



GREAT LAKES BREASTFEEDING WEBINARS

Let it Flow and Get it Out: Expressing Human Milk and Exclusive Lactation

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- The goals of this presentation are to identify when pumping is necessary; to educate on safer milk handling; to define effective pumping tools and their relevance; and to communicate practical barriers to equity in human milk extraction.
- There are many reasons for milk expression, ranging from prenatal or postpartum health concerns to socio-cultural and personal, familial reasons.
- For milk expression, prolactin helps to produce the milk while oxytocin helps to get the milk out.
- Hand expression has many benefits including being more effective, less expensive, and always accessible for the parent. Hand expression on the first day will result in more milk on the second day than feeding directly from the breast alone. Hand expression can result in 80 percent more milk expressed than electronic pumping.
- Before choosing a pump, consider when and why you will be expressing milk.
- Manual pumps: are relatively inexpensive, portable, and fairly easy to clean thoroughly.
- Electric or motorized pumps: tend to be faster and more convenient depending on time constraints.
- Battery-operated pumps: similar to electric pumps but require power to be recharged so not ideal for situations without power. As battery starts to lose power, the suction becomes weaker or the pump itself turns off.
- Hands-free pumps: ideal for those who do not have time to sit down and express milk.
- Correct terminology is single-user pump (pump used every day) and multi-user pumps (which have stronger motors and can usually be rented from the hospital or an IBCLC).
- Under the Affordable Care Act and private insurance, parents have the right to a new pump. However, the legislation does not stipulate the type or brand of pump you receive. Whether Medicaid covers breast pumps varies greatly by state.
- Federal law does allow exempt employees reasonable unpaid time for expressing milk. However, the law is not applicable to everyone depending on the employment situation (migrant workers, domestic workers, undocumented workers). Parents often stop breastfeeding because they lack the place and time to express milk at work.
- Safe storage and handling regulations from the Academy of Breastfeeding Medicine should be followed for optimum safety:

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf>

- Human milk rarely spoils. When human milk smells soapy or rancid it is most likely due to lipase and/or chemical oxidation and this milk is completely safe to give to baby.
- There is not one single way to feed expressed human milk to babies. Methods include cup, syringe, lactation aid, finger feed, tube, or spoon.
- Paced bottle feeding helps to control the amount of milk baby eats at a feeding and helps to control the flow of milk to baby.
- Centers for Disease Control (CDC) provides protocol for how to keep your breast pump kit clean. Sanitizing can be done according to what method is available (heat source or cold water disinfection).
- Healthy term babies between the ages of one to six months eat an average of 19-30 ounces in 24 hours. If a baby eats every two to three hours, the amount averages to two to four ounces of milk per feeding. The amount that a baby eats does not change between this age range.
- Important issues in equity and human milk: 1) inequities in who needs milk and who gets milk; 2) inequities in access to pumps and insurance; 3) health and lactation professionals are oftentimes not representative of the populations they serve; and 4) jobs that allow pumping versus those that don't are tied to race and class.
- International Code of Marketing of Breastmilk Substitutes does not prohibit infant formula; breast pumps; bottles; and/or teats but prohibits the predatory marketing of these components.
- Beware research that is funded by pharmaceutical or infant formula companies. The only type of human milk research needed is that which increases breastfeeding rates and improves access to donor milk for vulnerable infants and communities of color.

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