



**York and Scarborough
Teaching Hospitals**
NHS Foundation Trust

How to make sure you stimulate a good milk supply when your baby is on SCBU

Information for patients, relatives and carers

Special Care Baby Unit

① For more information, please contact:

The Infant Feeding Co-ordinators

The York Hospital
Wigginton Road, York, YO31 8HE
Tel: 01904 721917

Scarborough Hospital
Woodlands Drive, Scarborough, YO12 6QL
Tel: 07766 498290

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Useful contact numbers

Infant Feeding Co-ordinators	Tel: 07788227549 Tel: 07766 498290
National Breastfeeding Helpline	Tel: 0300 100 0212
The Breastfeeding Network	Tel: 0300 100 0210
La Leche League	Tel: 0845 120 2918
NCT	Tel: 0300 330 0700

Best beginnings

'For sick and preterm babies the importance of breastmilk cannot be overestimated, supporting growth and providing protection from infection. In particular, evidence suggests that the use of breastmilk decreases the incidence and severity of the life threatening disease 'necrotising enterocolitis' (Baby Friendly Initiative 2019).

By giving your baby your breastmilk you are providing protection and nutrition for them.

How to do it

- You should start expressing within two hours or as soon as possible after your baby's birth. The amount of milk you get will be small at first, just a few drops, but it is important to start the process early in order that you have enough milk long term.
- A member of staff will show you how to hand express your breastmilk. Information on this can be found in the 'Mother's and others Guide' booklet ask the midwife for this if you don't have one already.
- Hand expressing works best to stimulate hormones that make milk; it is better that you start with this and then move on to pump as your supply increases. Lots of gentle breast massage and nipple rolling prior to expressing will make expressing more effective and increase the amount of milk you get.

- To help you to produce milk and to help it to flow you will find it helps to have a picture of your baby to look at, or a piece of his clothing that has your baby's smell on it if you aren't next to your baby at the time.
- As the amounts of milk you are expressing gradually increase, **after about 48 hours** you will be shown how to use a pump to express. Ask a member of staff to show you how to use the pump. Don't forget to use breast massage and nipple rolling before pumping. It is also a good idea to massage your breasts while using the pump as this increases the amount of milk you get.
- It is best to express at least **eight to ten times over 24 hours**. Gaps between expressing should be no longer than four hours (daytime) and six hours (night time). This is really important to keep the hormone levels up. This is just for the first two weeks, and then you can often reduce the frequency of expressing.
- You do not need to express at regimented intervals. You can 'cluster express', this means you can express frequently over a short period of time, when it is convenient for you. For example express at 1pm, 2pm, 3pm, and 4pm, this mimics a baby cluster feeding.
- Always try to express until the milk stops flowing, if using a pump it may be helpful to hand express the last few drops of fat rich milk after using the pump.

- Most people find using a double pump will help you to obtain more milk in less time and to encourage more milk production in the long term. We highly recommend this.
- When using the pump increase the suction to the highest comfortable setting for you. As the bottle fills the negative pressure from the pump changes and you may need to decrease the suction pressure on the pump.
- There are two different programmes that can be used on the Medala pumps, our staff will talk you through which will work best for you
- Light pressure is needed to hold the funnel onto breast and obtain a seal. Firm pressure can compress the milk ducts in the breast and inhibit milk flow.
- If your baby has been born very early you will benefit from expressing more frequently, nearer 10 times in 24 hours. Your body has a little more to do as the breasts have had less time to develop in pregnancy.
- Once the amount of milk you are producing is up to 750mls – 900mls in 24 hours, you can often decrease the frequency you are expressing without reducing the supply, to six to eight times in 24 hours including at night. Please discuss with a member of staff to support you with this.

- It is ok that you may produce more milk than your baby is taking at the time. It means your breast milk supply is being fully switched on over the first two weeks so that you will be able to obtain as much milk as your baby needs for the coming weeks and months ahead. Milk not used immediately by your baby can be frozen and stored on SCBU or at home. In the longer term you might want to consider donating any surplus breast milk to a milk bank – check the website of UKAMB for details, we use the Chester Milk Bank but see which supports your situation the best.
- Skin to skin is wonderful for you and your baby, it triggers calming hormones for you both and helps increase your milk supply. SCBU staff will support you and baby to have skin to skin as soon as possible. (See Bliss 'Skin-to-skin with your premature baby' leaflet).
- To ensure that expressing your milk is going as well as possible; the staff will spend some time with you whilst using the breast pump. This should take place at least four times in the first 14 days.
- It may be helpful to use the log in this book to record the milk you express so that you can see how often you have expressed and to see that the amount of milk you produce over 24 hours will increase each day.
- It can take time to learn how to hand express and you can ask staff for help and support at any time.

Expressing Breastmilk for Baby/s

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Born on @hrs weeks gestation

Birth weightgrams

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Amount				
Expressed:				
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Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Infant Feeding Co-ordinator

York 07766498290

Scarborough 07788227549

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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Email: access@york.nhs.uk

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