



How to Hand Express Breastmilk

Expressing breast milk by hand is an excellent technique to know. It is convenient, does not require any equipment, and with practice it will become easier.

You may want to express breastmilk

- to relieve breast fullness
- to give breastmilk if your baby cannot latch
- to rest painful nipples
- to relieve a plugged duct
- if you will be away from your baby

Before expressing breastmilk

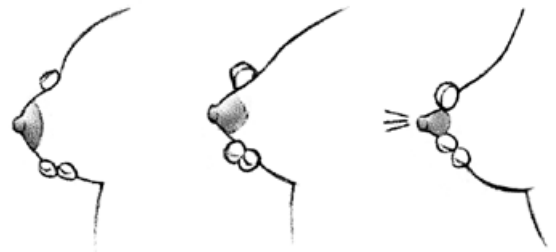
Breast milk will flow easily if you are relaxed and warm. To encourage letdown, try these suggestions:

- Take a warm shower or bath
- Wrap breasts in warm, moist towels
- Use slow, deep, easy breathing
- Think positive thoughts about your baby
- Gently massage or stroke breasts, move from outside of breast to the nipple
- Find a comfortable, private place to express where you feel relaxed



Hand expression method

- Wash hands with soap before starting.
- Use a clean bowl, cup, or jar to collect milk in. Place the container under the breast
- Lean forward and place hand on breast. Place fingers below and thumb above, at the outer edge of the areola. Some women may find that placing their fingers a little farther back will work better
- Press back into the breast toward your chest wall
- Gently compress the breast between the thumb and fingers, then release. Repeat until milk slows
- Move hand around areola in a circle to express different parts of your breast
- Repeat the method on the other breast as needed
- Switching between breasts every few minutes may help to express more milk



**Vancouver Coastal Health is committed to helping women successfully breastfeed.
Please call your local Public Health Unit for additional information.**

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**Other information on parenting are available at your
local Community Health Office/Centre or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

Public Health Nurse or Community Dietitian

at Vancouver Coastal Health..... www.vch.ca

Baby's Best Chance..... www.healthyfamiliesbc.ca/parenting

VCH Parenting Website <http://parenting.vch.ca/>

HealthLinkBC 8-1-1

Translation services are available in 130 languages..... www.healthlinkbc.ca

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