

הנחיות להוצאת חלב – על ידי משאבה חשמלית

Instructions for the expression of breastmilk - using an electric pump

שאיבה דו צדדית

Double pumping

The method explained below combines breast massage with mechanical pumping, and has two steps.

Pumping in this way will help you increase the amount and quality of your breastmilk.

Double pumping increases the amount of milk and maintains the amounts over time, compared to single pumping.

<p>1 Wash / disinfect your hands</p> 	<p>2 Prepare the equipment needed for pumping included in the set in front of you.</p>  <p>2 bottles 2 tubes 2 breastshields</p>
<p>3 Gently massage your breasts for about one minute, using a round, circular motion around the areolas.</p> <p>Imagine that your breast is a clock; you should massage all of the hours. The massage encourages the flow of milk.</p> 	<p>4 Please note</p> <p>Do not pump at an intensity that causes you pain! Pumping that causes pain can lead to cracks and wounds in the breast, which will prevent you from pumping enough milk later on. In addition, pumping at a high intensity can lead to the expression of less milk when the baby later breastfeeds.</p>
<p>5</p>  <p>Pumping - stage one</p> <ul style="list-style-type: none"> ✓ Connect the pump to your breasts and turn it on at an intensity that does not cause pain ✓ Pump from both sides at the same time, while massaging ✓ Stop pumping when the flow of milk has lessened considerably 	<p>To watch an explanatory video:</p> <p>https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html</p>
<p>6</p> <p>Pumping - stage two</p> <ul style="list-style-type: none"> ✓ Massage both breasts after stopping pumping for about one minute (this produces more milk with a higher percentage of fat) ✓ Pump using the machine (massaging at the same time), or manually express, switching between the breasts, until the flow of milk stops. ✓ Transfer the expressed milk to a designated container and attach a yellow label with the baby's details as well as the date and the time you started pumping the milk to the syringe/container. Make sure to give it to the NICU nurse as soon as possible. 	

The pumping process takes about 15 - 30 minutes and depends on the individual characteristics of each new mother

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שאיבה חד צדדית

Single pumping

If you have trouble pumping from both breasts at the same time, please find the instructions for pumping from only one breast below.

1 Wash / disinfect your hands



2 Prepare the equipment needed for pumping included in the set in front of you.



1 bottle **1 tube** **1 breastshield**

3 Gently **massage** your breasts for about one minute, using a round, circular motion around the areolas.

Imagine that your breast is a clock; you should massage all of the hours. The massage encourages the flow of milk.



4 **Please note**

Do not pump at an intensity that causes you pain!

Pumping that causes pain can lead to cracks and wounds in the breast, which will prevent you from pumping enough milk later on. In addition, pumping at a high intensity can lead to the expression of less milk when the baby later breastfeeds.

5 **Pumping - stage one**

- ✓ **Attach** the pump to your breast and turn it on at an intensity that does not cause pain
- ✓ **Pump** while incorporating a massage
- ✓ **Stop** pumping when the stream lessens, and switch to the other breast
- ✓ **Pump and massage**, switching between the right and left breast
- ✓ **Stop** pumping when you feel that your breasts have emptied

To watch an explanatory video:

<https://www.youtube.com/watch?v=1DKXAt7tXIQ>

6 **Pumping - stage two**

- ✓ **Massage** both of your breasts after stopping pumping for about one minute
- ✓ **Hand express** your milk **and massage**, switching between the right and left breast until the flow stops, in order to express the high-fat milk
- ✓ **Transfer** the expressed milk to a designated container after pumping and attach a yellow label with the baby's details, the date and the time you started pumping the milk to the syringe/container. Make sure to give it to the NICU nurse as soon as possible.

The pumping process takes about 15 - 30 minutes and depends on the individual characteristics of each new mother