



Pumping Guidelines for Bereavement Donation

After a loss, lactation can be either encouraged or suppressed. Whatever your decision, the Mothers' Milk Bank of the Western Great Lakes is available to support you through the donation process and beyond. Your lactation provider can also help you meet your personal goals for pumping and milk donation.

To establish or maintain full milk production:

- Your pumping routine should reflect your personal goals. Some mothers pump for a few days or weeks, while others continue pumping longer.
- Consider pumping 6-8 times/day. You may choose to pump more or less often. There is no minimum donation.
- Pump for about 15 minutes, or until your breasts are empty and the milk flow has slowed or stopped.
- Wash your pump parts in hot, soapy water after each use and air dry. Ask the milk bank for milk collection and storage instructions.

To decrease or stop milk production:

- Gradually decrease the number of times you pump each day. Milk production is a supply and demand system; your milk volume will go down as you remove less milk.
- If you are full and uncomfortable, you may express milk "to comfort." When pumping or hand expressing, remove just enough milk to relieve the pressure. Warm showers can also help some of the milk to leak out.
- You may use cold compresses on the breasts for 20 minutes to ease discomfort and swelling.
- Acetaminophen or ibuprofen may help with pain and swelling.

We are here to support you! Please reach out if you have any questions.