

# Pumping for your premature or sick child

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Dear parents,  
In this information brochure we would like to give you the information you need to select the right breast pump, to pump your milk, and to store it.

## Material

- › You will need an electric interval breast pump and accessories, which can be hired from pharmacies and leasing companies. You can tell whether a breast pump is good by whether it has a double pumping option. The suction cups should fit your breasts, and good breast pumps generally offer suction cups in different sizes. The suction strength should be adjustable with a switch, and the pumping should not cause you any pain.
- › You can obtain the prescription for a hired breast pump including a set of accessories from your attending obstetrician or your pediatrician. You may also be able to receive sterilised bottles from the hospital. Otherwise, use special breast milk bags to store and freeze the breast milk.



**A double-sided breast pump allows you to empty both breasts simultaneously.**

## Hygiene

- › Before pumping the milk, it is very important to thoroughly wash your hands with soap. In the hospital, your hands are subsequently disinfected with a hand disinfectant.
- › Physical hygiene (showering, washing) as well as a regular change of clothes is part of normal breast care when pumping.
- › Lanolin ointment may be helpful with sensitive or sore nipples.
- › Use a sterile pump set and a sterile bottle every time you pump. Make sure that you touch the inside surfaces of the parts as little as possible when putting them together.

## This is how it works



**The Plata Rueda breast massage method**

- › Find a position that is comfortable for you.
- › Start every pumping session with a short breast massage.
- › Place the suction cup on your breast in such a way that the nipple is in the centre and that it is not bent or rubbed. The suction cup should be held close to the breast so that the breast can be encompassed as well. Use the highest suction strength that is still comfortable for you. Pumping should not be painful. If it is, please contact your midwife or lactation consultant.
- › It is advisable to adjust the breast pump in such a way that it pumps faster during the first two minutes and then gradually slows down. This is consistent with the sucking rhythm of a newborn child and allows for a better milk flow. Some breast pumps have this stimulation phase pre-programmed and automatically switch to a slower rhythm after two minutes.

## Duration of the pumping process

- › The pumping process takes approximately 15 minutes for each breast. You can empty both breasts with a double breast pump set in approximately 15 minutes, with a single breast pump set in approximately 30 minutes.
- › It has been found that interval pumping is very helpful for establishing a good milk flow and increasing the milk output: Briefly massage the breast and pump approximately 5 minutes per breast. Then take a short break and drink something. This process is repeated 3 times, including the breast massage, so here, too, you achieve pump times of 15 minutes (with a double breast pump set) outright or 30 minutes (single breast pump set).
- › When you have finished pumping, do not wipe the remaining milk drops away, but wipe them across the nipple to protect the skin.



**It takes approximately 15 minutes to pump both breasts.**

## Steps you can take to support good milk flow

- › Skin contact/cuddling with the baby
- › Comfortable position while pumping
- › Gentle breast massage before every pumping and once in-between
- › Warm the breast before pumping (warm cloth, shower)
- › Get drinks ready and look after your thirst
- › A picture of your child or thoughts of your child
- › Relaxing back massage by your partner before pumping
- › In addition to using the pump, it may be very helpful to manually pump your breast milk, especially the colostrum during the first few days. The nursing staff, your midwife, or your lactation consultant can show you how to do that.
- › Get help if you experience pain or if you are having trouble extracting the breast milk or pumping.

## Pumping frequency

- › If possible, start pumping six hours after delivery or as soon as you feel able. During the day, pump every 2–3 hours, approximately 8 times in 24 hours, or according to your child's breastfeeding rhythm. Uninterrupted sleep of six hours is recommended.
- › It would be good to reach a milk output of 500–700 ml/24 hours or more around 14 days after delivery, even if your premature or sick child drinks significantly less breast milk at the beginning. To increase milk production it is important to empty the breasts on a regular basis. Liquids and diet do not significantly impact the milk output but are important for the mother's own wellbeing.

## How to clean the pump set

- › After having pumped the milk, all parts that come in contact with milk (pump set, valves, hygiene filters, and, if applicable, the bottles) are rinsed in cold water.
- › Then the pump set is cleaned with 1–2 drops of dish detergent and hot water and rinsed with clean water.
- › Then, all accessories are sterilised either in boiling water on the stove, in the vaporiser, or in the microwave.
- › After the sterilisation process, all parts should be placed on a clean dish cloth and covered so that they can dry completely. Tubes can also be hung up to dry.

**We wish you, your baby, and your entire family all the best!**



**Breast milk can be kept in the refrigerator for 48 hours and in the freezer for up to three months.**

## How to store breast milk

- › Label the bottle with the fresh breast milk with your name, date, and the time it was pumped. Breast milk for sick children or premature babies can be kept in the refrigerator for 48 hours and frozen in the freezer at  $-18^{\circ}\text{C}$  for three months.
- › Defrosted breast milk must be consumed within 24 hours.
- › Discuss your child's current drink volume with the pediatric nurses so that your milk can, if necessary, be bottled in correct portions.
- › Milk bottles are transported to the pediatric hospital upright in a cool bag with cooling elements.