Supporting Breastfeeding

From Hospital to Home™
The Right Technology®

### Which Journey?

<table>
<thead>
<tr>
<th>Breast Milk Feeding Going Well</th>
<th>Unique Situations</th>
<th>Exclusively Pumping</th>
</tr>
</thead>
</table>
| • Mother has no problems with initiation
• Infant goes to breast within one hour of birth
• Baby feeds eight to 12 times in 24 hours | • Mother or baby has breastfeeding challenges
• Mother needs help initiating milk supply | • Mother and baby are separated due to health issues
• Infant unable to breastfeed
• Pumping is mom’s primary goal
• Pumping is mom’s current goal |

### Which Stage?

**Initiate.**

**Breast Milk Production**
**Days 1-5**

Initiating milk production is vital for building and maintaining a plentiful supply.

**Initiation Technology** (used only on days 1 through 5) closely mimics the pattern that term infants use in the first few days after birth. By day seven, mothers achieved 67% more milk.1 By day seven, mothers achieved 67% more milk.1

**2-Phase Expression® technology.**

Mothers can help initiate, build upon their initiation and establish their milk production using Medela’s 2-Phase Expression® technology. Once milk is initiated, mothers can build upon their initiation and establish their milk production using Medela’s 2-Phase Expression® technology. By day seven, mothers achieved 67% more milk.1

**Milk supply is initiated days two through five on average.**

Breastfeeding is best for baby and mother
Infant goes to breast within one hour after birth
Breastfeeding baby latches at breast eight to 12 times every 24 hours
Colostrum is produced first
Milk supply is initiated days two through five on average

Use of a Symphony® PLUS™ breast pump with Initiation Technology™ can help initiate milk supply
Mother or baby has prenatals, delivery, or post birth risk factors that benefit from breast pump intervention to support initiation
A Symphony pump with Initiation Technology can be used to complement the baby’s needs at the breast in order to initiate milk supply
Hand expression used in conjunction with Initiation Technology may facilitate the expression of colostrum in the first few days post birth

Use of a Symphony PLUS breast pump with Initiation Technology can help initiate milk supply
Baby is unable to breastfeed due to separation or health issues such as premature birth and birth risk factors
The first pumping session should occur as soon as possible after birth

Use of a Symphony breast pump can help build milk supply
After initiation occurs, the breast pump-dependent mother should continue pumping eight or more times daily Hand expression used in conjunction with Initiation Technology may facilitate the expression of colostrum in the first few days post birth

### Build.**

**Breast Milk Supply**
**Days 6-30**

Once milk is initiated, mothers can build upon their initiation and establish their milk production using Medela’s 2-Phase Expression® technology. Once milk is initiated, mothers can build upon their initiation and establish their milk production using Medela’s 2-Phase Expression® technology. By day seven, mothers achieved 67% more milk.1

**2-Phase Expression® technology.**

Mothers can help maintain supply, especially when mother goes back to work
Supply is established and meeting the needs of the baby
Provide breast milk and maintain production even when she can’t be there

Use of a Symphony breast pump can help build milk supply
This baby becomes more effective at breastfeeding over the first month helping to build milk supply
Continued pumping using a Symphony breast pump with 2-Phase Expression Technology can help mothers achieve the full benefit of starting with Initiation Technology

Use of a Symphony PLUS breast pump can help build milk supply
Mother or baby has prenatal, delivery, or post birth risk factors that benefit from breast pump intervention to support initiation
A Symphony pump with Initiation Technology can be used to complement the baby’s needs at the breast in order to initiate milk supply
Hand expression used in conjunction with Initiation Technology may facilitate the expression of colostrum in the first few days post birth

Use of a Symphony breast pump can help build milk supply
Supply is established through continuity of care for the critical population and meeting the needs of the baby
Using a Symphony breast pump with 2-Phase Expression Technology may help mother continue to provide breast milk and maintain production even when she can’t be there

### Maintain.

**Breast Milk Production**
**Months 2-12+**

Mothers can maintain their milk supply to meet their baby’s needs. Daily milk intake remains consistent from months two through six.6

**2-Phase Expression® technology.**

Supports mothers with clinically researched breast pump technology to successfully initiate, build and maintain their milk supply. It also helps pump-dependent mothers of preterm and term infants express enough milk to support an exclusive human milk diet for their infants.7

Use of a personal use pump can help maintain supply, especially when mother goes back to work
Supply is established and meeting the needs of the baby
Provide breast milk and maintain production even when she can’t be there

Use of a personal use pump can help maintain supply, especially when mother goes back to work
Supply is established and meeting the needs of the baby
Provide breast milk and maintain production even when she can’t be there

Use of a Symphony breast pump can help maintain milk supply
Supply is established through continuity of care for the critical population and meeting the needs of the baby
Using a Symphony breast pump with 2-Phase Expression Technology may help mother continue to provide breast milk and maintain production even when she can’t be there

### Indicators that breast milk feeding is going well

- Baby has three or more yellow stools in 24 hours after day four
- Three consecutive pumping sessions, achieving 20 mL each
- Baby has regained birth weight by day 10-14 of the latest
- Typically mothers produce an average of 750 mL by day 14±

### Key

- Breastfeeding: Breastfeeding is best for baby and mother when possible.
- Hospital Grade (Multi-User) Pump: Symphony® PLUS™ with Initiation Technology™
- Personal Use Pump: Sonata®, Symphony® PLUS™ Advanced (not pictured) or Freestyle® (not pictured)
- 2-Phase Expression® Technology: Invented by Medela 2-Phase Expression Technology, Sonata and Freestyle are registered in the U.S. Patent and Trademark Office. Initiation Technology and From Hospital to Home are trademarks of Medela.

### The American Academy of Pediatrics (AAP) and the World Health Organization (WHO)

recommend breastfeeding mothers be taught hand expression.

For more information or to order Medela hospital grade (multi-user) and personal use pumps, please visit medela-breastfeeding.com or call 800-435-8316.