

Am I making enough milk?

Many mothers worry that they aren't producing enough milk, when in fact they might be. It can take up to 4 days for milk to come in, especially if you have had a Caesarian section.

If you think your milk supply isn't as high as it should be, speak to your nurse or lactation consultant.

Keep track of when, how long, and how much milk you express. This will help to identify any changes or issues with your milk supply. You can use an app or the milk expression record.

How much milk to expect in 24 hours

Day 0 to 3

You might only have a few drops each time you express. This is normal. Keep expressing.

Day 3 to 5

You should notice a major increase in milk. It might look thinner and whiter.

Day 7 to 10

Single baby	About 500mL
Twins / Multiples	About 650mL

Day 14 to 21

Single baby	About 700 to 1000mL
Twins / Multiples	About 1500mL

What if I still do not have enough milk? What else can I try?

You may hear about herbal medicines and different teas or cookies recipes that are believed to help increase milk supply. Before trying any of these, first try all the tips in this pamphlet and talk with your doctor or midwife.

When you have done everything you can and still are not making enough milk, your doctor or midwife might suggest you take medicine called domperidone to increase your supply.

About domperidone

Several small studies have been done on this medicine. The studies included women who gave birth to premature babies. They found that taking domperidone (10mg - 3 times a day for 7 to 14 days) can help increase the amount of breast milk produced. Most of the studies had women start taking the medicine at least 2 weeks after their babies were born. Very few women reported any side effects from this amount of medicine over this time period. The most common side effects were headache and stomach upset. When breast milk was checked, only a tiny amount of medicine was in it.

Note: Health Canada recommends the dose of domperidone to be no higher than 30mg a day. There are concerns about rare abnormal heart rhythms and sudden death. A woman is more likely to suffer these rare adverse events when she:

- has an existing abnormal heart rhythm or heart disease
- takes other medicines that might also cause abnormal heart rhythms
- has abnormal blood levels of electrolytes (for example: can happen from vomiting or diarrhea)

Ask your doctor or midwife if domperidone is right for you.

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This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

Increasing Your Milk Supply While Your Baby is in the Neonatal Intensive Care Unit



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How can I increase my milk supply?

- Pump every 2 to 3 hours during the day.
- Pump at least every 3 to 4 hours at night and at least 1 time between 2:00 a.m. and 4:00 a.m.
- Make sure you are pumping at least 8 times in 24 hours.
- Pump for at least 15 minutes each side, and up to 20 minutes each side.
- Pump during or right after skin-to-skin cuddling and/or after breastfeeding.
- Consider buying a hands-free pumping bra or cut slits in an old sports bra. It can make it easier for you to operate the pump and deal with the bottles.
- For best results, use a good double electric pump. Try using the hospital pump while you are here (it might have a stronger motor).
- Hand express for 5 minutes after pumping.

View this [video from Unicef UK](#) on how to hand express.



Scan QR Code to
Hand Expression Video

- Check that your pump is working well and the flanges fit comfortably (if you are not sure, ask your nurse or lactation consultant to check for you).



- Get enough to eat and drink. Your body needs about 350 to 500 more calories each day to support your body to produce milk.

To increase milk flow while pumping

- Look at a picture or video of your baby.
- Smell your baby's clothing or cloth/blanket.
- Massage your breast gently.
- Try meditating or focused relaxing.
- Try to stimulate a second let-down a couple of times during your pumping session by either:
 - pressing the 'drops' mode button on your pump (if present)
 - increasing the pump speed for a minute

What if I still do not have enough milk?

Some studies have shown that 'power pumping' is way to increase milk supply. It is intended to mimic frequent feeding of a baby experiencing a growth spurt (sometimes called cluster feeding). Power pumping sends a signal to your body to make more milk.

Here is an example of how you can power pump:

- Pick one hour in the 24 hour period each day.
- Pump for 20 minutes, rest for 10, pump for 10, rest for 10, and pump for 10 more minutes (total of 60 minutes).
- While power pumping, do something you enjoy (such as reading, watching TV, listening to music).
- Repeat this once a day for at least 3 days and up to 7 days in a row.

Keep working at it!

It can take up to 4 days after you have made changes to your routine to see an increase in your milk volume.