

GETTING A BREASTPUMP FOR HOME

Our hospital Lactation Consultants will provide a prescription to get a pump soon after delivery. There are many local supply companies who can deliver your pump while you are in the hospital or to your home

In some cases you can get a pump delivered even before you deliver.

Often breast pumps are covered by your insurance company.

If you are part of WIC– your peer counselor can also work with you to get a home pump.

Generally– mothers are asked to pump 8 –10 times in 24 hours for 15 minutes each time until their infant is able to breastfeed around the clock.

Donor Breastmilk

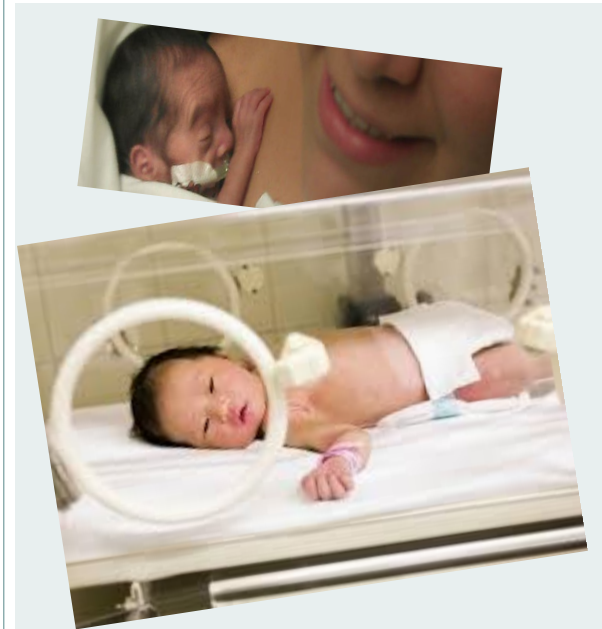
Babies in the NICU, full term and preterm , are often fed with breast milk. You can still make milk and feed your NICU baby! The medical team caring for your baby will help you understand what your baby needs for good nutrition and growth.

Golisano Children’s Hospital has a donor breast milk program if a mother’s milk is unavailable when feedings need to be started. You will be notified if your baby qualifies for use of donor breastmilk and will be fully informed prior to your baby receiving donor breastmilk. We use mother’s milk first, if it is available.



GOLISANO
CHILDREN'S HOSPITAL

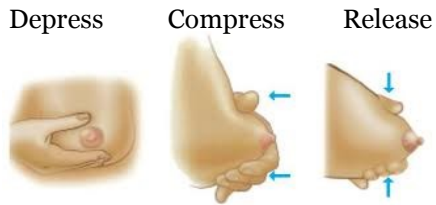
Breastmilk Production



WWW.breastfeeding.rochester.edu
585-276-MILK

Hand Expression within the first hour of delivery is the best method to remove colostrum for your baby AND the most effective way to remove colostrum for the first 24 hours.

Hand Expression every 2-3 hours around the clock



1. Wash your hands
2. Get comfortable
3. Warm and gently massage breasts
4. Place hand gently on breast with thumb and finger opposite each other with nipple in between away from areola
5. Apply gentle pressure and press fingers back toward chest. (Depress)
6. Bring fingers together-through the tissue (compress)
7. (Release) and repeat
8. Alternate breasts every 2-3 minutes
9. Colostrum can be placed in syringe, spoon or cup to give to baby

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Breastmilk: Nature's perfect food .

Best for babies and best for parents.

Babies fed breastmilk have:

- Healthier digestion
- healthier intestinal health
- improved brain and eye development.
- Lower obesity
- Lower diabetes Type 2
- Fewer colds
- Fewer ear infections
- Less asthma
- Less diarrhea

Colostrum : The first milk. Made at about 18 weeks of pregnancy. It is thick and sticky, like honey. Colostrum is full of antibodies that help build babies immune systems and protect their fragile intestines.



Parents who breastfeed have:

- Less post partum depression
- Lower risk of diabetes Type 2
- Time and money saving on formula purchase and preparation