

BREAST MILK EXPRESSION

Supporting information

This guideline has been prepared with reference to the following:

Alekseev NP & Ilyin VI. The Mechanics of Breast Pumping: Compression Stimuli Increased Milk Ejection. *Breastfeed Med.* 2016;11:370-5

UNICEF. Neonatal unit guidance: implementing the standards. 2015. UNICEF

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/guidance-for-health-professionals/implementing-the-baby-friendly-standards/neonatal-guidance-document/>

University Hospitals of North Midlands. Hindmilk Policy. 2015

Is mechanical expression of breast milk more productive than manual expression?

A Cochrane review (Becker, 2015) found three RCTs that compared mechanical vs. manual pumps with regard to the quantity of milk expressed and found no significant difference between the two methods.

Becker GE, Smith HA, Cooney F. Methods of milk expression for lactating women. *Cochrane Database of Systematic Reviews* 2015. Art. No.: CD006170

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD006170.pub4/full>

Evidence Level: I

Last amended July 2017
Last reviewed December 2021