Pumping Log

How Often Should You Pump Milk? A Simple Schedule — mamakinder.com

My week of _____ to _____

Weekly log — one row per day

Write the times you pumped, the ounces from each side, and the daily total. A normal day is 8 to 12 sessions in the first 6 to 8 weeks, then 6 to 8 once your supply is established.

Day	Session times	Left (oz)	Right (oz)	Total (oz)	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Milk storage (CDC): up to 4 hours at room temperature, up to 4 days in the fridge, up to 6 months in the freezer. Label every container with the date and the amount, use the oldest milk first, and never refreeze thawed milk.

Take this log to your lactation visit.

Pumping Log — One Day in Detail

Date: _____ Baby's age: _____

Use this page in your first week, when every session is worth tracking. Print one copy per day. Aim for 15 to 20 minutes per session, or about two minutes after the last drops stop flowing.

#	Time	Left (oz)	Right (oz)	Total (oz)	How I felt / notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Today's total: _____ oz Sessions today: _____

Notes (flange fit, pain, what helped):

_____

_____

_____

Get help the same day if pumping stays painful past the first week, if your nipples crack or bleed, if you see a painful red area with a fever, or if your baby has fewer than 6 wet diapers in 24 hours after day four.