

Expressing Breast Milk

What do I need to know?

There are many reasons why expressing breast milk is useful and important. You may want to express your milk in the following situations:



- * To leave milk for your baby to drink if you have to be away.
- * If your breasts are so engorged (swollen) that they are uncomfortable and your baby has difficulty feeding.
- * If your baby is born prematurely or is too small to suckle well.
- * If your baby is weak or refusing to suckle.
- * To maintain production of breast milk if you or your baby are sick.
- * To apply to cracked or sore nipples to help them heal.
- * If you are HIV-positive, to reduce the risk of passing HIV to your baby by expressing and heat treating your milk. Ask a counselor for the heat treatment brochure insert for further information.