

## **Milk Volume - Pumping Information**

Mom, please fill out this information for the Lactation Consultant (LC)

	, ,		( )
Name:	Date:	Loca	tion:
Number of times you pu	mp in 24 hours =		
Approximate volume of	milk each time you pump (fro	om both breasts) =	ml
Approximate volume of	milk in 24 hours =		
If you have less milk than the goals in the chart, contact the LC.		Milk Volume Goals	
		Day 7	Day 14
If you would like to meet with the LC:  \[ \subseteq \text{have the LC call you at home} \]		500 ml a day	800 ml a day
		from both breasts	from both breasts
☐ have the nurse page LC at your next visit  You are doing a great job! Pumping isn't easy, it is a labour of love. By continuing to pump you are providing the very best food for your baby's growth and protection, and moving closer		This is the same as pumping 8 times a day and each time getting:  60 ml or  almost 1 full orange top container, or	This is the same as pumping 8 times a day and each time getting:  100 ml or  1½ full clear containers
to your goal of breastfee	•	1 full clear container	PD 9510 – 11/2016 dpc/pted/CH/MilkVolume-lw.docx
Number of times you pu Approximate volume of	Milk Volume - Pump  Mom, please fill out this  Date:  Imp in 24 hours =  milk each time you pump (from the content of the content o	information for the Lactar	tion:
If you have less mil	k than the goals		
in the chart, contact the LC.		Milk Volume Goals	
If you would like to meet	t with the LC:	Day 7 500 ml a day	Day 14 800 ml a day
$\Box$ have the LC call	you at home	from both breasts	from both breasts
☐ have the nurse pa	age I C at your next visit	This is the same as	This is the same as

You are doing a great job! Pumping isn't easy, it is a labour of love. By continuing to pump you are providing the very best food for your baby's growth and protection, and moving closer to your goal of breastfeeding. Thank you!

Milk Volume Goals			
Day 7	Day 14		
500 ml a day from both breasts	800 ml a day from both breasts		
This is the same as pumping 8 times a day and each time getting:	This is the same as pumping 8 times a day and each time getting:		
<ul> <li>60 ml or</li> <li>almost 1 full orange top container, or</li> <li>1 full clear container</li> </ul>	<ul> <li>100 ml or</li> <li>1 ½ full clear containers</li> </ul>		