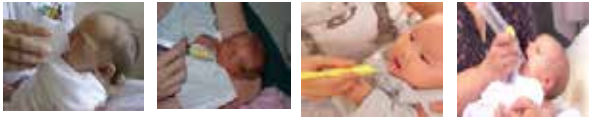


# Breastmilk Expression And Storage

## Feeding Expressed Breastmilk To Babies With Different Devices



## TRANSPORTATION OF BREASTMILK

Mother may need a portable cooler/ice box with ice packs to carry expressed breastmilk if the baby separated from her.

## WARMING AND THAWING EXPRESSED BREASTMILK

- FRESH EXPRESSED BREASTMILK
- If the expressed breastmilk is kept under room air, it can be given directly without warming.
- REFRIGERATED BREASTMILK
- If it is cold, place the bottle in bowl of warm water or hold the bottle under cold running water then slowly run warm water until it thaws.
- FROZEN BREASTMILK
- Put the bottle or bag in the refrigerator overnight, hold it under warm running water, or set it in a container of warm water.
- Once fully thawed, it may be kept at room temperature for a maximum of two hours or in the refrigerator for up to 24 hours.
- Don't thaw or heat frozen breast milk in gas stove, microwave or in boiling water.
- Thawed breast milk left at room temperature should be fed to your baby within two hours.
- Never re-freeze breast milk once thawed.

## HOW TO OVERCOME DIFFICULTIES OF NOT HAVING ENOUGH BREASTMILK

- Be self-confident and comfortable both physically and mentally.
- Maintain eye contact, touch, talk or cuddling the baby.
- Initiate early breast feeding and practice regular skin to skin contact at least 6 – 8 times a day.
- Express breast milk after birth at least within 2–6 hours.
- Ensure to empty the breast completely while expression to maintain milk production.
- Pump the breast often and Intervals should not exceed more than 4 hours and the length of each expression should be within 10–15 minutes.
- Express breastmilk by the baby bedside.

## SIGNS OF INEFFECTIVE MILK EXPRESSION

- Reduction in milk flow (<500 ml by day 14 postpartum)
- Full, hard or painful breast.
- Sore nipples or breast.

## MANAGEMENT OF FULLNESS/ENGORGEMENT/ CRACKS

- Maintain physical and mental comfort during breastfeeding or expression.
  - place warm cloth or towel on your breasts or take a warm shower.
  - massage breasts toward the nipple and expresses small drops of milk by hand to soften the breast.
  - after expression put a cold cloth on your breasts to help reduce swelling and pain.
  - have enough rest, fluids and eat healthy foods including fruits, vegetables, and dairy products.
  - wear a well-fitting and supportive bra.
  - put the baby on the mother breast with head well supported and tummy to tummy.
  - allow baby to latch on well to the nipple and dark part of the areola with baby's mouth widely open.
  - keep nipples dry, avoid excessive cleaning and usage of soap.
- For more information and assistance contact



**Breastfeeding Consultant / Breastfeeding Nurse**  
**Visit: Breastfeeding Clinic, OPD-WWRC, HMC**  
**1st Floor, Station 3, Exam Rm # 4**  
**Tel No: - 40261158**  
**Breastfeeding Program OOffice: ACC/A9-1038**  
**Tel. No: - 40263867**

# Breastmilk Expression And Storage

**All babies need to be fed on the mother's breastmilk** because it is the ideal nutrient for all babies. It contains everything the baby needs in best quality and quantity. It protects babies from common acute and chronic illnesses. Breastfeeding benefits mothers, as well as families, and the country.

**Breastfeeding mothers should initiate breastfeeding immediately** after birth and express their milk within the first 2-6 hours of delivery. If they are not able to breastfeed, need to express breast milk by hand or by using breast pumps.

## Why Express Breastmilk:

- To stimulate and maintain further milk production.
- To reduce discomfort due to breast conditions like the fullness of breast cracked and damaged nipple, breast infection, blocked duct, etc.

## When To Express Breastmilk:

- If the mother or baby are separated due to their illness.
- If the mother cannot stay with the baby the entire time. E.g. working mother.
- If the baby failed to empty the breast completely by sucking.

## Methods Of Breastmilk Expression

Milk expression can be done by hand and breast pumps (manual pump and electric pump).

## Hand Expression

It is a gentle and simple way for a mother to express breastmilk using a hand.

## Steps Of Hand Expression:-

- Always wash hands with soap and water before starting to express breastmilk to lessen the risk of cross infection.
- Apply warm towels to the breast or take a warm bath to soften the breast.
- Massage the breast in circular or rolling motion.
- Search the milk duct by moving the hands on breast and find hard area feeling like a knotted string or a row of peas.
- Place the first finger over the duct and thumb on the opposite side of the breast, or thumb on the duct and finger opposite and support the breast with other fingers.
- Gently press the thumb and fingers slightly back and press the thumb and first finger together, compressing the milk duct between them.

- Release the pressure and repeat the compression and release movement until milk starts to drip out. Express breastmilk 15 minutes per breast.
- Collect the milk in a sterile container.
- When the milk flow slows, find another milk duct and repeat the same until the breast is completely empty and continue with the other breast.



Hand Washing



Warm Application



Breast Massaging And Expressing

- Maximize pumping to ensure best milk supply. 4 – 5 days after birth the milk production should increase from 50 – 70 ml to 80 – 120 ml each time. By 2 weeks it should increase to 440 – 1200ml per day.

## Breast Pump Expression

A breast pump is a mechanical device that breastfeeding mothers use to extract milk from their breasts. They may be manual devices powered by hand movements or electrical devices (with single and double cup) powered by batteries or electricity.

## Steps Of Breast Pump Expression:-

- Follow the first 3 steps of hand expression.
- Mother should ensure that all parts of breast pump are clean especially the part which is more in contact with the breast and fix it correctly.
- Sit comfortably, with back straight and well relax. Support breast from underneath.
- Attach the cup to the breast make sure that nipple is in the center of the cup and there is good seal between the cup and breast.
- Start pump to a sterile bottle and if nipple hurts, remove the cup and check the nipple if properly positioned at the center of the cup.
- Express the milk until the breast is completely empty that helps to increase the milk production and then switch to the other breast.
  - Single cup pumping 15 minutes per breast.
  - Double cup electrical pumping 10-15 minutes.

- Repeat the above steps for the other breast.
- If you are pumping both breast at the same time (double pumping), when the flow slows, turn the electrical pump OFF for 30 seconds. Then turn it back ON and carry on until it slows again.



MANUAL BREAST PUMP



ELECTRIC BREAST PUMP

## Labeling And Storing Of Expressed Breastmilk

- Once expressed, the breastmilk should be stored correctly to prevent spoiling, if you do not need it straight away.
- The sterile container should be sealed with a lid and not the teat of the bottle as the hole in the teat can allow entry of bacteria into the container.
- The container should be labeled with number and date before putting it in the fridge or freezer, to use the oldest ones first (first in first out).

## Freshly Expressed Breastmilk Can Be Stored For:-

- Room temperature (25 to 27°C) : 4 – 6 hours
- Fridge (1 to 4°C): 24 – 48 hours
- Freezer (-18 to -20°C): 3 months
- Deep freezer (-20°C): 6 months
  - Don't keep breastmilk in the door of the fridge.
  - Frozen breastmilk is still healthier for your baby than formula milk.

## Feeding Devices

To avoid nipple confusion, expressed breastmilk should not be given by bottle with teats. Instead, there are other feeding devices recommended to be used as a cup, syringe, spoon, bottle without teat, etc.



Cup



Syringe



Spoon



Bottle Without Teeth