

הוצאת וייצור חלב אם

Production and expression of breast milk

These guidelines are attached to the first-milk-expression kit

Dear mother,

It is important that you become acquainted with the two ways of extracting breast milk:

1. Manual expression—by squeezing: explanation in this brochure.
2. Mechanical expression—by pumping: explanation in an additional brochure.

Guidelines for manual breast-milk expression

1

Wash/disinfect your hands.



2

Prepare the kit equipment:

- ✓ A yellow sticker with the baby's name, on which you will write the date and time of expression.
- ✓ A cup or a capped syringe into which you will squeeze the milk.



Cup for colostrum



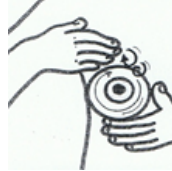
Syringes and caps



Plungerless capped syringe

3

- ✓ Gently massage your breast for around a minute using circular motions around the areola.
- ✓ **Imagine** that the breast is a clock: massage the entire sequence of "hours". The massage promotes milk flow. (A warm, moist towel and/or a hot shower before expression may help release the milk).



4

Hold the breast like the letter "c" between your thumb and two first fingers.



5

Press inwards with your fingers pointing at the chest (do not stretch the skin or squeeze around the nipple).



6

- ✓ **Move** the fingers toward each other without relocating them and without stretching the skin
- ✓ **Squeeze** milk into the receptacle/syringe
- ✓ **Release**



7

- ✓ Repeat steps 5-6: **press, squeeze, release**, several times until no more milk comes out.
- ✓ Move your fingers to a different region of the same breast and repeat steps 4-6.
- ✓ Repeat the steps in all regions of the breast until the flow stops, then switch to the other breast and repeat steps 3-6.

8

- ✓ Put a yellow sticker with the baby's details, date and start time of expression on the receptacle/syringe
- ✓ Make sure you give the receptacle to the premature nurse as quickly as possible

Demonstration film:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

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(Images courtesy of Leslie Wolf and Injoy Productions)

- ✓ **Try to express milk 8 times a day**
- ✓ Wait around an hour between one expression and the next
- ✓ It is best to not wait more than 4 hours between expressions
- ✓ If these intervals are difficult to keep at night, keep a maximal interval of 6 hours
- ✓ **The entire expression process from both breasts should last up to 15 minutes in total**

When can I start pumping using an electric pump?

- ✓ It is recommended to use stimulation from an electric pump as an addition to the manual expression. Pump 10–15 minutes using a two-side pump even if there are still no results. The stimulation itself using the pump induces the breast to produce milk.
- ✓ The more you persist with expressing/pumping milk, the more milk you shall produce. When you are able to manually express around 10 ml in 15 minutes, it means you are ready to switch to exclusive machine pumping.
- ✓ The nurses and breastfeeding consultants will guide you on how to use the electric pump.

What promotes milk production and release?

- ✓ Expression/pumping during skin-to-skin contact with the baby.
- ✓ Expression/pumping after contact with the baby.
- ✓ Expression/pumping near the baby.
- ✓ Listening to music during expression/pumping.

The nurses and breastfeeding consultants are at your service for any question