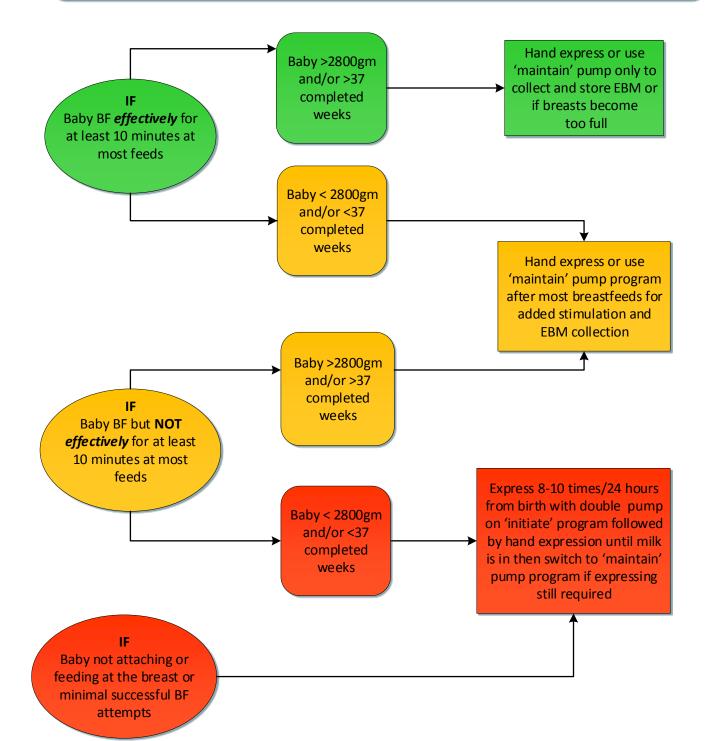
CPG0165 Breastfeeding the vulnerable newborn Appendix 3 - Initiating and establishing breastmilk supply



Hand Expressing

- Baby attaching and BF
- To collect EBM
- After using 'initiate' pump program
- To soften a full breast

Hospital Grade Pump 'Maintain' Program

- Baby attaching and BF most feeds
- Can be used from birth for additional stimulation
- 15-20 minutes each side (does not switch off automatically)
 Double pumping recommended,

Hospital Grade Pump 'Initiate' Program

- Baby not attaching to the breast
- Less than 48 hours
- Milk is not in
- Express for 15 minutes (pump will switch off automatically)
- Hand express after pumping for 5 minutes each breast
- Switch to 'maintain' program after 48 hours OR breasts are starting to feel heavy and flow is increasing
- Double pumping recommended