

## 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>

