

Milk Volume - Pumping Information

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

Name: _____ Date: _____ Location: _____

Number of times you pump in 24 hours = _____

Approximate volume of milk each time you pump (from both breasts) = _____ ml

Approximate volume of milk in 24 hours = _____

If you have less milk than the goals in the chart, contact the LC.

If you would like to meet with the LC:

- have the LC call you at home
- 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 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: <ul style="list-style-type: none"> • 60 ml or • almost 1 full orange top container, or • 1 full clear container 	This is the same as pumping 8 times a day and each time getting: <ul style="list-style-type: none"> • 100 ml or • 1 ½ full clear containers

PD 9510 – 11/2016
dpc/pted/CH/MilkVolume-lw.docx

Milk Volume - Pumping Information

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

Name: _____ Date: _____ Location: _____

Number of times you pump in 24 hours = _____

Approximate volume of milk each time you pump (from both breasts) = _____ ml

Approximate volume of milk in 24 hours = _____

If you have less milk than the goals in the chart, contact the LC.

If you would like to meet with the LC:

- have the LC call you at home
- 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 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: <ul style="list-style-type: none"> • 60 ml or • almost 1 full orange top container, or • 1 full clear container 	This is the same as pumping 8 times a day and each time getting: <ul style="list-style-type: none"> • 100 ml or • 1 ½ full clear containers

PD 9510 – 11/2016
dpc/pted/CH/MilkVolume-lw.docx