



抽取乳液及母乳的储存

一些有助的提示

如您在亲哺喂养方面遇到问题、或需要离开宝宝几个小时以上、则可以通过手压或泵乳来给宝宝喂母乳。

亲哺喂养的最佳开始、就是当宝宝在头一个月的时间内仅靠亲哺喂养。在这段时间里、宝宝就学会了如何贴近乳房、并在每次哺乳时吸食到所需的奶量。乳房会根据宝宝的饮量配合、来补充并生产适量的乳液。乳液供应量会以满足宝宝的需求来做调整。

当亲哺喂养进展顺利时、通常就无需泵乳。但是、当您确定宝宝可以轻松含紧、哺乳得好并且体重增加时、有时您可能会选择用手挤母乳或泵乳后、再用奶瓶来喂养。对需要离开宝宝去工作的母亲来说、泵乳或手挤母乳也是很有帮助的。

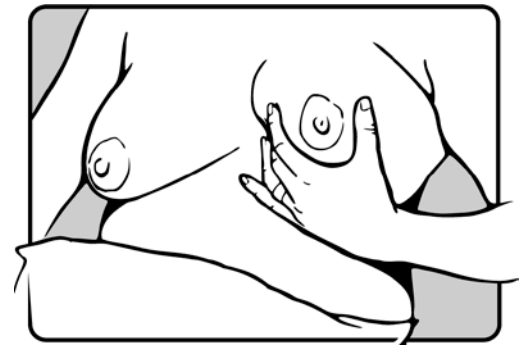
手挤母乳

用手挤母乳是一种有用的技能。通过练习、许多妇女可用这种方式有效地从乳房中收集乳液。一些女性甚至学会了同时可以从两个乳房挤乳液。

以下是用手挤母乳的步骤：

- 首先、用手托着乳房。将手指和拇指放在乳晕的边缘、做成“U”形。
- 在手指和手压入乳房的同时、将手指移向拇指并保持几秒钟。重复几次此动作即会导致滴乳或流乳液。
- 然后将拇指和手指转为“C”形、就这样重复着做。

有一个很好的有关按摩乳房及用手挤乳的录像、可上网：
<http://bfmedneo.com/our-services/breast-massage>



首先将手指和拇指做成“U”形放在乳晕的边缘。



吸乳器可以很快又很容易地收集母乳

我什么时候应该使用泵乳器？

大多数女性发现使用良好的泵乳器、是收集乳液用于奶瓶喂养最好的方法。即使工作时间很忙、但如经常且充分地从乳房中抽取乳液、乳房仍然可以继续生产宝宝所需的所有奶量。

还有其他原因需要泵乳。在以下情况下、寻求帮助并开始泵乳是非常重要的：

- 宝宝的体重减轻了 **10%** 以上
- 乳液供应不足
- 乳头疼痛或乳房疼痛导致哺乳问题
- 婴儿早产或住院
- 宝宝无法亲哺喂养

泵乳液时我会看到什么？

在塑料泵乳器轻轻地将乳头和周围的乳房吸入时、可能会看到乳汁从乳头的多个导管（小开口）滴落。在一开始泵乳时身体就会释放激素（体内的一种天然物质）。*催产素激素（oxytocin）* 会引起泄流反射、使乳汁从乳腺中流出。

一些妇女对泄流反射感到一种刺痛感。最初几分钟泵出的乳液看起来是白色、有时很稀。通常在泵乳结束时看起来就较浓。它看起来与婴儿出生后的头几天所看到的透明或黄色初乳不同。都是好乳汁。有时一边乳房比另一边乳房产生的乳液要多。通常这不是问题。

我应该多久泵一次乳液？

为了确保在外出时乃仍然维持充足的乳液供应、请计划在每次婴儿的哺乳时间泵乳。泵乳就是告诉乳房补充宝宝需要的乳液量。如乳房“饱满”的时间持续过长、乳房就会开始减少乳液的产量。这就是为什么在最初的 **1** 或 **2** 个月内、每次不应该超过 **4** 个小时才喂奶或泵乳。

大多数妇女发现每次两边同时泵乳 **10** 到 **15** 分钟即可“排空”她们的乳房。如使用单边泵乳、则每侧可能要花费 **15** 分钟或更长时间。

如何储存母乳？可保持多长时间？可以将母乳冻结吗？

- 当房间温度低于 **77° F(25°C)**。而刚刚挤出的乳液计划在 **6 小时** 内喂给宝宝时、您可以不必把奶放在冰箱里。
- 如乳液是准备在一周内要给宝宝喂食、则可以把它放在玻璃或塑料容器中、放在冰箱内储存。
- 如冷冻箱可让冰淇淋保持固体状态、则可将母乳放在该冷冻箱里储存 **6 个月**。或在深度冷冻 (**-4° F 或 -20° C**) 中最长可保存 **12 个月**。
- 母乳可以在放玻璃或不含 **BPA** 的塑料容器中冷冻。如使用塑料瓶或塑料袋、请保护它避免被刺穿。在容器中不要把乳液装得太满。以便牛奶在冻结时有一些膨胀的空间。

