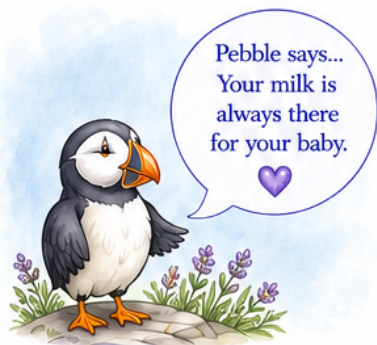




Expressing Milk

Your milk, your way—whenever you need it.



Expressing milk can help you build your milk supply, relieve fullness, provide milk when you are apart from your baby. Both hand expression and pumping are effective.



By Hand

Simple, always available, effective.

How to Hand Express

- 1 Get comfortable**
Find a quiet, private space. Wash your hands. Relax your shoulders and breathe deeply. Gentle massage or warmth can help your milk flow.
- 2 Position your hand**
Place your thumb above the nipple and your first two fingers below the areola (1–1½ inches back from the base of the nipple).
- 3 Press back**
Press your fingers and thumb straight back toward your chest wall (about 1 inch). Avoid sliding over the skin.
- 4 Squeeze and release**
Squeeze your fingers and thumb together, then release. Repeat in a rhythm. You may see drops, sprays, or just moisture—this is normal.
- 5 Switch and repeat**
Move your hand around the breast to express from different areas. Switch to the other breast.

Helpful Tips

- ♥ A few drops are normal in the first few days.
- ♥ Be patient and kind to yourself.
- ♥ Hand expression can be done anywhere and anytime.
- ♥ Start on the side your baby last fed from.



By Pump

Helpful when you are away from your baby or need to express more milk.

How to Pump

- 1 Prepare**
Wash your hands and pump parts. Get comfortable and relax. Gentle massage or warmth can help.
- 2 Set up your pump**
Assemble your pump according to the instructions. Choose the right flange size for comfort and good milk flow.
- 3 Start pumping**
Begin with a gentle setting to stimulate let-down, then use a comfortable suction level. There should be no pain.
- 4 Pump both breasts**
Pump both breasts at the same time for 15–20 minutes or until the milk flow slows.
- 5 Finish and store**
Turn off the pump before removing it. Store milk safely (see below). Clean pump parts after each use.

Helpful Tips

- ♥ Hands-on pumping (gentle massage and compression) can help you express more milk.
- ♥ Use a comfortable suction level. More suction does not mean more milk.
- ♥ Pumping should not hurt.



Prenatal Hand Expression: A Helpful Preparation

Starting hand expression in the last few weeks of pregnancy (around 36 weeks and only with your healthcare provider's guidance) may help you:

- ♥ Feel more confident and prepared
- ♥ Learn the technique before baby arrives
- ♥ Collect colostrum to have on hand if needed
- ♥ Support babies who may need extra help at birth

Always talk with your healthcare provider before starting.

Storing Expressed Milk Safely

Where	Room Temperature (20°C)	Refrigerator (4°C)	Freezer (–18°C)
Freshly expressed or pumped milk	4 hours or less	4 days or less	6 months or less (within 12 months is acceptable)
Thawed, previously frozen	2 hours or less	24 hours (1 day) or less	Do not refreeze
Leftover from a feeding (baby did not finish the bottle)	Use within 2 hours or less after end of first feeding session	Do not refrigerate	Do not refreeze

Helpful Reminders

- ♥ It is best to chill or refrigerate freshly expressed milk as soon as possible if the milk will not be used right away.
- ♥ Milk that has been warmed in preparation for feeding cannot be refrigerated or frozen.
- ♥ Thaw the oldest milk first.
- ♥ Use clean glass containers or sturdy bags made for freezing breastmilk that seal well. Avoid using bottle liners.
- ♥ Use plastic containers that are BPA-free.
- ♥ Use a clean container each time you express milk.
- ♥ Label containers with the date of milk expression.
- ♥ Store breastmilk near the back of the refrigerator where it is the coldest.
- ♥ Do not store breastmilk in the fridge door.
- ♥ Breastmilk can be transported and stored in an insulated cooler bag with frozen ice packs for up to 24 hours.



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