

## Technical specifications on breast pumping



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### Why use a breast pump ?

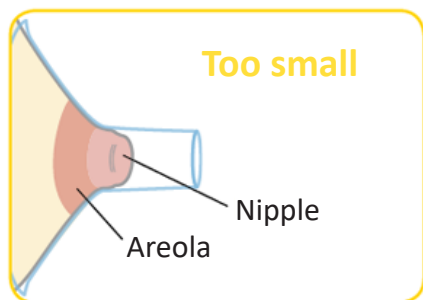
- To create a supply of milk in preparation for separation or going back to work
- To stimulate lactation in the event of difficulties with suction and the need to increase milk production
- To soothe a blocked breast
- To make a donation to a breast milk bank

### Which breast pump should I choose ?

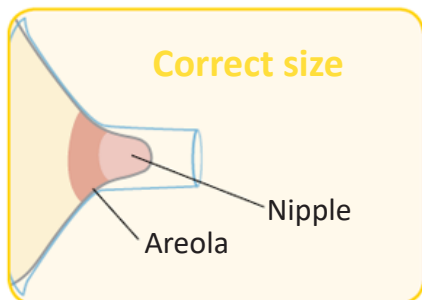
If you are considering pumping your milk frequently, you should opt for a manual or electric breast pump. As soon as milk expression is prolonged, the use of an electric breast pump is recommended.

It is better to opt for a double, two-phase device, meaning a breast pump with which it is possible to change either the pressure and speed separately or the stimulation and expression cycles.

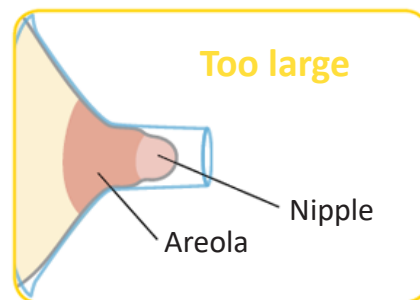
It is vital to ensure that the size of the nipple shields is correct. Too small can lead to lesions and too large may cause inefficient drainage.



The nipple is rubbing against the side of the tip.  
Try a larger nipple shield.



The nipple is centred and moves freely.



The nipple and the additional areola tissue are pulled into the tip.  
Try a smaller nipple shield.

## What do I need to do ?

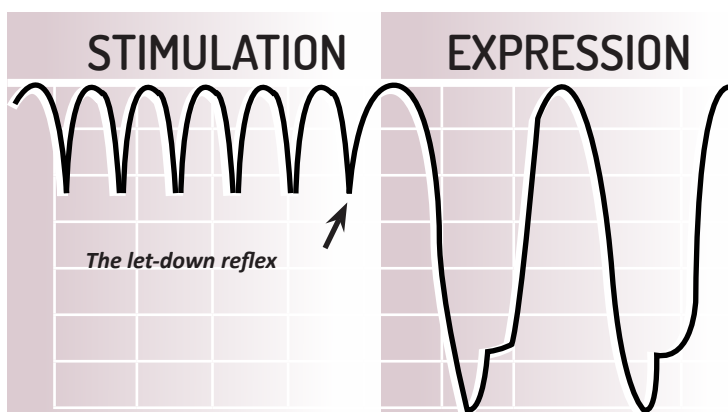
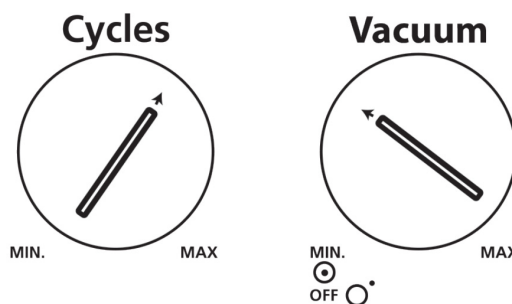
- Wash your hands
- Get settled comfortably in a calm area, near to your baby or looking at a photo of your baby
- Try to express both breasts at the same time as it is quicker
- Expressing milk should be comfortable and efficient.

