

How to Manually Pump Breast Milk (graphic instructions)

如何手擠乳(圖片說明)(英文)

A mother's breast milk is infant's most important source of nutrition, and is readily absorbable. When the infant is away from the mother and is unable to suck on the breast milk directly, mother can provide breast milk by manual pumping or through a breast pump, which helps to maintain milk secretion.

◆How often should I pump the milk ?

1. Pump the milk on the first day after delivery, since early milking will facilitate lactation; early milking will be easier than 48-72 hours after delivery.
2. Pump milk at least once every 2 to 3 hours (including night time)
3. It is important to pump the milk at night, as prolactin secretion is highest during night time.

◆Steps:



1. Wash both hands thoroughly



4 Gently press the breast inward against chest wall with thumb and index finger



2. Assume a comfortable position, and approach the breast with a clean container



5. Pinch and relax the breast until milk comes out



3. Form a c-shape with both hands, position the thumb and index finger on the top and bottom of the nipple and areola, respectively. Use other fingers to support the breast.



6. Repeat the motions at each side, pump at least 3-5 minutes until milk flow slows down. Do the same with the other breast

If you understand how to manually pump milk (graphic instructions), please sign here

Signature of patient or family

Date _____