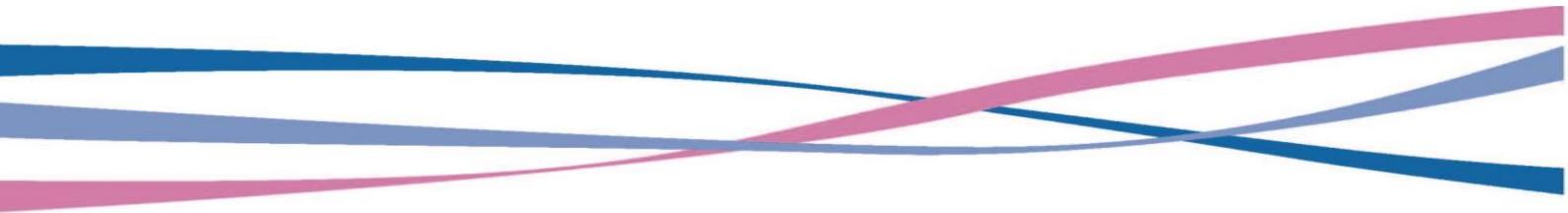


# Power Pumping to Boost Milk Production

## Important information for patients



### What is power pumping?

Power pumping mimics the sporadic, frequent feeding of an infant who is going through a growth spurt or developmental leap. During this spurt or leap, a baby will feed more often and for longer periods. Power pumping tells your body that your baby is requiring more milk. The increased milk removal increases prolactin levels in turn increasing milk supply.

- Some women find the best time is in the mornings and after a breastfeed.
- For best results use a double breast pump.
- Find a pattern or routine which fits in with you.
- You may notice a difference in your milk supply within 48 hours.

### In order to boost your milk production you should pump for once a day as follows:

- Pump for 20 minutes (or until milk flow stops)
- Rest for 10 minutes
- Pump for 10 minutes
- Rest for 10 minutes
- Pump for 10 mins



If you are experiencing problems with your milk supply or feeding and have had additional support, you may be asked to pump twice a day.