Pumping Log

Mom, please record the time and amount of breast milk you pump.

Your baby's nurse and lactation consultant will check in with you to see how you are doing.

At first, you may get nothing or only a few drops. This is normal. Keep pumping!

It is normal to pump less milk at certain times of day.

Week 1	Time/ Amount	Daily Total											
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Week 2	Time/ Amount	Daily Total											
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
	1	1	•	•	•	,	-	•	1	,	,	,	1
Week 3	Time/ Amount	Daily Total											
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													

Week 4	Time/ Amount	Daily Total											
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Week 5	Time/ Amount	Daily Total											
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Week 6	Time/ Amount	Daily Total											
Sunday													
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7634