**Timing Matters**

- Allow about 25 minutes for all these steps.
- Go back and forth until milk stops.
- Once breast is empty, compress and massage.
- Make sure your hands are on the breast at a time of hand.
- Massage both breasts again.
- When milk stops stop.

**Pump and use your hands.**

**To get more milk, use your hands.**

**Set your pump suction to the highest comfortable level.**

**Start small.**

**Ask your health care provider.**

**Pumping Primer.**

**How to get and use a breast pump.**

**Pick a pump based on:**

- Brand, size, double, single, etc.
- How it works with your milk.
- How it works with your breastfeeding.
- How it works with your lifestyle.

**Ask your health care provider.**

**How much milk do I have?**

**To find your best setting:**

- Use a double electric pump with a 1-year warranty.
- Use a breast pump and a breastfeeding.
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**How much milk do I have?**

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Sincronizar Importante

Para obtener más leche, use
Su pompa / sus manos

Para succionar de la papa

Empiece poco a poco

Información Elemental Para Pompas

¿Cómo obtener y usar una pompa de pecho?

Vacía su pompa y busca su manual de instrucciones.

Pergúntele en su plan de salud si proviene de pompas de pecho.

Puede obtener más leche, use su pompa basándose
En cómo la usa.

Escoja una pompa basándose
En cómo la usa.

Pergúntele en su plan de salud si proviene de pompas de pecho.

¿Cómo obtener y usar una pompa de pecho?