



Tips to increase milk supply while pumping

Ask your nurse/doctor to connect you to a lactation specialist for assistance

Pump frequently

- Every 2-3 hours during the day, every 3-4 hours at night (8-12 times total each day)
- Why? – milk supply is based on supply and demand

Use a good pump

- Use a double-electric pump to pump both breasts at the same time
- Take advantage of using the hospital-grade pumps while visiting
- You are entitled to a pump through insurance/ WIC
- Why? – double-electric pumps are more efficient at expressing milk

Hands-on pumping

- Use your hands to gently massage and compress breasts while pumping
- Why? – skin-to-skin touch helps to stimulate milk production and release hormones during breastfeeding

Power pump

- On occasion, take a day to pump for 10-15 minutes every hour
- Why? – this increases prolactin level (milk production hormone), which leads to increased milk supply

Relax

- Find a comfortable, relaxing pump routine
- Why? – stress can inhibit milk letdown

Take care of yourself

- Eat to hunger, drink to thirst
- Get enough rest

Things to avoid

- Smoking
- Caffeine
- Decongestants, Antihistamines
- Dieting
- Herbs and supplements
- They can have side effects. While people sometimes see a boost in milk supply, there is no scientific evidence behind them.



Children's Hospital
New Orleans
LCMC Health