

Expressing diary

Using the expressing diary

At some point, most mothers expressing breast milk for their premature or ill baby wonder whether their milk production is as it should be. To support the breastfeeding process, we have developed an expressing diary. The use of an expressing diary is associated with increased milk production in mothers with a premature baby.

Keeping a diary will give you more insight into your expressing frequency and progress. In addition, you will be able to see whether specific interventions you have taken to increase your breast milk production have had the desired result.

This expressing diary provides tips that can help you increase your milk production, such as how, where and how often to express, and general tips on breastfeeding.

If you have any questions about filling in the expressing diary, please ask the nurses on your ward or the lactation consultant.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.

Baby's name:**Date of birth:****Lactation consultant:**

Trees Loos-Theuws

Moniek Rooijakkers-de Bruin

Telephone number:

+31 40 888 8442

Doctors:

Medication taken by mother:

Additional information:

The following general tips may help you increase your breast milk production:

- Express frequently—at least six to eight times a day.
- Rest and sleep as often as you can.
- Have skin-to-skin contact with your baby as often as you can.
- Do relaxation exercises while expressing.
- Breathe deeply in and out while expressing.
- Massage your breasts before and during expressing.
- Ask a lactation consultant for help if you have any expressing problems.

Date:

Number of days since birth:

Expressing session	Time	Milk production, left breast (ml)	Milk production, right breast (ml)	Where did you express?
Total (ml):				
2				
3				
4				
5				
6				
7				
8				
9				
10				

- ☐ Manually
- ☐ Manual pump
- ☐ Single electric pump
- ☐ Double electric pump

Comments/questions:

The breast milk produced during the first seven days after giving birth is called colostrum. Colostrum is thicker and yellower than the milk produced later on, and contains extra protein, vitamins and minerals. It has a laxative effect on your baby and is easier to digest. It also contains lots of antibodies and white blood cells to protect your baby against infections.

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1				
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Total (ml):

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- ☐ Manual pump
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Comments/questions:

Try to relax and get plenty of rest. Take good care of your body.

Premature babies sometimes find it easier to breastfeed when a nipple shield is used.

Date:

Number of days since birth:

Expressing session	Time	Milk production, left breast (ml)	Milk production, right breast (ml)	Where did you express?
1				
2				
3				
4				
5				
6				
7				
8				
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10				

Total (ml):

- ☐ Manually
- ☐ Manual pump
- ☐ Single electric pump
- ☐ Double electric pump

Comments/questions:

Express at least six to eight times a day. Between the second and sixth day after giving birth, you may experience engorgement. This is a sign that your milk production is increasing.

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Expressing session	Time	Milk production, left breast (ml)	Milk production, right breast (ml)	Where did you express?
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Total (ml):

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Comments/questions:

Just like breastfeeding, expressing is something new mothers need to learn how to do. Your milk production is likely to be fairly low for the first few days after giving birth, so don't be disappointed if you are producing little or no milk the first few times you express. Any drops you manage to express during the first few days are highly valuable to your baby.

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Comments/questions:

Your baby develops over the course of your pregnancy. At 11 weeks, your baby can swallow liquids in your womb. At 24 weeks, your baby learns how to suckle. At 32 weeks, your baby develops a rooting reflex and is able to suckle and swallow. From 37 weeks onwards, your baby has learnt how to coordinate suckling, swallowing and breathing.

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Comments/questions:

Some mothers struggle to trigger their let-down reflex when they need to initiate and maintain their milk production using a pump. Massaging your breasts and expressing a few drops of milk by hand before using a pump can help boost your let-down reflex. Privacy, comfort and having your baby nearby also have a stimulating effect when expressing.

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Comments/questions:

We will loan you a pump set every day for the duration of your admission. Once you've been discharged from hospital, you will need to buy or rent a pump set yourself.

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Comments/questions:

You can use the bottles supplied by the hospital when expressing breast milk. Make sure you write your baby's name and the time and date the milk was expressed on the stickers. Use yellow stickers for the first seven days, then switch to white.

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Comments/questions:

Storage advice (use-by date) for breast milk at home

	Room temperature	In the fridge (5 °C)	In a freezer (-15 °C)	In a deep freezer (-20 °C)	After warming up
Fresh breast milk	5-10 hours	Up to 5 days	3 months	3-6 months	1 hour
Thawed breast milk	1 hour	24 hours			1 hour

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Comments/questions:

It's important to try to maintain a healthy lifestyle while breastfeeding. You can use the Wheel of Five to make sure you eat a healthy diet.

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Comments/questions:

Two hormones play a major role in breastfeeding. Oxytocin, also known as the let-down hormone, is released when your nipples are stimulated. Prolactin is essential for milk production.

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Comments/questions:

When expressing, it's important to use the right size of breast shield. When you finish expressing or breastfeeding, rub a drop of milk on your nipples. This will keep them in the best possible shape!

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Comments/questions:

*You have every reason to be proud of yourself.
Only a mother can give a baby the wonderful gift of breast milk!
You may only be expressing a little, but even a small amount of breast milk is the best thing you can give your baby.*

The following websites may come in useful if you're looking for more information about breastfeeding and expressing: www.llli.org/breastfeeding-info/