

Aeroflow Breastpumps

Finding Your Exclusive Pumping Number

Many moms who exclusively pump wonder how often they need to pump to have a full milk supply (around 20-25 ounces per day).

At first, most moms will need to pump often (at least 8 times per day). After about 6 weeks, when milk supply is established, many moms can pump less often and not decrease their supply.

The amount of times you should pump depends on how much space your milk-making glands have, not on your breast size. The table below can help you know how many times per day you may need to pump to maintain, increase, or decrease your milk supply based on your storage size. ¹

Amount Pumped (based on your largest pump session with both breasts in the last few days*)	Number of Pump Sessions to Increase Milk Supply	Number of Pump Sessions to Maintain Milk Supply	Number of Pump Sessions to Decrease Milk Supply
10+ oz	6-7 times/day	5-6 times/day	3-4 times/day
5-9 oz	7-8 times/day	6-7 times/day	4-5 times/day
3-5 oz	8-9 times/day	7-8 times/day	5-6 times/day
2-3 oz	9-10 times/day	8-9 times/day	6-7 times/day

*Usually middle of the night or in the morning

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Pumping 101
- Exclusive Pumping Breakout Room

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References:

1. <https://connect.springerpub.com/content/sgacl/2/1/15.full.pdf>