

# Breast pumping log

BABY NAME

DATE

CAREGIVER

WHY ARE WE TRACKING?

Use for a temporary pumping plan, a work handover, storage labels or an appointment.

## Pumping sessions

| Time | L / R / both | Minutes | Amount (ml) | Comfort | Useful note |
|------|--------------|---------|-------------|---------|-------------|
|      |              |         |             |         |             |
|      |              |         |             |         |             |
|      |              |         |             |         |             |
|      |              |         |             |         |             |
|      |              |         |             |         |             |
|      |              |         |             |         |             |
|      |              |         |             |         |             |
|      |              |         |             |         |             |

## Stored milk

| Date | Time | Amount | Fridge / freezer | Label / use-by | Used |
|------|------|--------|------------------|----------------|------|
|      |      |        |                  |                |      |
|      |      |        |                  |                |      |
|      |      |        |                  |                |      |
|      |      |        |                  |                |      |
|      |      |        |                  |                |      |

### IMPORTANT

One expressed amount is not a measure of total supply. Label and date every container, and follow current storage guidance or your hospital's plan.