The background features several large, overlapping, colorful swirls in shades of purple, green, and blue. Scattered throughout are numerous small, yellow, triangular shapes that resemble rays of light or confetti.

Breastmilk Pumping

**An instructional guide for the
WIC counselor**



Learning Objectives

- Upon completion, will be able to:
 - List 3 or more reasons for using a pump
 - Cite 4 or more tips that make pumping more successful
 - Identify the various WIC breast pump options for specific breastfeeding situations
 - Describe the basic steps for assembly of each type of WIC breast pump
 - State recommended ranges for milk storage in common environmental conditions for healthy term infants
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Reasons for Using a Pump

- Mothers who
 - Have hospitalized, sick, or premature babies
 - Return to work or school
 - Experience breast complications
 - Have past emotional or abusive issues
- Other temporary mother/baby separations
 - Mom's night out or shopping spree
 - Baby's legal visit with dad



Reasons for Using a Pump

- Public situations when mothers may not feel empowered to breastfeed.
 - Feedings during:
 - Church service
 - Sports events or ball games
 - Restaurants or outings
 - Reasons for using a pump do not necessarily indicate a need for an electric pump.





Tips For Successful Pumping

- Breastfeed often in the beginning to establish good milk supply.
 - Milk is more abundant by 3 - 4 weeks.
 - Higher volumes are a visual boost to mom's confidence.
- Pump early in the morning thru noon.
 - Milk volume is highest in the a.m.
 - Pumping is easiest when the breasts are the fullest.



Tips For Successful Pumping

- Nurse baby on one breast while pumping from the other:
 - Saves time
 - Enhances milk letdown for pumped breast
- Pump whenever the breasts feel full:
 - 1st few weeks; the breasts should feel full before each feeding (every 1½ to 3 hours)
 - Later the breast may not feel full until a feeding is missed
 - Pump in the morning if possible, or when you are away from the baby at a normal feeding time.

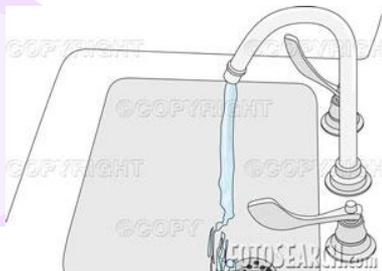
Tips For Successful Pumping

- Pump at the times the baby would normally nurse
 - May not be possible for every mother
 - Helps maintain the milk supply
 - Optimizes chance of providing baby exclusive breastmilk
- Choose clothing that makes pumping easier:
 - Two piece outfits and blouses or T-shirts
 - Dresses that zip or button up in the front



Getting Started

- All pumping supplies should be available:
 - Pump
 - Milk collection and/or storage containers (bottles, freezer bags or disposable bottle liners)
 - Water, towels or wipes for cleanup

