

Milk Volume - Pumping Information for Twins

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 for Twins	
Day 7	Day 14
1000 ml a day from both breasts	1600 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"> • 120 ml or • almost 2 full orange top container, or • 2 full clear container 	This is the same as pumping 8 times a day and each time getting: <ul style="list-style-type: none"> • 200 ml or • 3 full clear containers

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dpc/pted/MilkVolumePumpTwins-lw.docx

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