

# Pumping 101

## RESOURCE GUIDE

### Helpful Links

- [How to Hand Express](#)
- [Using Your Pump](#)
- [Hands-On Pumping Video](#)
- [Flange Sizing Guide](#)
- [Nipple Ruler](#)
- [Flange Sizing & Purchasing Guide](#)
- [Cleaning Your Pump Parts](#)
- [Safe Breast Milk Storage and Handling](#)
- [Pitcher Method](#)
- [Fridge Hack](#)
- [Paced Bottle Feeding](#)
- [Finding Your Exclusive Pumping Number](#)

[SHOP RECOMMENDED PRODUCTS](#)



### The Pumping Room

Your go-to source for all things pregnancy and breastfeeding.

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### Canopie Mental Health App

Canopie is your partner in maternal mental health. Aeroflow moms have free access to the app, including customized audio & video programs - plus live classes! Free access code: PUMP101

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# Pumping 101

## RESOURCE GUIDE

### Class Notes Table of Contents

- [How Pumping Can Be Beneficial](#)
- [When to Start Pumping with a Newborn](#)
- [How to Hand Express](#)
- [Using Your Pump](#)
- [Flange Sizing](#)
- [Cleaning Your Pump Parts](#)
- [Safe Breast Milk Storage and Handling](#)
- [Replacing Parts](#)
- [Pumping Schedule](#)
- [Pumping Accessories](#)
- [Power Pumping](#)
- [References](#)



## How Pumping Can Be Beneficial

- Pumping helps you to build a milk supply if you are separated from baby.
- Allows you to provide breast milk for your baby.
- Allows you to use a bottle.
- Helps relieve engorgement.
- Loved ones can join in feeding baby.
- Helps to increase milk supply if it is low.
- Beneficial when going back to work.

## When to Start Pumping with a Newborn

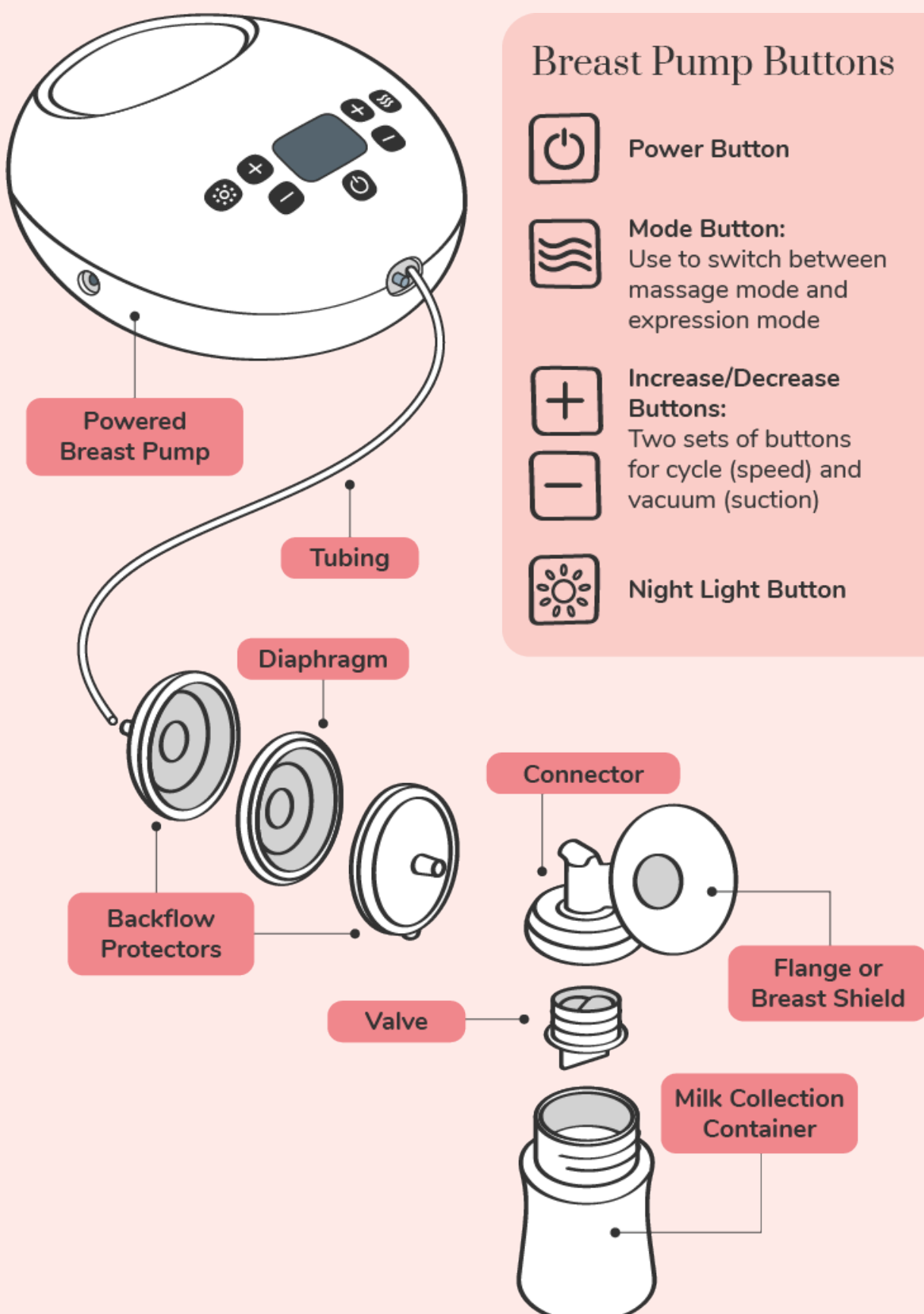
- If your baby is struggling to latch, not nursing effectively or you are separated from your baby, begin pumping right away.
  - Pump every **3 hours for 15-20 minutes** to replace any feedings.
  - Hand express after pumping to help extract colostrum.
  - Connect with a lactation consultant to make a pumping plan.
  - If you are exclusively pumping, start pumping right away.
- If direct breastfeeding is going well, it is recommended to **wait until nursing has been well established (around 4 weeks) before introducing pumping or a bottle.**