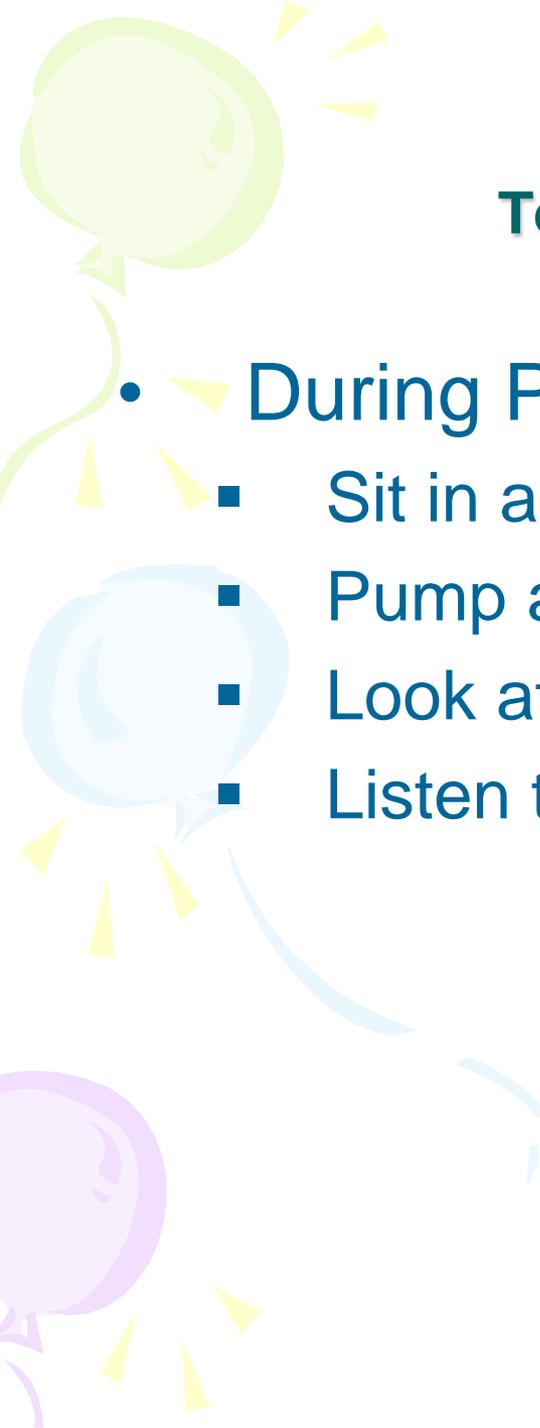


Getting Started

Techniques to Help the Milk Flow

- **Before Pumping**
 - Take a warm bath or shower
 - If pumping at home
 - Stimulate the nipples with the fingers or the heel of the hand
- **Before & During Pumping**
 - Use a warm washcloth on breasts
 - If available
 - Massage the breasts





Getting Started

Techniques to Help the Milk Flow

- During Pumping:
 - Sit in a warm, comfortable, private place
 - Pump away from distractions (i.e. pets)
 - Look at a picture of the baby
 - Listen to soft relaxing music

Start Pumping

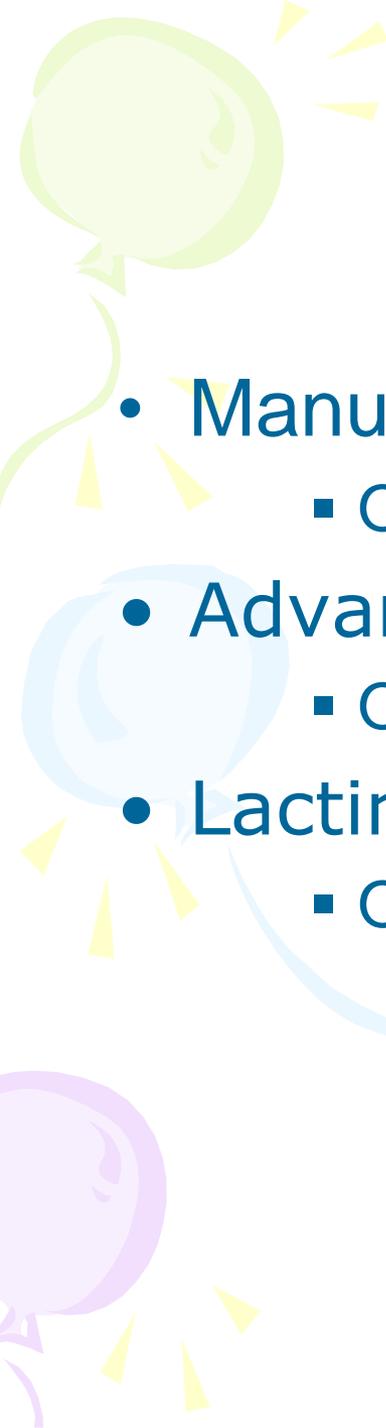


- Set pump suction on lowest setting.
- Moisten breasts slightly to achieve better seal, if possible.
- Place funnel or flange centered over areola and nipple.
- Turn on pump or begin pumping.
- Lean forward slightly to let the milk flow into container.

Start Pumping

- As the milk flows, increase suction to maximum comfort level.
- Pump until milk flow slows and then either stop or repeat let down efforts.
- Break suction by inserting finger between the breast and the pump flange.





AR WIC Breast Pumps

- Manual or Hand
 - Order number, CL-141
- Advanced Personal Double Electric
 - Order number, CL- 147
- Lactina Loaner Electric
 - Order number for the collection kit only, CL-139

[Click here](#) for a current pump photo guide

Manual or Hand Pump

Order Number
CL-141





Manual or Hand Pump

- AR WIC indications for use
 - Temporary, occasional separation, i.e.
 - Stay at home mothers
 - Mothers working at home
 - Mothers who can take their babies to work.
 - Mothers desiring not to nurse in public situations.
 - Mild to moderate engorgement
 - No electrical power available or needed



Manual or Hand Pump

- Single pumping capability
- Single user pump (FDA approval)
- Demonstration for assembly, use and care.
 - [Click Here](#)

Advanced Personal Double

(Pump N Style)

Order Number
CL-147



These items do not come with the pump. See slide on Breast Pump Specialty Items.

