

Try to get at least 6 hours of sleep each night.

Pumping is hard work and can be discouraging if you are not getting much milk. Not pumping often enough is a common reason for low milk production.

Time of Day	How much you pumped (drops, ounces)
<b>Notes:</b>	

**Date:**

Every drop of milk is precious to your baby. Please contact us if you feel you are having problems with milk supply or with the pump.

**(501) 686-7559**

Time of Day	How much you pumped (drops, ounces)
<b>Notes:</b>	

**Date:**

# Lactation Support



## Pumping Log

**UAMS**  
**MEDICAL**  
**CENTER**

UNIVERSITY OF ARKANSAS  
 FOR MEDICAL SCIENCES

4301 West Markham Street  
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Phone: (501) 686-7559

**First Day**

It is normal to get only drops the first few times you pump.

Pump **8 times** each day.

It is helpful if you pump at least once at night.

It usually works best to pump for at least 10 to 15 minutes.

Pumping both breasts at the same time is best.

<b>Time of Day</b>	<b>How much you pumped (drops, ounces)</b>
<b>Notes:</b>	

**Date:**

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