



NICU Pumping Log

To get the best milk supply when pumping, we recommend you pump both breasts at the same time (double pump) every two to three hours for at least 15 minutes and at least once in the middle of the night. Pumping eight to 10 times in 24 hours is best for getting a full supply established.

Talk with your nurse or lactation consultant about coming up with a schedule that works for you. Do not skip pumping times and pump as soon as possible if you forget or delay a pump.

Example of a good pumping schedule: 8 a.m., 10 a.m., 1 p.m., 4 p.m., 7 p.m., 10 p.m., 3 a.m. and 6 a.m.

What if I don't produce milk?

When you start pumping, it is normal to get no milk or just a few drops. Larger milk volumes will come in between three to five days after having your baby.

How much milk is enough?

10 days after delivery, the desired milk volume is 25 ounces (750 mL) in 24 hours. Talk to your nurse or request a lactation consultant if you are not producing enough milk.

Should it hurt when I pump?

No, please check with your nurse or lactation consultant if you experience pain. They can examine you and make sure everything is okay. Suction may need to be adjusted. There are different funnel sizes available. Feel free to use the following pumping log to track your schedule.

