

Relactation

If you have stopped breastfeeding or pumping (lactating) and want to restart, this is called relactation.

How long will it take and how much milk will I make?

The amount of time since you last breastfed or pumped will affect how or if relactation will work.

Know that it can take up to a week before you see a change in your milk supply. Follow the steps below for 7 days and then make a plan with your lactation consultant.

Relactation is hard work, takes time, and usually will provide at least some breastmilk. Any amount of breastmilk is so good for your baby!

Relactation steps:

Pump at least 8 times per day

Pump for 15 minutes, a minimum of 8 times every day.

- It is OK to pump every 2 hours, 3 hours or 4 hours. The important part is to pump at least 8 times per day.
- Pump at least once at night. Try not to go longer than 5 hours in between pumping sessions. After 5 hours, your milk-making hormones drop, and your body has to work extra hard to increase them again.
- Pump both breasts at the same time.

Log the total number of times you pump and amount pumped on the Breast Pumping Log provided, or in an app on your phone.

Use a hospital-grade Symphony breast pump

The Symphony pump has 2 programs:

- The Initiate Program (newborn pattern) will run for 15-17 minutes, has a random pumping pattern, and will have pauses. Wait to stop until you hear a beep.
- The Maintain Program (older baby pattern) will run for 30 minutes and then stop, so set your timer and stop at 15 minutes. You can press the droplet button to randomize the pumping pattern.

For relactation, you can experiment with both of these programs. Some find the Initiate Program helps with relactation.

The Symphony pump has instructions on it, and your lactation consultant will show you how to use the best setting for you.

To Learn More

- Lactation Support
206-987-1420
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Relactation Tips

- Do not worry if you get very little milk (or no milk) when you pump. The act of pumping is telling your body to start making milk again.
- If possible, hold your baby skin-to-skin for at least 1 hour every day.
- If possible, put your baby to your breast for extra breast stimulation. Make sure you continue to feed your baby through other methods so your baby is getting enough to eat.

Being comfortable while relactating

- You may or may not experience engorgement as your milk returns. There are ways to be more comfortable during this phase. Talk to your lactation consultant if you are uncomfortable.

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Breast Pumping Log

DATE	12 MID	1 AM	2	3	4	5	6	7	8	9	10	11	12 NOON	1 PM	2	3	4	5	6	7	8	9	10	11	Total # of times pumped today	Total amount pumped	

Adapted from UWMC Lactation Services with permission