

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儲存乳汁

爲了緩解漲奶、促進乳汁分泌或用奶瓶餵寶寶乳汁，可能需要擠出乳汁或用吸奶器吸出乳汁。

吸奶的原因和時機

- 如果乳房過硬，寶寶無法吸住，可透過吸奶器使乳房軟化。
 - ▶ 用吸奶器吸奶數分鐘後，再讓寶寶吸住乳頭。
- 寶寶無法吃母乳時，爲了保持乳汁的分泌或爲了儲存乳汁，也需要用吸奶器吸奶。
 - ▶ 白天每 2 至 4 小時用吸奶器吸奶一次，夜間用吸奶器吸奶一次。
- 增加乳汁的分泌。
 - ▶ 如果不用母乳餵養寶寶，則每隔 2 至 3 小時用吸奶器吸奶一次；或
 - ▶ 在餵奶的間隙，盡可能多用吸奶器吸奶。
 - ▶ 如果寶寶只吃一側的乳房，則要吸另一側乳房。
- 準備重新上班或上學。
 - ▶ 每天在餵奶的間隙用吸奶器吸奶一次，保存多餘的乳汁。早晨是用吸奶器吸奶的好時機。
 - ▶ 在重新上班或上學日期前，至少提前兩週開始用吸奶器吸出和儲存多餘的乳汁。
 - ▶ 不在家時，至少每隔 4 小時用吸奶器吸奶一次。

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.

如何擠出乳汁

- 用手擠
 - ▶ 向乳頭方向按摩乳房，擠出乳汁。
- 使用吸奶器
 - ▶ 吸奶器有手工和電動兩種。
 - ▶ 每次用吸奶器吸奶時，每側乳房吸奶大約 10 分鐘。

注意事項

- 先用肥皂和水洗手。
- 準備乾淨的容器盛奶。
- 找一個僻靜處，讓身體放鬆，想自己的寶寶。
- 按摩乳房，呼吸放緩和放輕鬆。
- 用吸奶器吸奶時為保護隱私，可用毯子或毛巾遮著乳房和吸奶器。

收集和儲存乳汁

- 應該使用專門用來儲存乳汁的無菌玻璃瓶、塑膠瓶或儲奶袋。切勿使用一次性使用的奶瓶內袋，因為此種內袋過薄。
- 乳汁分份儲存，每份 2 至 5 盎司，以避免浪費乳汁。
- 24 小時內分次吸出的乳汁可合在一起。
- 乳汁吸出後應儘快冷藏。

- 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.

- 乳汁吸出後，顏色和粘稠度會發生變化，這是正常的。
- 乳汁儲存時會分層。乳汁加熱時，其中的油脂會浮到上面來。餵奶前應該搖勻乳汁。
- 如果用吸奶器吸奶後 48 小時內不用乳汁餵寶寶，就要冷凍保存乳汁。
- 先用剛吸出的乳汁。然後再用冷藏或冷凍乳汁中最早吸出者。
- 如果乳汁變酸或有異味，要丟掉。如果懷疑乳汁有問題，切勿使用。

處理新鮮乳汁

- 如果用吸奶器吸奶前洗乾淨手，則新鮮乳汁在室溫（不超過華氏 77°F 或攝氏 25°C）可保存 4 至 8 小時。如果不用乳汁喂寶寶，要儘快放入冰箱保存。
- 如果室溫、車內或戶外溫度超過華氏 77°F 或攝氏 25°C，乳汁吸出後要立即放入冰箱冷藏。離家時，應該在便當盒大小的冷藏盒內放冰袋保存乳汁。

乳汁的儲存

以下儲存原則適用於足月的健康嬰兒。其他情況可能有不同的儲存原則。

- **新鮮乳汁**
 - ▶ 室溫（不超過華氏 77°F 或攝氏 25°C）可保存 4 至 8 小時。如果室溫高於此溫度，要立即冷藏。
 - ▶ 乳汁可在冰箱內儲存 5 至 7 天（華氏 32 至 39°F 或攝氏 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.

- 冷凍

- ▶ 乳汁在冰箱的冷凍室內保存期可達 3 個月，在深度冷凍室內（華氏 0°F 或 攝氏 -17.8°C）保存期可達 6 個月。
- ▶ 冷凍乳汁融化後，可在冰箱內保存 24 小時。

融化冷凍的乳汁

- 用溫水化凍，時間 5 至 10 分鐘。
- 冷凍乳汁也可放在冰箱的冷藏室內化凍，時間 8 至 12 小時或一夜。
- 化開的乳汁可繼續冷藏保存，但應在 24 小時內使用。
- 切勿將乳汁放在室溫的檯面上化凍。
- 切勿使用微波爐加熱乳汁。微波爐加熱可能改變乳汁成份，降低乳汁的品質。微波爐對乳汁的加熱不均勻，可能燙傷寶寶的嘴。
- 切勿重新冷凍化開的乳汁。

加熱乳汁

- 使用前從冰箱內取出乳汁。
- 乳汁的加熱方法是：將裝乳汁的容器放在溫水中沖洗，或放在熱水容器內，時間 5 至 10 分鐘。
- 餵寶寶前，輕輕轉動奶瓶，將乳汁滴在手腕部位，測試乳汁溫度是否合適。

- 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.

- 餵奶後剩下的乳汁可再餵一次。不要重新加熱已經加熱過的乳汁。乳汁在室溫下可安全存放 4 至 8 小時。
- 切勿將乳汁放在室溫的檯面上化凍。
- 切勿使用微波爐加熱乳汁。微波爐加熱可能改變乳汁成份，降低乳汁的品質。微波爐對乳汁的加熱不均勻，可能燙傷寶寶的嘴。

如有任何疑問或擔心，請諮詢醫生或護士。

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