

Pumping and Storing Breast Milk

You may need to express or pump breast milk to relieve engorgement, to increase your milk supply or to feed your baby breast milk with a bottle.

Why and When to Pump

- **To soften your breasts** if your baby is having trouble latching on.
 - ▶ Pump for a few minutes and try your baby at your breast again.
- **To have a milk supply** when your baby is unable to breastfeed or to store breast milk.
 - ▶ Pump every 2 to 4 hours through the day and one time at night.
- **To increase your milk supply.**
 - ▶ Pump every 2 to 3 hours if you are not breastfeeding, or
 - ▶ Pump between feedings as often as you can.
 - ▶ Pump on the second breast if your baby only nurses on one side.
- **To prepare to return to work or school.**
 - ▶ Pump one time each day, between feedings to store extra milk. Morning is a good time to pump.
 - ▶ Pump extra milk and store it at least 2 weeks before your return date.
 - ▶ Pump at least every 4 hours when away.

用吸奶器吸出乳汁和储存乳汁

为了缓解涨奶、促进乳汁分泌或用奶瓶喂宝宝乳汁，可能需要挤出乳汁或用吸奶器吸出乳汁。

吸奶的原因和时机

- 如果乳房过硬，宝宝无法吸住，可用吸奶器使乳房软化。
 - ▶ 用吸奶器吸奶数分钟后，再让宝宝吸住乳头。
- 宝宝无法吃母乳时，为了保持乳汁的分泌或为了储存乳汁，也需要用吸奶器吸奶。
 - ▶ 白天每 2 至 4 小时用吸奶器吸奶一次，夜间用吸奶器吸奶一次。
- 增加乳汁的分泌。
 - ▶ 如果不用母乳喂养宝宝，则每隔 2 至 3 小时用吸奶器吸奶一次；或
 - ▶ 在喂奶的间隙，尽可能多用吸奶器吸奶。
 - ▶ 如果宝宝只吃一侧的乳房，则要吸另一侧乳房。
- 准备重新上班或上学。
 - ▶ 每天在喂奶的间隙用吸奶器吸奶一次，保存多余的乳汁。早晨是用吸奶器吸奶的好时机。
 - ▶ 在重新上班或上学日期前，至少提前两周开始用吸奶器吸出和储存多余的乳汁。
 - ▶ 不在家时，至少每隔 4 小时用吸奶器吸奶一次。

Ways to Express Breast Milk

- By hand
 - ▶ Massage breast toward nipple to express milk.
- With a pump
 - ▶ There are manual and electric breast pumps.
 - ▶ Pump for about 10 minutes on each breast any time you pump.

Getting Started

- Wash your hands with soap and water.
- Have a clean container ready for collecting the milk.
- Find a relaxing position in a quiet spot and think about your baby.
- Massage your breast and take slow easy breaths.
- For privacy while pumping, cover your breasts and pump container with a blanket or towel.

Collecting and Storing Breast Milk

- Use sterile glass bottles, plastic bottles or milk storage bags made for breast milk. **Do not** use disposable bottle liners because they are too thin.
- Store breast milk in 2 to 5 ounce portions to avoid wasting breast milk.
- Breast milk from different pumpings can be added together if the milk is pumped during the same 24-hour day.
- Breast milk should be chilled as soon as possible after it is pumped.

如何挤出乳汁

- 用手挤
 - ▶ 向乳头方向按摩乳房，挤出乳汁。
- 使用吸奶器
 - ▶ 吸奶器有手工和电动两种。
 - ▶ 每次用吸奶器吸奶时，每侧乳房吸奶大约 10 分钟。

注意事项

- 先用肥皂和水洗手。
- 准备干净的容器盛奶。
- 找一个僻静处，让身体放松，想自己的宝宝。
- 按摩乳房，呼吸放缓和放轻松。
- 用吸奶器吸奶时为保护隐私，可用毯子或毛巾遮着乳房和吸奶器。

收集和储存乳汁

- 应该使用专门用来储存乳汁的无菌玻璃瓶、塑料瓶或储奶袋。切勿使用一次性使用的奶瓶内袋，因为此种内袋过薄。
- 乳汁分份储存，每份 2 至 5 盎司，以避免浪费乳汁。
- 24 小时内分次吸出的乳汁可合在一起。
- 乳汁吸出后应尽快冷藏。

- It is normal for pumped milk to vary in color and thickness.
- Stored milk separates into layers. Cream will rise to the top as the milk warms. Mix the milk layers before feeding.
- If you are not going to use the breast milk within 48 hours after pumping, freeze the milk.
- Always use freshly pumped milk first. Then use refrigerated or frozen milk by the oldest date first.
- If breast milk has a sour or strange smell, throw it away. If there is any doubt, **do not** use the milk.

Handling Fresh Breast Milk

- If you washed your hands well before pumping, fresh milk may remain at room temperature (no warmer than 77°F or 25°C) for use in 4 to 8 hours. If you are not going to use it, store it in the refrigerator as soon as possible.
- Refrigerate milk right away if the room, car or outside air temperature is above 77°F or 25°C. When you are away from home, use a lunch box size cooler with an ice pack to keep milk cool.