安全储存母乳的一种简单的记忆方法是“**6 的规则**”：

- 新鲜奶在室温下可安全放置 **6 个小时**。
- 冷母乳在冰箱中可以安全保存 **6 天**。
- 冰冻母乳可以在冷冻柜中安全存放 **6 个月**。

通过任何一种方式储存过的母乳加温后、务必在 **1 小时** 内使用它。

冷冻后的母乳如何解冻？

- 冷冻的母乳可以在冰箱或一碗热但不**沸腾**的水中解冻。冷冻的母乳也可使用热水加热。
- **不要**使用微波炉解冻或加热母乳。母乳的某些健康益处可能会受到影响，并且加热不均会引起局部热点。
- 母乳解冻后、请在 **24 小时** 内使用它、请勿重新冷冻。对于早产儿或住院的婴儿、母乳存储指南可能有所不同。

我如何获得泵乳器？

几乎所有健保公司都将泵乳器作为新妈妈的福利之一。请致电您的健保公司、以了解您的保险如何帮助您取得泵乳器。

如您接受 **WIC** 的服务、则可由 **WIC** 诊所获得泵乳器。

华大医学 **UW Medicine** 不出租或出售泵乳器或设备。但是、我们可以根据需要帮助回答问题。



6 的规则

- *新鲜的母乳在室温下可安全放置 **6 个小时**。*
- *冷的母乳在冰箱中可以安全保存 **6 天**。*
- *冰冻母乳可以在冷冻柜中安全存放 **6 个月**。*

那一种泵乳器对我最适合？

租用的抽乳器

医院级的泵乳器是最优质的泵乳器。但由于他们价格昂贵、因此有需要时大多数的母亲都是租用。

大多数妇女发现、使用医院级的泵乳器时、她们可以在更短的时间内收集更多的乳液。如您的宝宝早产、或您的宝宝在医院并且无法与您在一起、则收集乳液就非常重要了。

双边的电动泵乳器

当乳液供应量充足、或每天只需要使用几次泵乳器时、它就很方便。如母亲在婴儿出生后需要重返工作岗位时、电动泵乳器就非常有用。大多数人就会购买双边电动泵乳器而不租用它们。

手动泵乳器

手动泵乳器只能偶尔使用一次。与其他类型的泵乳器相比、它们的成本更低、但速度也较慢。如您的宝宝一般哺乳都很好、并且您也很少会离开宝宝、那么就可选择这类型的泵乳器。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

您有疑问吗？

我们很重视您的提问。

如您有关于挤乳液及母乳的储存方面的疑问、请联系哺乳辅导服务：

206.598.4628

Expressing and Storing Breast Milk

Helpful tips

If you are having problems with breastfeeding, or if you need to be away from your baby for more than a few hours, hand expressing or pumping can allow your baby to be fed your breast milk.

Breastfeeding gets off to the best start when babies feed only at the breast for the first month or so. During this time, your baby will learn to attach to your breast and take the amount of milk needed for each feeding. Your breasts respond by refilling and producing the right amount of milk based on how much your baby drinks. Your milk supply adjusts to meet your baby's demands.

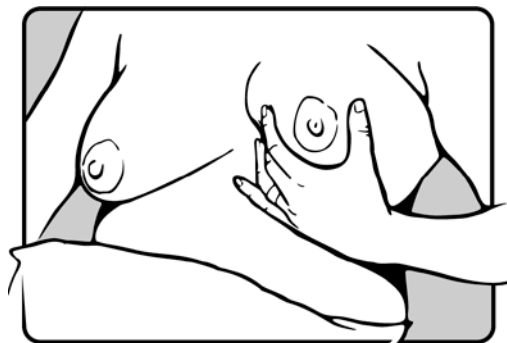
When breastfeeding is going well, there is usually no need to pump. But, when you are sure that your baby is attaching easily, nursing well, and gaining weight, there may be times when you choose to hand express or pump milk for a bottle feeding. Pumping or expressing can be very helpful for working mothers who are away from their babies.

Hand Expression

Hand expression is a helpful skill. With practice, many women are able to take milk out of their breasts very well this way. Some women even learn to express from both breasts at the same time.

Here are the steps to follow when hand expressing:

- First, scoop your hand under your breast. Place your finger and thumb on the edge of your areola in a “U” shape.
- While pressing your fingers and hand into your breast, move your fingers toward your thumb and hold for a few seconds. Repeat this motion several times to start milk dripping or flowing.
- Then move your thumb and finger to a “C” position and repeat.