## How to Hand Express



# Using Your Pump

- [Breast Pump Quick Guide](#)
- Use pump settings that mimic your baby's feeding patterns.
  - This typically means using a faster cycle and lower suction at the beginning of a session and switching to a slower cycle and higher suction after letdown.
  - Many moms benefit from returning to “letdown” or “massage” mode about halfway through their pumping session and then finishing on a slower cycle with higher suction.
  - Never increase suction level beyond what is comfortable.
- Hands On Pumping can help maximize pumping output.
  - [Hands-On Pumping Video](#)



## Flange Sizing

- Sign up for our [How to Fit Your Flange](#) class or schedule a **1:1 consultation**.
- It's ok to measure your flange size around 38-39 weeks pregnant, but it's a good idea to reassess your size at about 2 weeks postpartum.
- Measure your nipple in millimeters before pumping.
- Each breast may need a different size.
- Flange sizes may change throughout the postpartum period.
- Use our nipple ruler, a seamstress tape, or silicone **nipple ruler** to self-assess.
- Most moms find that adding **0-3 mm to their nipple measurement** provides the most comfortable and effective fit.
- Check out our [Flange Sizing Guide](#) and [Flange Purchasing Guide](#).

## Cleaning Your Pump Parts

### Safe Breast Milk Storage and Handling

- [Pitcher Method](#)
- [Fridge Hack](#)

## Replacing Parts

- Insurance Coverage and Replacement Parts
  - **Many insurance plans cover replacement parts.**
  - Most breast pump manufacturers have a 90 day warranty.
  - Check your breast pump manufacturer's instructions for replacements.
  - If you purchased your breast pump through Aeroflow and your insurance covers replacement parts, you will receive an email and text message notification when you are eligible.



## Pumping Schedule

- How to incorporate pumping (at about 4 weeks)
  - **Pump for 10 minutes** following your first morning nursing session for the first few days and store the milk.
  - Once you feel comfortable with pumping, choose a nursing session to replace, then pump for 15-20 minutes just before you think baby might be hungry.
  - Use **Paced Bottle Feeding** to feed baby this pumped milk.
  - Once the bottle has been introduced, **offering 2-3 bottles per week** should help avoid future bottle refusal.
  - If planning to go back to work, **slowly increase the number of feedings that you pump and bottle feed** instead of breastfeed.
  - Most mothers need to **pump every 3 hours** while away at work.

## Power Pumping

- A typical power pumping routine lasts 60 minutes, once per day:
  - Pump 20 minutes
  - Rest 10 minutes
  - Pump 10 minutes
  - Rest 10 minutes
  - Pump 10 minutes
- Results may vary and are typically seen in 2-3 days.
- **Schedule an appointment** with one of our Lactation Consultants to get to the root cause of low milk supply and make a plan to increase production.



## Pumping Accessories

- Pumping accessories are qualifying HSA/FSA purchases.

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## References

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