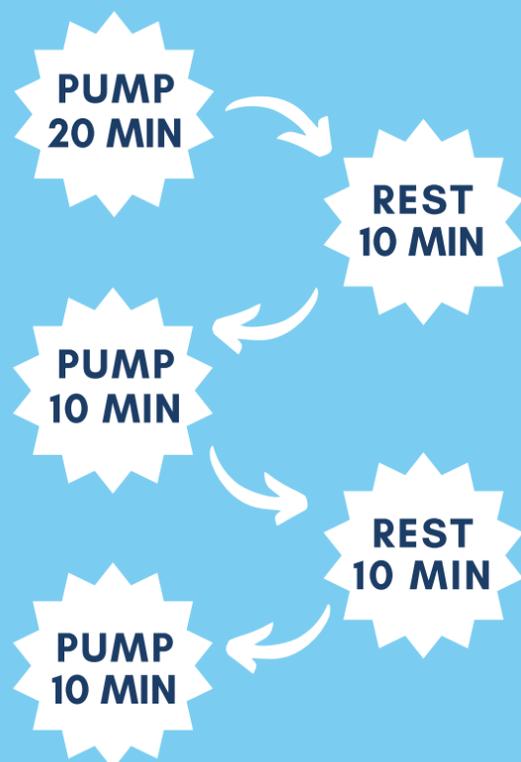


ALL ABOUT POWER PUMPING

WHAT IS POWER PUMPING?

Looking for a way to increase your milk supply? With Power Pumping, you can replace one of your regular pumping sessions with a 60-minute marathon session, similar to when your baby is cluster feeding.

Try it once a day for 3-7 days to see results.



WHY YOU MIGHT TRY IT



- Your lactation consultant suggested it
- You need to store extra milk because you will be going on a trip or having surgery
- Your supply has suffered because your older baby is fidgety at the breast and nursing less
- You have returned to work, and being away from your baby has affected your supply
- Your period has returned or you have been sick, and your supply has dipped temporarily

WHAT NOT TO DO

- DO NOT assume your supply is low! Your baby may be becoming more efficient at eating, and changes in output are normal. If unsure about your supply, check with a lactation consultant
- DO NOT power pump when you don't need to. This can cause oversupply (which can lead to engorgement and infection)
- DO NOT turn the suction up too high. This can be painful and won't make you pump more milk
- DO NOT do it more than once a day



HOW TO MAKE IT EFFECTIVE



- Make it fun! Use it as a time to catch up on your favorite shows, or listen to music
- Check that your pump is working properly. Low supply may be due to tubes that have leaks or a motor going bad
- Check your pump's valves. Valves that are on incorrectly or damaged may cause suction loss in the breast pump
- Check your flange size. The right flange size can increase output
- Stay hydrated and get lots of rest!