

# Hand expressing



## Information for patients

### Obstetrics



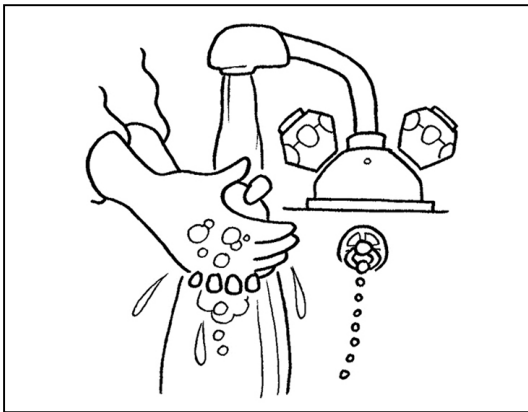
Easy Read



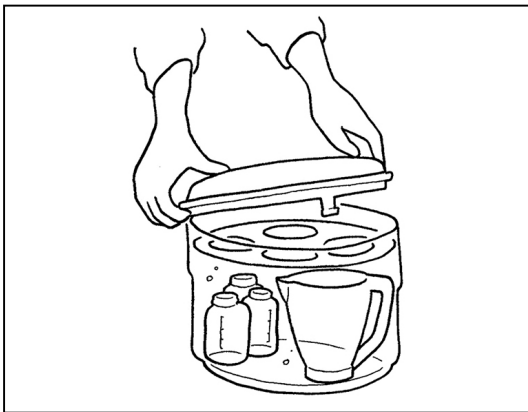
Sometimes you may need to hand express breast milk.

This might be because:

- your breasts are full
- you want to store some milk for later



Wash your hands before you start.

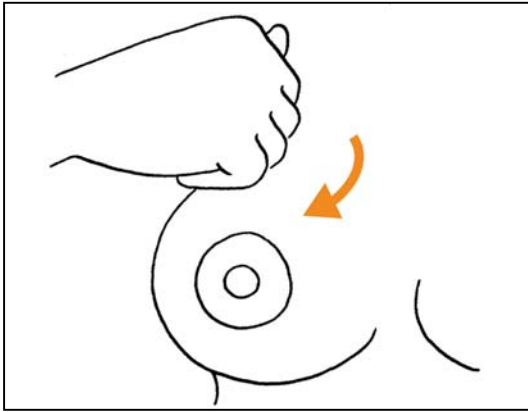


Use a sterilised jug to collect your milk in.

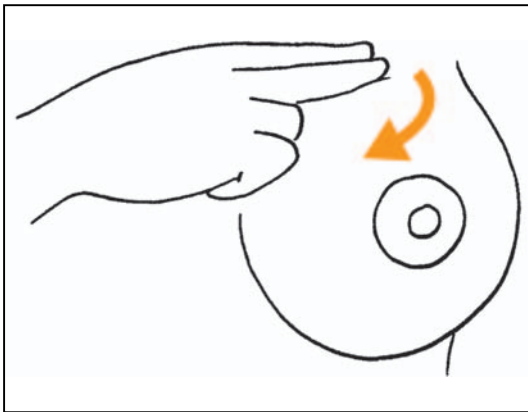


Sit somewhere comfortable.

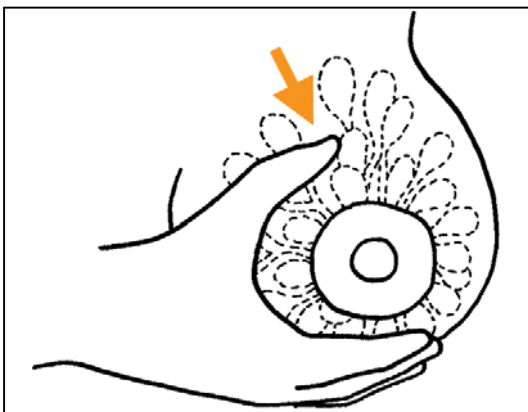
It may help your milk flow if you have something from your baby or a picture to look at.



Before you begin massage your breasts like this.



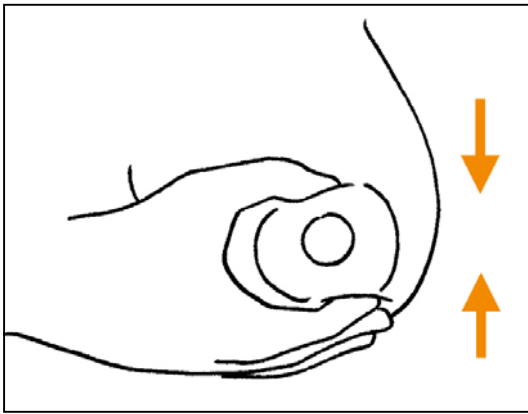
Or massage like this.



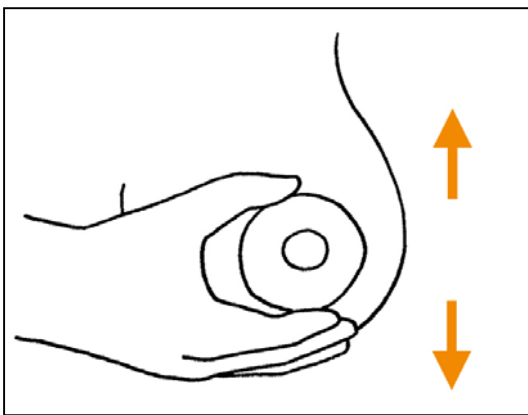
Place your fingers and thumb 2 to 3 centimetres from the base of the nipple (or 2 finger widths).



