

Milk Expression/Pumping Checklist Chart

Date:

Pump brand/type used:

Time	D=Double S=Single	Total Minutes	Amount per R/L breasts	Hands-on Techniques Used	Comments
Midnight/0: __					
1: __ AM					
2: __ AM					
3: __ AM					
4: __ AM					
5: __ AM					
6: __ AM					
7: __ AM					
8: __ AM					
9: __ AM					
10: __ AM					
11: __ AM					
Noon/12: __					
1: __ PM/13 __					
2: __ PM/14 __					
3: __ PM/15 __					
4: __ PM/16 __					
5: __ PM/17 __					
6: __ PM/18 __					
7: __ PM/19 __					
8: __ PM/20 __					
9: __ PM/21 __					
10: __ PM/22 __					
11: __ PM/23 __					
24-Hour Goal (for mother exclusively pumping; see BF Checklist Chart if combining)	D (pumping both breasts at once) is efficient, but some MOM prefer S initially	<i>At least 120</i> minutes/24 hours; 140-160 minutes/24 hours more similar to newborn	Expect 24-hour volumes of more than 700ml (23-24oz) by the end of the first 7-10 days	Hands-on pumping techniques are associated with obtaining greater volumes of milk	Pump type can affect maternal comfort and 24-hour milk volume.

Regular, frequent milk expression that mimics the breastfeeding behavior pattern of the full-term, healthy newborn is associated with expression of an adequate volume/amount of milk in 24 hours. Pump at *least 8 to 12* times/24 hours initially; decrease session number only if typically pumping over 1000ml/24 hours. To obtain greater 24-hour milk volume/amount, try pumping more often. Most mothers can include one 4-6 hour period in 24 hours without pumping in order to get a few hours of uninterrupted sleep if the total number of sessions still equals 8-12 per 24 hours. Any desire to decrease the number of pumping sessions should be discussed with a knowledgeable healthcare provider, such as an International Board Certified Lactation Consultant (IBCLC) who will be able to guide you based on current outcomes/goal achievement.

Frequent contact with an IBCLC and/or experienced breastfeeding support and appropriate healthcare provider is advised when pumping hurts or it does not result in 24-hour total milk volumes (amount pumped) of at least 500-700ml (17-23+ oz) by 7-10 days postpartum.