Breast Milk Storage

These guidelines are for a full-term, healthy baby. You may be given different guidelines to follow.

- **Fresh**
 - ▶ Store at room temperature (no warmer than 77°F or 25°C) for 4 to 8 hours. If the temperature is higher, cool the milk right away.
 - ▶ The milk can be stored in the refrigerator (32 to 39°F or 0 to 3.9°C) for 5 to 7 days.

- 乳汁吸出后，颜色和粘稠度会发生变化，这是正常的。
- 乳汁储存时会分层。乳汁加热时，其中的油脂会浮到上面来。喂奶前应该摇匀乳汁。
- 如果用吸奶器吸奶后 48 小时内不用乳汁喂宝宝，就要冷冻保存乳汁。
- 先用刚吸出的乳汁。然后再用冷藏或冷冻乳汁中最早吸出者。
- 如果乳汁变酸或有异味，要丢掉。如果怀疑乳汁有问题，切勿使用。

处理新鲜乳汁

- 如果用吸奶器吸奶前洗干净手，则新鲜乳汁在室温（不超过华氏 77°F 或摄氏 25°C）可保存 4 至 8 小时。如果不用乳汁喂宝宝，要尽快放入冰箱保存。
- 如果室温、车内或户外温度超过华氏 77°F 或摄氏 25°C，乳汁吸出后要立即放入冰箱冷藏。离家时，应该在便当盒大小的冷藏盒内放冰袋保存乳汁。

乳汁的储存

以下储存原则适用于足月的健康婴儿。其它情况可能有不同的储存原则。

- **新鲜乳汁**
 - ▶ 室温（不超过华氏 77°F 或摄氏 25°C）可保存 4 至 8 小时。如果室温高于此温度，要立即冷藏。
 - ▶ 乳汁可在冰箱内储存 5 至 7 天（华氏 32 至 39°F 或摄氏 0 至 3.9°C）。

- **Frozen**

- ▶ Frozen milk can be stored for 3 months in the refrigerator freezer and 6 months in a deep freezer (0°F or -17.8°C).
- ▶ Once thawed, frozen milk can be stored in the refrigerator for 24 hours.

Thawing Frozen Breast Milk

- Thaw frozen milk in a cup of warm water. This takes 5 to 10 minutes.
- You can also thaw frozen milk 8 to 12 hours or overnight in the refrigerator.
- Thawed milk can remain refrigerated but should be used within 24 hours.
- **Do not** thaw breast milk by sitting it on the counter at room temperature.
- **Do not** warm breast milk in a microwave oven. It can change the breast milk and reduce the quality of the milk. Microwave ovens heat the milk unevenly to cause a chance of burning your baby's mouth.
- **Do not** refreeze thawed milk.

Warming Breast Milk

- Remove the milk from the refrigerator just before using.
- Warm the milk by holding the container under **warm** running tap water or sit it in a bowl of warm water for 5 to 10 minutes.
- Rotate the bottle gently and test the warmth of the milk by placing a drop on the inside of your wrist before feeding your baby.

- **冷冻**

- ▶ 乳汁在冰箱的冷冻室内保存期可达 3 个月，在深度冷冻室内（华氏 0°F 或 摄氏 -17.8°C）保存期可达 6 个月。
- ▶ 冷冻乳汁融化后，可在冰箱内保存 24 小时。

融化冷冻的乳汁

- 用温水化冻，时间 5 至 10 分钟。
- 冷冻乳汁也可放在冰箱的冷藏室内化冻，时间 8 至 12 小时或一夜。
- 化开的乳汁可继续冷藏保存，但应在 24 小时内使用。
- **切勿**将乳汁放在室温的台面上化冻。
- **切勿**使用微波炉加热乳汁。微波炉加热可能改变乳汁成份，降低乳汁的品质。微波炉对乳汁的加热不均匀，可能烫伤宝宝的嘴。
- **切勿**重新冷冻化开的乳汁。

加热乳汁

- 使用前从冰箱内取出乳汁。
- 乳汁的加热方法是：将装乳汁的容器放在**温水**中冲洗，或放在热水容器内，时间 5 至 10 分钟。
- 喂宝宝前，轻轻转动奶瓶，将乳汁滴在手腕部位，测试乳汁温度是否合适。

- Milk left over in the container after a feeding may be offered at the next feeding before discarding. Do not reheat milk that has been heated. Breast milk can safely stand at room temperature for 4 to 8 hours.
- **Do not** warm breast milk by sitting it on the counter at room temperature.
- **Do not** warm breast milk in a microwave oven. It can change the breast milk and reduce the quality of the milk. Microwave ovens heat the milk unevenly to cause a chance of burning your baby's mouth.

Talk to your baby's doctor or nurse if you have any questions or concerns.

- 喂奶后剩下的乳汁可再喂一次。不要重新加热已经加热过的乳汁。乳汁在室温下可安全存放 4 至 8 小时。
- **切勿**将乳汁放在室温的台面上化冻。
- **切勿**使用微波炉加热乳汁。微波炉加热可能改变乳汁成份，降低乳汁的品质。微波炉对乳汁的加热不均匀，可能烫伤宝宝的嘴。

如有任何疑问或担心，请咨询医生或护士。

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