

# Breast Pumping to Establish Supply

## First 24 hours:

Within 3 hours of birth- the sooner the better.

Every three hours start to start:

Breast massage each breast for 1-2 minutes

Pump both sides for 15 minutes. Pressure should be uncomfortable, but not painful.

Hand express each side into pump flange for 5 minutes.

<https://intermountainhealthcare.org/ext/Dcmnt?ncid=51062832> page 23

## And Beyond:

Schedule to pump 8-10 times giving yourself a 6 hour gap at night

Breast massage each breast for 1-2 minutes

Pump both sides for 15 minutes. Pressure should be uncomfortable, but not painful.

Hand express each side into pump flange for 5 minutes.

You can also pump one breast at a time while doing hand expression at the same time.

