

How Many Times to Pump?

During the first two weeks it is important to pump at least 8 times every 24 hours.

- Try to pump at least every 2-3 hours during the day.
- Try to pump at least every 3-4 hours at night.
- Milk making hormones are high at night so try to pump at least once between midnight and 5 a.m.

After two weeks, you may be able to decrease how many times you pump. You can use the chart below to help find your “magic number.”

Largest amount of milk you get out at one time	10+ oz	5-9 oz	3-5 oz	2-3 oz	1-2 oz
How many times to pump to increase milk supply	4-5 times	6-8 times	8-10 times*	10-12 times*	12 times*
How many times to pump to decrease milk supply	2 times	3 times	4-5 times	6 times	7 times
How many times to pump to keep same milk supply	3-4 times	5 times	6 times	7 times	8 times

*Ask about Power Pumping if you can't pump this many times a day.

- Any change you make to your pumping schedule may take a few days to show a difference.
- It may help to keep a log with how often you pump and how much you get out. That way you will notice early if your milk supply starts to drop. You can do this on paper or with an app on your phone.

The “Magic Number” also works if you are sometimes breastfeeding and sometimes pumping. You can add the number of times you breastfeed and the number of times you pump and use the same chart above. You can increase either breastfeeding or pumping to make more milk. You can decrease pumping or breastfeeding if you are making too much.

If you have questions about your milk supply, please call the Breastfeeding and Pumping Helpline at (816) 346-1309.