

BREAST MILK PUMPING LOG

Day	Time & amount milk pumped (Goal 8-10 times a day)											Daily total	Target
	4am drops	6am 0 mL	9am 1 mL	12pm drops	3pm 1 mL	6pm 2 mL	9pm 1 mL	11pm 2 mL					
example												7 mL	
Day 1													Drops
Day 2													Drops
Day 3													5-15 mL each pumping
Day 4													15-30 mL (1/2- 1 oz) each pumping
Day 5													
Day 6													
Day 7													At least 30 mL (1 oz) each pumping
Day 8													
Day 9													Amount increasing daily
Day 10													
Day 11													
Day 12													
Day 13													Ideal > 750 mL (25 oz) Per day Low < 500 mL (18 oz) Per day consult lactation
Day 14													
Day 15													
Day 16													
Day 17													
Day 18													
Day 19													
Day 20													

For Hospital Pump: use *“Initiate Program”* until you have expressed 20 mL three times, and then use the *“Maintain Program.”* View [Stanford University’s video: “Maximizing Milk Production”](#)