Breast-Pumping Record

- Use this form to keep track of how often you pump.
- In each hour box, write in the amount you pumped.
- Pump 8 times a day. A good plan is to pump every 3 hours during the day and a little less often at night. Pump during the night so that no more than 4 to 5 hours pass between 2 pumping sessions.
- If you pump less than 5 times a day, you risk losing your milk supply. Milk production improves with 8 or more pumping sessions a day.
- You can also use this form to track how much milk your baby is taking. Ask your NICU nurse how much your baby should have in a 24-hour period.

Today's Date	Midnight												Noon												Evening	Total Times Today	Total Amount Today
	A.M.												P.M.														
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11			

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