To hand express, first place your finger and thumb on the edge of your areola in a “U” shape.



A breast pump will help you collect your breast milk quickly and easily.

To watch a helpful video about breast massage and hand expression, visit <http://bfmedneo.com/our-services/breast-massage>.

When should I use a breast pump?

Most women find that using a good breast pump is the best way to collect milk for bottle feedings. Even if you have a busy work schedule, if you take milk from your breasts often and well, your breasts can keep making all the milk your baby needs.

There are also other reasons for pumping. It is very important to ask for help and start breast pumping if:

- Your baby has lost more than 10% of their birth weight
- You have a low milk supply
- You have nipple pain or breast pain that causes problems with breastfeeding
- Your baby is preterm or in the hospital
- Your baby cannot breastfeed

What will I see when I pump?

As your nipple and surrounding breast are gently pulled into the plastic breast pump set, you will probably see milk drip from several *ducts* (small openings) in your nipple. A *hormone* (a natural substance inside your body) is released early in a pumping session. The hormone *oxytocin* causes the let-down reflex to allow milk to spray from the ducts.

Some women describe a tingling sensation with let-down. The milk looks white and sometimes thin in the first minutes of pumping. It usually looks thicker by the end of the session. It looks different from the clear or yellow colostrum you may have seen in the first days after your baby was born. It is all good milk. Sometimes one breast produces more milk than the other breast. Usually this is not a problem.

How often do I pump?

To keep up your full milk supply when you are away, plan on pumping around your baby's feeding times. Pumping tells your breasts to make the amount of milk your baby needs. Your breasts will start to make less milk if they remain "full" for too

long. This is why you should rarely go more than 4 hours between feedings or pumping sessions in the first 1 or 2 months.

Most women find that 10 to 15 minutes of double pumping will “empty” their breasts. If you are using a single pump, it could take 15 minutes or longer for each side.

How do I store breast milk? How long does it keep? Can I freeze it?

- When you have just expressed your milk and you are going to feed it to your baby within 6 hours, you can leave the breast milk out of the refrigerator, if the room is cooler than 77°F (25°C).
- If you will be using the milk within a week, you can store it in a glass or plastic container in the refrigerator.
- You can store breast milk for 6 months in a freezer that freezes ice cream solid, or up to 12 months in deep freeze (-4°F or -20°C).
- Milk can be frozen in glass or BPA-free plastic containers. If you use plastic bottles or bags, protect them from punctures. Allow room in the containers for the milk to expand as it freezes.

An easy way to remember safe storage for breast milk is the “**Rule of 6**”:

- Fresh milk is safe at room temperature for **6 hours**.
- Chilled milk is safe in the refrigerator for **6 days**.
- Frozen milk is safe in the freezer for **6 months**.

If you have warmed milk from storing any of these ways, use it within **1 hour**.

How do I thaw frozen breast milk?

- Thaw containers of frozen milk in the refrigerator or in a bowl of hot **but not boiling** water. Using hot water is also a good way to warm chilled milk.
- Do **not** use a microwave to thaw or warm breast milk. Some healthy benefits of the milk may be affected, and hot spots can occur from uneven heating.
- Once milk is thawed, use it within 24 hours and do not refreeze it. Storage guidelines may be different for preterm babies or babies who are in the hospital.



Rule of 6

- Fresh milk is safe at room temperature for **6 hours**.
- Chilled milk is safe in the refrigerator for **6 days**.
- Frozen milk is safe in the freezer for **6 months**.

How do I get a breast pump?

Almost all insurance companies include breast pumps as one of the benefits for new mothers. Call your insurance company to find out how your insurance can help you get a pump.

If you get services from WIC, you may be able to get a pump from your WIC clinic.

UW Medicine does not rent or sell pumps or pump equipment. But, we can help answer questions as needed.

Which breast pump is best for me?

Rental Pumps

Hospital grade pumps are the best-quality pumps. Since they are very costly, most mothers rent them, if needed.

Most women find that they collect more milk in less time when they use a hospital-grade pump. This can be very important if your baby is premature or if your baby is in the hospital and you cannot be together.

Double Electric Pumps

These pumps work well when your milk supply is well established or when you only need to use the pump a few times a day. An electric pump can be very helpful when you are returning to work after your baby is born. Most people buy double electric pumps rather than renting them.

Hand Pumps

Hand pumps are meant to be used once in a while. They are less costly but also slower than other kinds of pumps. This may be the type of pump you choose if your baby is breastfeeding well and often, and you are rarely away from your baby.

Questions?

Your questions are important.

If you have questions about expressing and storing milk, please call Lactation Services at 206.598.4628.

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.