



CHARTING THE FUTURE™

The Lactation Center of Lancaster County

Revised 2020

Increasing Milk Supply

How to increase milk supply:

Effectively removing milk from the breast, either by the baby or a breast pump, is one of the best ways to increase milk supply. This is best accomplished by:

- Correct positioning of the baby at the breast
- A wide deep latch onto the breast
- Frequent effective feedings
- Feeding from both breasts with all or most feedings
- Breastfeeding or giving only your milk, as giving formula may decrease milk supply
- Drinking plenty of fluids, eating 3-4 servings of protein daily and getting adequate sleep will help you feel better overall and help to improve milk supply

Using a breast pump to increase milk supply:

- “Stimulation Pumping” - pump each breast for 5 minutes after feedings will stimulate more milk production.
 - If your baby is feeding effectively you should obtain ½ oz or less from each side.
- “Power pumping” once a day for **3 days in a row** will help to increase Prolactin hormone which will increase milk supply:
 - Double pumping – pump both breasts for 10 minutes, then stop for 10 minutes and repeat 2 more times (10 on, 10 off, 10 on, 10 off, 10 on, stop)
 - Single pumping – pump one side for 10 minutes then the other side for 10 minutes and repeat 2 more times (10 left, 10 right, 10 left, 10 right, 10 left, 10 right, stop)

**Before using any herbal substance or medication to increase milk supply,
an evaluation of current milk supply and feeding effectiveness is recommended.**

Call the Lactation Center with any questions, 717-740-5423.