



Bryan Neonatal Intensive Care Unit

Hand Expression of Breastmilk

1. Watch Dr. Morton's video: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
2. Wash your hands.
3. Relax and think about your baby.
4. Using warm, wet washcloths on your breasts for 5 minutes before starting may make expression easier.
5. Gently massage each breast in a circular motion using the flat part of your fingers.
6. Make a "C" with your fingers about an inch back from the edge of the areola (dark part on the breast).
7. Press your hand inward toward your chest (not out toward the nipple).
8. Compress your breast (not the nipple) with the soft pads of your thumb and fingers. Continue to press backward, and avoid sliding your fingers down toward the nipple.
9. Relax the pressure and start over again.
10. Change the position of your thumb and fingers on your breast. Rotate your hand position. This will help to stimulate milk from many of the ducts in your breasts.
11. After 10-20 compressions on the first breast, switch to the other breast. Continue switching back and forth between breasts until the flow of milk slows.
12. Collect the drops of milk into a syringe or a small bottle for your baby.
13. Label the container as directed and send to the Bryan Neonatal Intensive Care Unit.