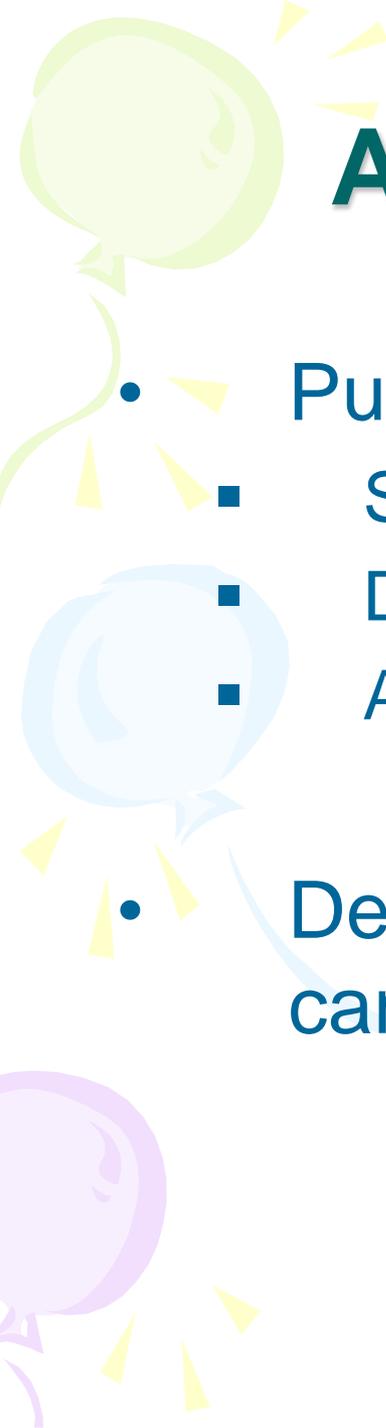
Advanced Personal Double Electric Breast Pumps come with a 1 year warranty. The one year warranty begins on the date pumps are issued. Date of issuance should be written on the white warranty card, prior to issuing a pump. If a problem occurs with the pump within the one year warranty period, the WIC breastfeeding woman should contact Medela Customer Service at 1-800-435-8316.



Advanced Personal Double

(Pump N Style)

- AR WIC indications for use
 - Mothers who have been certified as breastfeeding:
 - Pump for hospitalized premature or sick babies
 - Return to work or school
 - Experience breast complications (Per WIC CPA assessment and no loaner (Lactina) electric pump available)
- Single user pump (FDA approval)
 - Mother should not pass the pump on to someone else. Instruct to keep for use with next child, or discard appropriately.



Advanced Personal Double

Pump N Style

- Pump capabilities
 - Single pumping
 - Double pumping
 - AC adapter included
- Demonstration for assembly, use and care:
 - [Click Here](#)

Breast Pump Specialty Items

- **Car and Battery pack adapter**

- For mothers who travel long distances to visit hospitalized infants/who have other special circumstances
- Or mothers who are starting back to work or school.



- **Larger Sized Flanges**

- For mothers who need a larger flange (the part that fits on the breast) for larger nipples.



Call the Breastfeeding Help Line at 1-800-445-6175 for more information about obtaining the items.

Lactina



**Lactina Collection Kit
CL-139**

Lactina

- AR WIC indications for use
 - Temporary optimal pumping needs
 - Mothers with significant problems that can be resolved within a few days or weeks, such as:
 - ✓ Nipple trauma.
 - ✓ Surgery
 - ✓ Severe Engorgement
 - ✓ Separation
 - ✓ Cleft lip
- Multi-user loaner pump (FDA approved)
 - For use with the single user collection kit, CL-139.

Lactina

- Pump capabilities
 - Single pumping
 - Double pumping
 - Multi-user pumping with single-user kit
- Demonstration for assembly, use and care:
 - [Click Here](#)



Lactina

- If a loaner pump is issued:
 - Mother must sign an Inventory Transfer (FIN-1006) assuming responsibility for the pump.
 - A copy of her driver's license must be attached to FIN-1006
 - FIN-1006 must be completed according to directions.
 - Participant must also be instructed on the proper use of the pump, informed of the value of the pump and the need for its return.

