

How to express using an electric pump

a) Single pumping (i.e. pumping each breast alternately)

- 1) Sit comfortably, with your back straight.
- 2) Support your breast from underneath, with the fingers flat on your ribs and the index finger at the junction of the breast and ribs. This raises the breast tissue and allows it to be drawn easily into the funnel.
- 3) Ensure that your nipple is central in the funnel.
- 4) Keep the funnel close enough to your breast to maintain the vacuum, but do not press it too firmly onto the breast or the breast tissue will be squashed.
- 5) Use the pump at the lowest effective pressure. It should not cause you pain.
- 6) Be patient - it often takes a minute or two for the milk to flow well.
- 7) Be guided by the milk flow, not the clock. Pump until the milk flow slows, and then switch to the second breast. When the flow slows on the second breast, go back to the first, and finally finish off on the second when the flow slows for the second time.

b) Double pumping - (i.e. pumping both breasts together). This is recommended because it saves time and may produce more milk.

NB. This can also be done "hands free. See:

<http://www.phdinparenting.com/blog/2010/9/13/hands-free-pumping-options-for-breastfeeding-moms.html>

- 1) Sit comfortably, with your back straight.
- 2) Use your index and middle finger in a scissor grip to pick up the first funnel, and use your ring and little finger to support your breast from underneath, which will keep it forward into the funnel. This will mean that your thumb is resting on top of your breast, enabling you to break the vacuum between the funnel and your breast with one hand only.
- 3) Ensure that your nipple is central in the funnel.
- 4) Keep the funnel close enough to your breast to maintain the vacuum, but do not press it too firmly onto the breast or the breast tissue will be squashed
- 5) Switch the pump on, using the vacuum knob until you feel your breast being drawn into the funnel - don't turn it up too high to start with as the suction pressure is being lost down the other tube until you have both funnels in place!
- 6) Then pick up the second funnel in the same way and position it over your breast. See how it feels. If you need to increase or decrease the pressure (with the vacuum knob) or increase or decrease the speed (with the cycles knob) free one hand, as in point (2).
- 7) Be guided by the milk flow, not the clock. Turn the pump off for 30 seconds or so when the flow slows, and then turn it back on and continue until it slows down again. This seems to be more effective than pumping continuously.

You do not need to wait for any particular length of time between pumping sessions - breasts are never empty and more is made very quickly after the breasts have been used.