# Breastfeeding support, from hospital to home

Choosing the right technology





## Which stage?

### **Initiate**

Days 1-7

In the first days after birth, milk production is activated. This is also known as "milk comina in".

#### Build

Days 8-30

### Maintain

Months 2-6

### Which mother?



### **Breastfeeding** on track

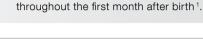
I Mother has no problems with initiation I Infant effectively feeds at the breast



Infant sucking behaviour during early breastfeeding helps intitiate the mother's milk supply.

Infant breastfeeds effectively within the first hour after birth and continues breastfeeding every 2-3 hours ensuring a minimum of 8 feeds in 24 hours.

Milk supply is generally initiated between days 2 – 53. Nearly all mothers have initiated lactation by day 74.



A mother's milk supply will normally increase

Mother and infant familiarise themselves to their breastfeeding relationship and work together to build milk supply.

If mother and infant are separated for short periods during this important stage of building supply, a personal use pump can help.



age 1 to 6 months<sup>2</sup>.

Together mother and infant maintain milk supply.

When mothers have established a good milk supply and choose to breastfeed and express milk, it is still important to effectively maintain milk production 5.

During established lactation, the daily milk

intake of an infant remains consistent from

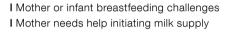
Choosing the right pump depends on how many breastfeeds are being replaced each day with expressing 6. The pump's effectiveness, efficiency, comfort and convenience become more important with increasing pump dependency 5.



Mothers can use manual (Harmony) or single electric pumps (Swing) for brief separations. Double electric pumps

(Swing maxi or Freestyle) can be used for longer separations 5.

### **Initiation help**





Use of a Symphony breast pump with Initiation technology can help initiate milk supply 7.

Infant did not feed effectively within 6 hours of birth or fed less than 8 times daily.

A Symphony breast pump with Initiation technology can be used to complement the infant's feeds at the breast in order to initiate milk supply.

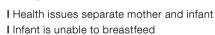


Use of a Symphony breast pump can help build milk supply 5,7.

The infant becomes more effective at breastfeeding over the first month helping to build milk supply.

Continued pumping using a Symphony breast pump with 2-Phase Expression technology can help mothers achieve the full benefit of having started with Initiation technology<sup>5</sup>.

### **Pump** dependent







Use of a Symphony breast pump with Initiation technology can help initiate milk supply 7.

The first pumping session should occur ideally within one hour after birth8; at the latest within 6 hours and continue every 2-3 hours 9.

Using initiation technology, mothers can achieve 67 % more milk by day 7 compared to using 2-Phase Expression technology alone 7.



Use of a Symphony breast pump can help build milk supply 5,7.

After initiation occurs,

the pump dependent mother should continue to express every 2-3 hours to build her milk

Continued expression using a Symphony breast pump with 2-Phase Expression technology can help mothers achieve the full benefit of having started with Initiation technology 5.



Use of a Symphony breast pump can help maintain milk supply 5,7.

Supply has been

established and meets the needs of the infant. The pump dependent mother should continue to express frequently to maintain her milk supply.

Using a Symphony breast pump with 2-Phase Expression technology can help the mother continue to provide breast milk and maintain production.

#### Success milestones

I Infant has 3 or more yellow stools in 24 hours after day 4 10.

I 3 consecutive pumping sessions, achieving ≥20 ml each 7.

#### Success milestones

I Infant has regained birth weight at the latest by days  $10 - 14^{11}$ .

I Typically mothers produce a daily average of around 750 ml by 2-4 weeks 12.

#### Success milestones

I Infant demonstrates consistent weight gain according to WHO growth standards.

I The established milk supply is maintained to meet the needs of the infant.

### The WHO and UNICEF recommend

I Initiation of breastfeeding within the first hour after the birth

I Exclusive breastfeeding for the first six months I Continued breastfeeding for two years or more



#### Breastfeeding

Breastfeeding is best for infant and mother when possible.



#### Initiation technology

Is intended for use by pump-dependent mothers until secretory activation has occurred (pumping 20 ml or more in total in each of three consecutive pumping sessions OR for a maximum of 5 days)7.



#### Hospital grade breast pump

Symphony, a multiple-user double electric pump with Initiation technology.



2-Phase Expression technology When using maximum comfort vacuum, 2-Phase Expression technology helps mothers pump efficiently and build and/or maintain milk supply 13.



#### Personal use pumps

Can be manual, single electric or double electric to suit different needs.



#### Double pumping

When using 2-Phase Expression technology, double pumping expresses up to 18 % more milk with higher energy content compared to single pumping 14.

#### References

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