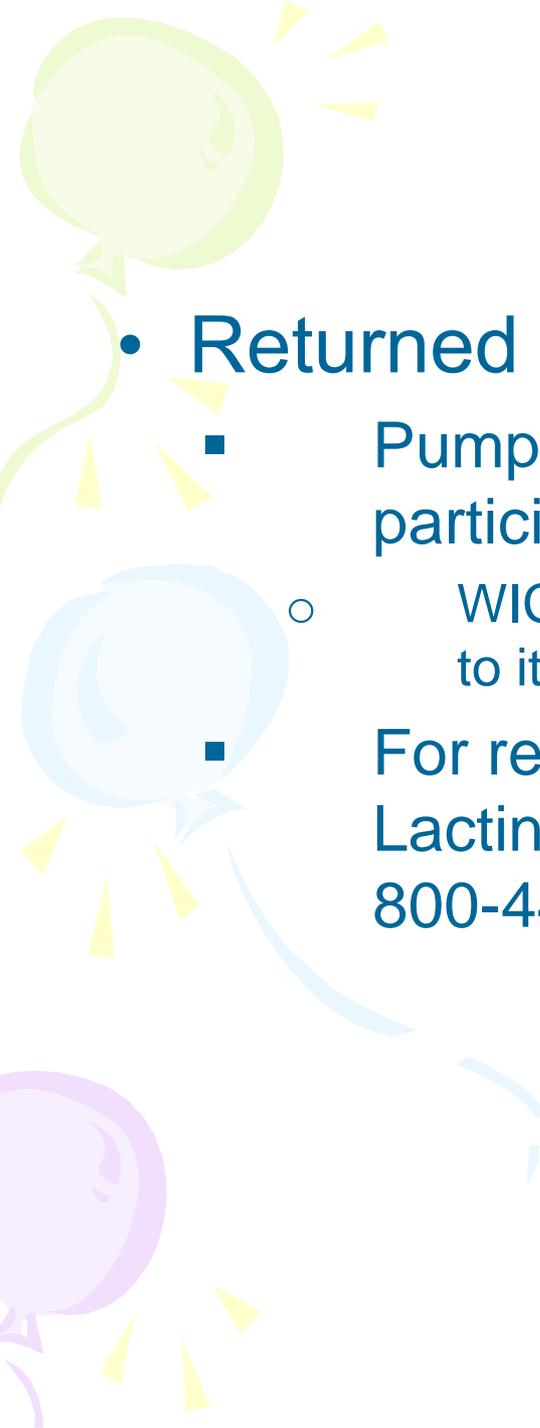
Lactina

- If a loaner pump is issued (cont'd):
 - The mother will be issued a Lactina pump kit that is for her use only and does not require return.
 - The pump inventory log (PhA: CPS-5) should reflect the issuance of the Lactina pump kit.
 - To document that the pump was issued by WIC staff to the mother. They must sign and date the FIN-1006.
 - Document issuance of the loaner pump in the “General Notes” or “SOAP Notes” as appropriate in the Participant Folder

Lactina

Returned Loaner Pumps

- - Participant must be informed that she may be asked to repay if the pump is not returned in good condition.
 - Mother must sign the FIN 1006 when the loaner pump is returned.
 - The participant must be given a copy of the signed FIN 1006 form.
 - All participants will be placed on a monthly check pick-up until the electric loaner pump is returned.



Lactina

- Returned Loaner Pumps (cont'd)
 - Pump return is documented in the inventory log, participant folder and on the FIN-1006.
 - WIC Staff must retain a copy of the FIN-1006 according to its retention schedule.
 - For repair and replacement information about the Lactina, call WIC Nutrition and Breastfeeding at 1-800-445-6175.

Lactina

- Cleaning & Care of Loaner Pump
 - Exterior surfaces of the pump motor and carry case require cleaning when returned.
 - Use a 1:10 bleach solution for cleaning (See Formulas for Mixing Chlorine Bleach Solution in the Patient Care Services Volume).

Hand Expression



- Advantages

- Always convenient and portable
 - Can't be forgotten
- It's free
 - Never needs replacement parts or accessories
- Skin to skin contact is more stimulating than the feel of plastic
- More comfortable and effective when technique is mastered

Hand Expression



- Indications for use
 - Mother's preference
 - Inability to express milk with a pump
 - Relieve engorgement
 - No electricity
 - No pump available
- Demonstration – [click here](#)

Milk Storage Guidelines



Milk Storage



- Breastmilk storage guidelines:
 - Wash hands with soap and water before pumping or preparing bottles.
 - Store milk in 2 ounce or 4 ounce “single-serve” portions, plus a few extra 1 ounce portions for when the baby wants more.
 - Don’t over fill the storage container.

Milk Storage



- **Fresh Milk**

- Milk pumped on the same day can be added together to make enough for a feeding.
- Chill the milk as soon as possible and definitely within 4 hours.
- If the milk will be used within 5 days, keep it in refrigerator. Otherwise freeze it.

Milk Storage

- Frozen Milk

- Label and date bottles or bags.
- Milk inventory should be rotated so oldest is used first.
- Don't add fresh milk to frozen milk.
- Use within 3 - 6 months if stored in a self-defrosting freezer.
- Use within 12 months if stored in a zero degree standard freezer.
- Do not refreeze thawed milk.



Milk Storage

- Using Stored Milk
 - Warm refrigerated milk by shaking gently under warm running water.
 - Defrost frozen milk in cup of warm water or by shaking gently under warm running water.
 - Avoid microwaving, which can cause hot spots and damage the milk.
 - Discard milk not taken within that feeding period.



Conclusion

Pumping allows mothers to:

- Continue providing breastmilk during separation periods
- Maintain milk supply
- Feel confident to continue breastfeeding with flexible routines and challenging situations

