

# My Breast Milk Expression Record: \_\_\_\_\_

- Check off (✓) when you hand express and/or pump.
- Aim for 8 sessions every 24 hours (about every 3 hours).
- Pump for 15 minutes on each side with the pump suction set as strong as is comfortable. You should not have pain when pumping.

**Hand expressing often (more than 5 times a day) along with electric pumping in the first 3 days since birth can really increase your milk supply by day 14.**

## Milk Volume Targets

Time since birth	Volume with each pump (both breasts)	Volume in a day
<b>Day 1 to 2</b>	<b>Drops to 20 mL</b>	Drops to 120 mL
<b>Day 3</b>	25 to 45 mL	160 to 360 mL
<b>Day 4 to 5</b>	50 to 60 mL	400 to 600 mL
<b>Day 6 to 9</b>	75 to 90 mL	600 to 720 mL
<b>Day 10 and beyond</b>	90 mL or more	720 to 1000 mL

Date:

Time	Hand Express	Pump	Amount (mLs)
Total mLs in 24 hours			

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Have questions or concerns about breastfeeding or expressing milk? Talk to your nurse.

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