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.

<table>
<thead>
<tr>
<th>Today's Date</th>
<th>Midnight</th>
<th>A.M.</th>
<th>Noon</th>
<th>P.M.</th>
<th>Evening</th>
<th>Total Times Today</th>
<th>Total Amount Today</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>