## How do I set my breast pump ?

A two-phase breast pump includes a speed (cycle) and pressure (vacuum) setting.

The cycle is made up of two stages:

- **Phase 1 : STIMULATION** : makes it possible to stimulate the milk flow. Set the pump at a high speed and a fairly low pressure until the milk flows
- **Phase 2 : EXPRESSION** : milk extraction stage. When it starts to flow, gradually increase the pressure, without this being painful, and reduce the speed (by about half). Turning the pressure to the maximum is generally not necessary. Ensure that the nipple is



moving in the nipple shield. If the milk stops flowing, it is possible to carry out a second stimulation stage.

## How long does this last?

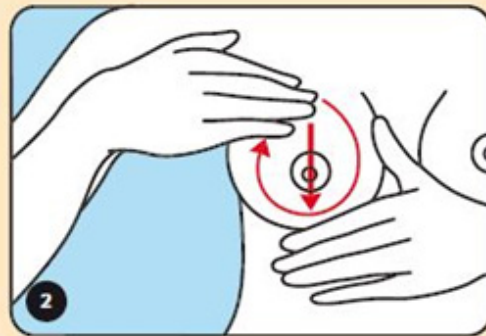
This differs for every mother, so continue for as long as the milk flows. It is not good to exceed 30 mins. If you're in a hurry, 5 to 10 mins will suffice !

## How can milk production be increased?

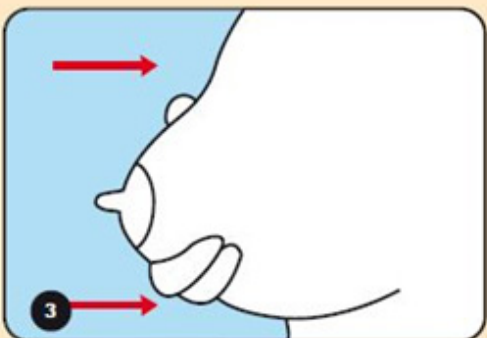
- By increasing the number of expressions: the more demand there is (children breastfeeding or expressions), the more milk the breast will produce. It is better to pump often and quickly, rather than rarely and for a long time. Pumping for longer has little impact on production. Spacing your expressions to have a greater volume will reduce milk production in the long term (because there is less demand).
- Express both breasts at the same time.
- Combine using a breast pump with manual expression.



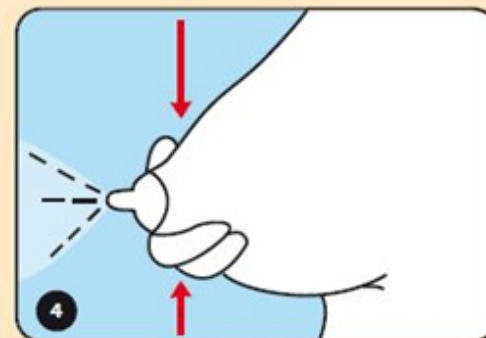
*Lactation massage: with three or four fingers, make circular movements outside the breast around the areola.*



*With hands out flat, move gradually from the outside towards the areola, up to the nipple. Repeat the action around the circumference of the breasts.*



*Manual milk expression: place your thumb (above), the index and middle fingers (below) 2 to 3 cm behind the areola in a C shape. Press gently while pushing horizontally towards the rib cage.*



*Gently squeeze the fingers together without moving them on the skin (risk of pain). Repeat this movement until the milk is no longer flowing, then move your fingers around the breast and start again.*

# Useful contacts

## Breast milk is valuable!

If you have too much milk,

you can make a donation to the CHPC breast milk bank for babies hospitalised in the neonatal unit

[lactarium.cherbourg@ch-cotentin.fr](mailto:lactarium.cherbourg@ch-cotentin.fr)

For more information, visit our website and our videos on the CHPC YouTube channel :



[www.ch-cotentin.fr/  
offre-soins/lactarium](http://www.ch-cotentin.fr/offre-soins/lactarium)



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