



Using an electric breast pump

Pump hirer name

Contact

ABA sells and hires electric breast pumps through local ABA groups. ABA members receive 50% off breast pump hire rates. To find out more and your nearest available breast pumps use the QR code at right or go to to aba.asn.au/hire

Not sure if you need to express your milk? Get more information at aba.asn.au/expressing

Get a breast pump



Expressing - the basics



How often should you express?

When and how often to express using an electric breast pump depends on your situation. See our website articles linked to the QR codes below for information for your situation.

Expressing for a newborn

Exclusive expressing

Increasing your supply

Relactating or induced lactation

Return to work or study

Going to hospital

For mums who are expressing less often or only on occasion a personal electric pump or hand pump is adequate.

If you notice your supply dropping, try expressing more frequently.



The National Breastfeeding Helpline receives funding from the Australian Government. This information is copyright material of the Australian Breastfeeding Association breastfeeding.asn.au/copyright

Getting the milk to flow

Many mums find they can only express a tiny amount at first. This doesn't mean they don't have any milk. It's often because their let-down reflex hasn't yet been triggered so the milk doesn't flow. Normally, your baby plays a big role in assisting your let-down. When you're expressing, you may need some help to get your milk to flow. Try these suggestions.

- relaxing using a method that suits you
- thinking about your baby – a photo can help
- placing a warm (not too hot) face washer over your breasts
- sitting in a comfortable position
- having a warm or cool drink handy
- distracting yourself by watching or reading something else.

Getting the milk to flow



Cleaning expressing equipment



Cleaning information

If you are expressing for a healthy, term baby, you won't need to disinfect or sterilise your own expressing equipment.

If your baby is sick or premature or you have a breast or nipple infection, follow the advice of your doctor or child health nurse about cleaning your equipment.

You will need to clean equipment thoroughly at least once every 24 hours if you're expressing frequently. Store the unrinsed expressing equipment in a clean, closed container or plastic bag in the fridge between sessions. If you're only expressing once a day or less, clean equipment after each use.

Thorough cleaning is important to make sure you have removed all milk from the breast pump parts and storage containers.

1. Wash your hands well with soap and water. Dry them on clean paper towel or an unused cloth towel.
2. Take apart all containers and the milk collection kit so that every part can be cleaned well. Rinse in cold water to remove milk from all the parts.
3. Take care to remove all traces of grease, milk and dirt with a small amount of dishwashing liquid and hot water. Use a brush kept just for this purpose.
4. Rinse at least twice in hot water
5. Drain bottles and containers upside-down on clean paper towel or a clean cloth towel. Cover while they air dry. Before putting away, ensure no water droplets remain in the containers or on any parts. If any water remains, dry carefully.

Store the dry kit in a new plastic bag, plastic wrap, more paper towel or a clean, covered container until next use.

All containers and breast pump parts used to collect or store breastmilk (except for the sterile expressed breastmilk bags or new plastic bags) will need to be cleaned before use.

In areas where there are different water supplies for drinking and washing, use drinking water to wash and rinse the pump equipment.

Using the breast pump

1. Wash your hands and assemble the clean electric breast pump kit using the maker's instructions.
2. Set the pump to the lowest suction setting.
3. Make sure your nipple is in the centre of the flange and not being rubbed.
4. Start with short sessions and the pump on its lowest suction setting. You can increase the suction once you're more comfortable with pumping. You'll get the most milk when the suction is on the highest level that is comfortable.
5. If you're using a single kit, you may find it useful to change breasts several times during the session. This gives each breast a rest but also triggers a new let-down each time.
6. Keep the milk collection kit upright while you are expressing to prevent milk from going into the tubing
7. Contact your pump hirer if any of the following happens:
 - The pump is not working
 - You feel the pump is not helping you.
 - You want to return the pump early.

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