

Breastmilk is best

Pumping Log

*No. 1 choice
of hospitals
& mothers*

Personal Pumping Log for



Picture of your Baby

Congratulations!

Medela would like to congratulate you on your new arrival. We support you in providing your baby with the life saving benefits of breastmilk. You play a very important part in giving your baby the food he needs for a healthy future. The best part is it comes directly from you.

Helpful Questions to ask the NICU

(There are so many questions you have... this is just to help get you started.)

- | How will my breastmilk be used to feed my baby?
- | Where can I pump?
- | Where can I store my breastmilk?
- | Why is my baby in the NICU?
- | What are your procedures for taking care of my baby?
- | Who can visit my baby?
- | What are the visiting hours?
- | Who will be taking care of my baby?
- | What tests are being performed on my baby?
- | What is the diagnosis and please explain in words that I can understand?
- | What type of support is there for my family?
- | Is there housing available so that I can be close to my baby?
- | What can I do to help take care of my baby?
- | When will I be able to hold or touch my baby?
- | When will my baby be ready to go home?
- | What type of financial assistance is available?

Important Information

Doctor's Names: _____

NICU Phone Number: _____

Rotation Schedule: _____

Lactation Consultant's Name: _____

Other: _____

Pumping Log

Date: _____

Days in hospital: _____

	Start Time	End Time	Expressed Amount (ounces or milliliters)		Total Pumping Time	Pumping Notes
			Left Breast	Right Breast		
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Total						

Journal: _____

1 oz = 30 ml

Pump Type

Symphony

Other: _____

Breastshield Size

21 24 27 30 36

Kangaroo Care

Yes No

Term of the Day

Colostrum – Colostrum is the first milk that comes out of a mother’s breasts up to 5 days after delivery. Colostrum has a thick, yellowish appearance, and is rich in proteins and antibodies.

Tip of the Day

In the first few days after birth, most mothers express very small amounts of milk from a few drops to a few milliliters at each pumping.

Medela's Breastfeeding Group exists to enhance mother and baby health through the life-giving benefits of breastmilk.



Preemie+

Symphony Initiation Card

Preemie+ assists initiating and maintaining lactation in breast-pump-dependent mothers with premature infants in the NICU.

Operation

For Preemie+



Press On/Off, followed by the let-down button (within 10 sec.)

For Standard



Press On/Off

Preemie+ 1.0

- Use from the first time postpartum until you have reached initiation. You have reached initiation if you have pumped 20ml in each of three consecutive pumping sessions.
- Afterwards, the Standard 2.0 program needs to be used.

Standard 2.0

- Use after you have reached Initiation.

You have reached initiation if you have pumped **20ml in each of three consecutive pumping sessions.**

For any further assistance contact your lactation consultant or another medical professional.



All pumps marked with this sticker have the Preemie+ program included.

Study references

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