



## Expressing, storing, and preparing breast milk

Expressing breast milk means removing milk from your breast by hand, using a manual or electric breast pump. You will not always express the same amount of milk each day and different women express different amounts of milk

# Expressing, storing, and preparing breast milk

There are many reasons why you may need to express your breast milk including

- Your baby is premature
- Your baby is in hospital
- You have returned to paid work
- You are leaving your baby with family if you are going out
- If your breasts are full and uncomfortable
- If you want to collect and store some breast milk in the freezer
- If you choose to express and bottle feed your breast milk to your baby
- You may need to use the electric breast pump to help increase your milk supply



# Hand Expressing

---

- Wash your hands with soap and water
- Sit upright in a comfortable position
- Massage your breast from the top down
- Place your index finger and thumb on either side of your areola, not the nipple
- In your other hand have a clean container to collect the milk
- Gently squeeze your index finger and thumb in a rhythmic movement around your areola
- Milk will start to flow, slowly at first until the let down occurs, then the milk will flow faster and squirt out
- When your fingers get tired or the flow of milk slows, change your finger position around the areola, expressing milk from other areas of the breast
- You may hand express for 10-15 minutes on each breast or until the flow of milk slows



# Manual Pump

---

- You are doing the work of pumping, put the shield end to your breast and using the handle you will need to manually press in and release
- Sit in an upright comfortable position
- Massage your breast from the top down
- Place the breast shield over your breast with your nipple in the centre
- Press and release the handle until your milk flow stops, or 10-15 minutes on each breast



# Electric Pump

---

- Electric pumps do the pumping for you, you plug them into the power point
- Sit in an upright comfortable position
- Massage your breast from the top down
- Place the breast shield over your breast with the nipple in the centre
- Turn on the button and start with a low suction, you can increase the suction to your comfort
- You can go from one breast to the other a few times, or 10-15 minutes on each side until your milk flow stops



# Storing Breast Milk

---

- Put your breast milk into a clean closed container
- You can store freshly expressed breast milk at room temperature (26°C or below) for 6 hours
- Store breast milk in the fridge (4°C or below) for up to 72 hours
- In the freezer with a separate door (-18°C or below) for 3 months
- In a deep chest freezer (-20°C or below) for 6-12 months

