

Expression/Storage tips and resources

Expression Options

- Breast pumps- find one that is quick and effective, comfortable to use, reasonably priced, and easy to use/clean
- Hand expression- push back toward the chest wall with your fingers and then roll your fingers together

Tips

- To make expression more effective try to elicit the milk-ejection reflex prior to pumping and massage breasts while pumping
- Relax- use visual imagery and apply warm moist heat before and /or during pumping
- To avoid breast or nipple injury remove the pump as soon as the milk stops flowing

Storage

Breastmilk	Hospital Use	Home Use
Fresh/room temperature	4 hours	8 hours
Fresh/refrigerated	72 hours	8 days
Thawed, after freezing	24 hours	24 hours
Frozen (-20 degrees to 0 degrees)	12 months	12 months
Frozen in home freezer	6 months	6 months

Online Resources



- <http://med.stanford.edu/newborns/professional-education/breastfeeding.html>
- <http://www.lowmilksupply.org/increasingmilk.shtml>
- <http://www.breastpumpcomparisons.com/>
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