



Women's, Infants, and Children  
Supplemental Nutrition Program

Department of Public Health  
City and County of San Francisco



# Pumping Your Breast Milk

## ***Preparing To Pump Breast Milk***

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- ☐ Be patient; the first times you try pumping you may only get one ounce of milk.
- ☐ Washing your breasts is not needed, but you should wash your hands with soap and water before pumping.
- ☐ If possible, place warm packs on the breast for 15-20 minutes, or take a hot shower facing the water, just before pumping.
- ☐ Before pumping, hand massage your breasts, and any lumps, by gently holding the breast with one hand and rubbing with the other hand in circles down towards the areola.
- ☐ Try to pump at the same time each day so that your breasts will get used to it and "let down" when it is time to pump.
- ☐ Pumping in the morning may be best, since this is when your breasts are fuller.

## ***Hand Expression***

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- ☐ Place your thumb above the areola and two fingers below the areola. The areola is the dark skin around the nipple.
- ☐ Push straight back towards the chest and do not let your fingers spread apart.
- ☐ Roll your thumb and fingers forward; milk will spray out.
- ☐ Collect the milk into a cup or bowl.
- ☐ Repeat the movements: position your fingers, push back, roll forward.
- ☐ Rotate your thumb and fingers to other positions around the areola to completely empty the breast.
- ☐ Do not worry about the amount of milk you collect. Remember that breast milk is needed in smaller quantities than formula. What looks like very little to you may be enough for a feeding.



## ***Using A Manual Pump***

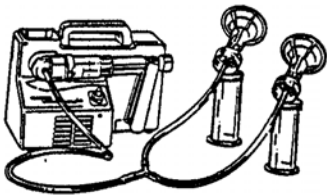
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- ☐ Read instructions included with the pump.
- ☐ **Before using for the first time**, sterilize the pump equipment by boiling attachments in water for 20 minutes.
- ☐ Your areola should be touching the inside of the funnel. If it does not, use the adapter to make the funnel smaller.
- ☐ Put your nipple in the center of the funnel.
- ☐ Put a little water on your nipple to create a seal.
- ☐ Start pumping with low pressure. Use only as much pressure as is comfortable.
- ☐ Switch breasts when the milk comes out more slowly. Break the seal with your finger before removing the pump cup. You may need to go back to each breast 2-3 times to get most of the milk out.
- ☐ If you feel any pain, stop pumping. Review the instructions and call the WIC Program for questions about how to pump.
- ☐ After each use, clean the pump parts that come in contact with the milk with soap and water and rinse very well. Let air dry.
- ☐ After pumping your milk, put a drop of olive oil or a special cream (Pure-Lan® or Lansinoh®) on your nipples. This will keep your nipples from getting sore.

## ***Mothers And Newborns Who Are Away From Each Other***

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- ☐ If your baby cannot breastfeed when she is born, start pumping within the first 24 hours. This is good to do if your baby is premature or has to stay in the hospital.
- ☐ You can build and maintain your breast milk supply by hand expressing or electric breast-pumping. Using an automatic electric pump is the fastest and easiest way to do this.
- ☐ If your baby is in the Intensive Care Nursery, work closely with your baby's health care team regarding all breast pumping, milk storage, and feeding issues.
- ☐ To build up your milk supply, pump every 3 hours during the day and once at night if you wake up.

**For breastfeeding questions, pump loans, classes, or other help call your WIC Clinic.**

Standards for participation in the WIC Program are the same for everyone regardless of race, religion, national origin, color, sex, political beliefs or handicaps. Persons believing they have been discriminated against may write to: Secretary of Agriculture, United States Department of Agriculture, Washington D.C. 20250. Developed by the San Francisco Department of Public Health WIC Program, Rev., 8/2002.