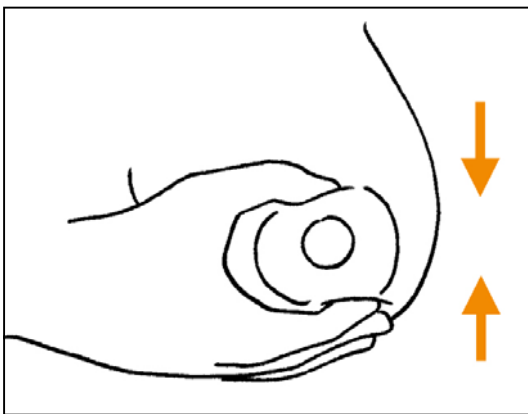
Too close to the nipple will be painful and your milk will not flow.



Gently squeeze your breast with your fingers and thumb.



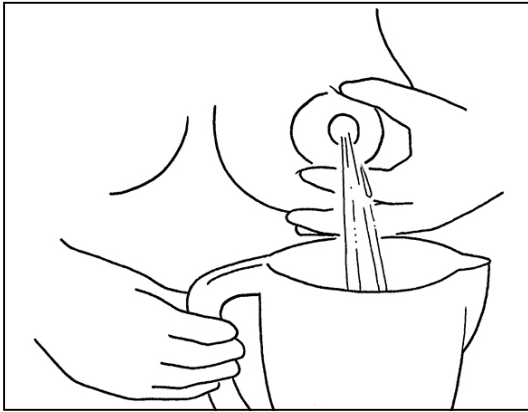
Then release.



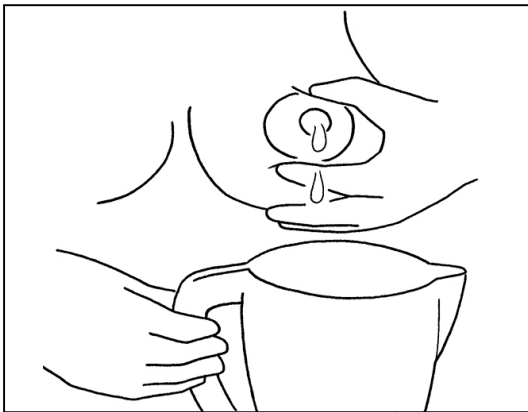
Then squeeze again, keep squeezing and releasing slowly and firmly.



The milk begins to flow, slowly at first.



Then more quickly.



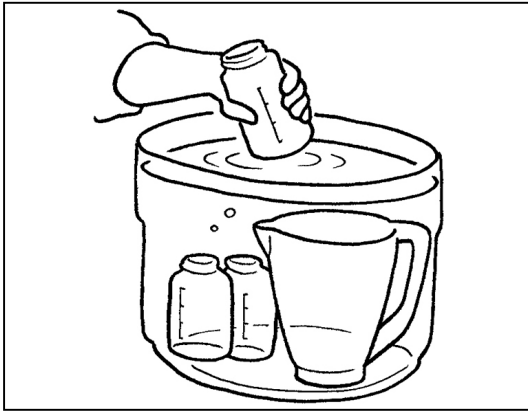
Till it slows again.



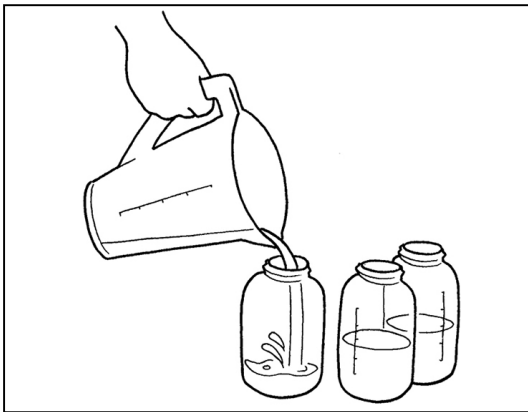
When the milk flow slows, move your fingers to a different position.



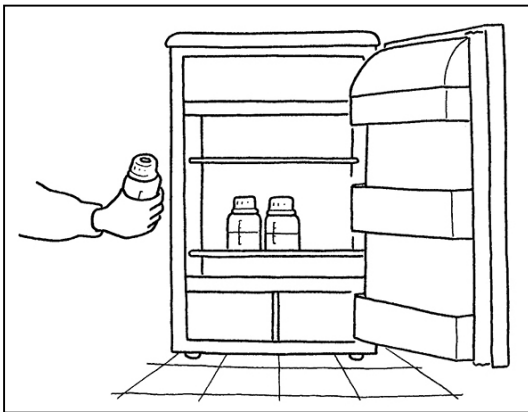
Change to the other breast and start again.



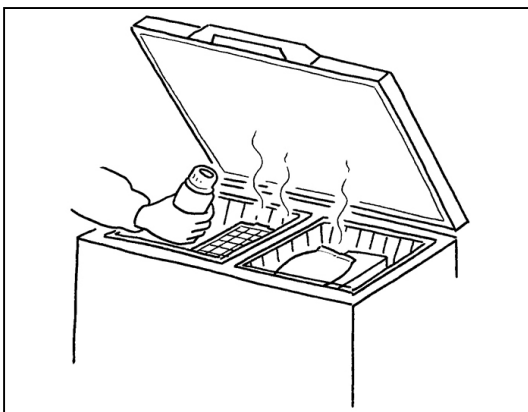
When you have finished store your milk in a sterilised bottle.



If you get lots of milk from expressing it is better to divide your milk into smaller quantities.



You can store expressed breast milk for up to 5 days in the fridge.



You can store expressed breast milk for 6 months in the freezer.



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