Intermountain® Healthcare

Breastfeeding: *Pumping Record*

Use this chart to keep track of your pumping sessions — remember, you're aiming for 8 sessions in every 24-hour period. Be sure to record how much milk you get each session (your milk volume). Targets for milk volume are listed on the next page.

DAY		MINUTES OF PUMPING	*notes as needed about the session (power pumping, skin-to-skin, etc.)*	OUNCES OF MILK OBTAINED	
DATE	TIME			LEFT breast	RIGHT breast
	AM / PM	min.		oz.	oz.
	AM / PM	min.		oz.	oz.
	AM / PM	min.		oz.	oz.
	AM / PM	min.		oz.	oz.
	AM / PM	min.		oz.	oz.
	AM / PM	min.		oz.	oz.
	AM / PM	min.		oz.	oz.
	AM / PM	min.		oz.	oz.
24-hour totals:		min.		oz.	oz.
Total milk volume obtained in 24 hours = _____ oz.					

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Milk volume targets

This pumping record helps you track how much milk (the volume of milk) you're producing each day. **Talk to your lactation consultant if you're not meeting these targets or if you have any other concerns about breastfeeding and pumping.**

- By day 3 or 4: your milk should come in. You should notice a significant increase in volume. Also, the milk will look thinner and whiter than before.
- By the end of day 7: your 24-hour total volume should be 16 ounces (500 mL) for a single baby, 20 ounces for twins.
- By the end of day 14: your 24-hour total volume should be 24 to 32 ounces for a single baby, and at least 36 ounces for twins.

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