

# 1. Expression of Milk

## MODULE 4

During the first weeks you may have to express milk if:

- your breasts are too hard for the baby to latch.
- you want to feed your baby with breast milk when you are apart.
- you need to increase your milk production.

This is how to express milk manually.

MANUAL EXPRESSION OF MILK	
1. Wash your hands with water and soap.	✗
2. To help the milk flow, massage your breasts between 5 and 10 minutes with a warm damp towel.	✗
3.If your baby is healthy, use a glass or plastic container to store the milk. The container must have been washed with soapy hot water, rinsed thoroughly, and air dried.	✗
4. Place your thumb and two fingers 2.5 cm (1 inch) or 4 cm (1 1/2 inch) from the nipple.	✗
5. Push your thumb and two fingers toward your chest.	✗
6. Turn your thumb and two fingers simultaneously.	✗
7. Repeat steps 4,5 and 6 until the milk flow decreases; do the same thing with the other breast.	

Additional advice:

- Change breast when the flow decreases. Be sure to turn your thumb and two fingers along all the area around the nipple.
- Many mothers find it more difficult to express milk in the morning when their breasts are full or after they have breastfed.
- You may only get a few drops of milk when you begin to express. With time and practice, it will be easier to express milk from your breasts.





Most mothers do not need a breast pump. If you do need a breast pump, there are a variety of pumps available for rent or purchase from lactation consultants, hospitals, medical supply outlets, drug stores and some children's stores. Lactation consultants provide instructions and support for the pumps they supply. You can consult a public health nurse at 613-580-6744, a Lactation Consultant, La Leche League, a nurse or midwife about which pump is best for you. The type of pump you select depends on what you intend using it for.



No matter which type of pump you select, you must always follow the instructions that come with the pump.

Here are a few tips if you are planning on purchasing a breast pump.

BREAST PUMPS
Electric breast pump

	<ul style="list-style-type: none"> <li>• The electric breast pump is the one to use if you cannot be with your baby immediately after birth or if you plan on using the pump over a long period.</li> <li>• You can express from both breasts at the same time saving time.</li> <li>• The electric breast pump is often rented because it is very expensive. Call your local Public Health Office for more information.</li> <li>• Certain insurance plans cover the cost of renting an electric breast pump.</li> </ul>
<b>Battery operated breast pump</b>	
	<ul style="list-style-type: none"> <li>• The battery operated breast pump is a good choice if you plan on expressing occasionally or for a short time.</li> <li>• It may be used with one hand.</li> <li>• It is easy to carry.</li> <li>• The batteries must be replaced often. (It is better to buy a pump that can also be plugged in).</li> </ul>
<b>Manual breast pump</b>	
	<ul style="list-style-type: none"> <li>• This is a good choice if you plan to express milk occasionally or over a short time.</li> <li>• Certain pumps may be used with one hand and others require both hands. (depending on the type of pump)</li> <li>• It is easy to carry.</li> <li>• It can be tiring for the hands and wrists. It should not be used by mothers who have problems with their hands, wrists, or arms.</li> <li>• It is less expensive.</li> </ul>
<b>Breast pump with rubber bulb</b>	
	<p><b>Avoid using this type of pump. The suction is too strong and can cause bruising to the nipple.</b></p>