

Aeroflow Breastpumps

Best Practices for Exclusive Pumping

What Is Exclusive Pumping?

Exclusive pumping is the term used to describe a mother providing her expressed breast milk in ways other than nursing at the breast. Mothers exclusively pump for many reasons, but the most common is latch difficulties. Other reasons include separation from their infant due to a NICU admission or it best fits their lifestyle. No matter the reason, it is important to highlight that exclusive pumping is a valuable and effective way to provide breast milk.

Start Pumping Early

Research shows that stimulating the breast within the hour after birth will result in milk transitioning to mature milk sooner and an overall higher breast milk supply⁽⁸⁾. Since colostrum is thick and sticky, hand expression is the best way to express this early milk⁽⁹⁾. You can also start using the breast pump for stimulation.

Amount Expressed for Exclusive Pumping

The goal is to pump at least how much your baby needs. Typical pumping output for exclusively pumping is 2 to 4 ounces (oz.) every 2 to 3 hours^(6,7). Breastfed babies typically take an average of 25 oz. of breast milk per day from ages 1 to 6 months^(6,7). Paced Bottle Feeding is a technique that is key for helping babies who are fed with bottles have more control of their feedings and to develop good feeding habits⁽⁴⁾. Paced Bottle Feeding also reduces the risk of overfeeding⁽⁴⁾. This technique is essential for exclusively pumping mothers and babies.

Key Tips For Exclusive Pumping Success:

- Double electric breast pump to help build and maintain the supply.
- Correct flange size⁽³⁾.
- Pump every 2-3 hours in the daytime, every 3-4 hours overnight^(6,7).
- Pump for 15-20 minutes, even if the flow slows or stops^(6,7).
- Double Pump- This means pumping both sides at the same time. Hormones rise to higher levels when stimulating both breasts together.
- Hands On Pumping- gentle breast compression during pumping to maximize the amount expressed⁽¹⁰⁾.
- Pump settings are comfortable- if there is pain, it is too high!

- Continue as much skin-to-skin as possible since this will keep your hormones high for milk production⁽¹⁰⁾.

Follow Breast Milk Storage Guidelines: The CDC (Center for Disease Control and Prevention) provides recommendations for [safe breast milk storage and handling](#). These guidelines are intended to reduce the risk of contamination or spoilage when collecting, storing and preparing breast milk. It is also important to store milk in usable portion sizes. Storing milk in 2 oz. and 3 oz. portions often work well because these are common feeding volumes. Consider how you will rotate your stored milk. Many moms pump and refrigerate milk for the next day's feedings while others pump and freeze milk while thawing their oldest frozen milk for the next day's feedings⁽²⁾.

Exclusive pumping comes with special challenges and unique rewards. There is some evidence that the immunological response of breast milk may be reduced with exclusive pumping. This is because the baby's saliva is not mixed with the breast milk at the breast to provide immune boosting healthy bacteria⁽¹⁾. Pumped milk still contains hundreds of immune and nutrition factors that cannot be duplicated with formula. Rubbing a bit of your baby's saliva on your nipples each day can help your body to customize your milk to your baby's needs.

Should I exclusively pump?

If you and your baby are experiencing nursing difficulties and are considering exclusive pumping consult with an IBCLC (International Board Certified Lactation Consultant) as soon as possible. Expert advice can help you determine how best to proceed. If feeding at the breast is not going well, pumping will likely be necessary to stimulate a full milk supply even if you do not move to only pumping right away⁽⁶⁾.

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
- How To Fit Your Flange
- How to Find a Pump You LOVE

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: (From Original)

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2. Centers for Disease Control and Prevention (CDC). (2022). *Proper storage and preparation of breast milk*. Retrieved June 2020, 2023, from https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm.
3. Jones, E. & Hilton, S. (2009). Correctly fitting breast shields are the key to lactation success for pump dependent mothers following preterm delivery. *Journal of Neonatal Nursing*, 15: 14-17.
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5. Lawrence, R. A., & Lawrence, R. M. (2021). *Breastfeeding: A guide for the medical profession*, 9th ed. Elsevier.
6. Marasco, L. & West, D. (2020). *Making more milk*, 2nd edition. McGraw Hill.
7. Neifert, M. & Bunik, M. Overcoming clinical barriers to exclusive breastfeeding. (2013) *Pediatric Clinics of North America*, 60(1): 115-145.
8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4720864/>
9. <https://pubmed.ncbi.nlm.nih.gov/19519669/>

10. <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

Possible Resources:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

<https://lila.org/breastfeeding-info/hand-expressing/>

Womanly Art of breastfeeding??

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9546173/>

<https://laleche.org.uk/exclusively-expressing-breastmilk-for-your-baby/>