

ardo alyssa double

AUTOMATIC POWER PUMPING TO INCREASE MILK VOLUME



Factsheet Automatic Power Pumping / Y01 / 11.2021

More and more mothers are wanting to increase their milk volume using Power Pumping. The automatic Power Pumping function of Ardo Alyssa guides the mother through a one-hour interval pumping and simplifies the process for the user.

Power Pumping is based on cluster feeding

Cluster feeding is a baby's breastfeeding behaviour that increases the milk volume by more frequently sucking at the breast¹. The term is derived from the grouping of feeds close together.

There are periods when babies want to be breastfed more often, interrupted by short breaks – usually in the early evening over 2-3 hours. This natural breastfeeding pattern ensures that the prolactin level (prolactin = milk-producing hormone) stays high or is increased between the feeding phases, which leads to an overall increase in the milk volume².



The Power Pumping method

Power pumping is based on the periodic frequent breastfeeding with short pauses between feeds. The process signals to the breast to produce more milk to meet the baby's demands. Power Pumping also makes use of the fact that considerably more milk flows with the first let-down reflex than during the subsequent flows of milk, regardless of the level of the vacuum³. This means that repeated pumping over an hour with pauses in between triggers a new milk let-down reflex with each pumping sequence, meaning that larger volumes of breast milk are available respectively larger volumes can be pumped⁴.

The Power Pumping method is therefore recommended by lactation specialists to improve milk production or to stabilise fluctuating milk volumes^{5,6,7}.

Ardo Alyssa automatic Power Pumping – Benefits and function

The automatic Power Pumping of Ardo Alyssa is a pre-defined one-hour interval pumping consisting of three pumping phases interrupted by two pauses that mimics a baby's cluster feeding and so makes use of the physiology of the milk let-down reflex to increase the milk volume and increase the pumped milk volume.

While the duration of the pumping phases and the pauses are predefined, the mother can adjust the vacuum and cycle settings in both the stimulation and pumping modes to satisfy her own needs at any time.

Ardo Alyssa simplifies the process of Power Pumping to increase the milk volume, helping to make pumping a success.

When is the automatic Power Pumping useful?

Using the automatic Power Pumping is generally useful to increase the milk volume and stabilise fluctuating milk volumes. Below are a few concrete examples of the use of Power Pumping:

- The mother is producing too little milk to feed her baby exclusively with breast milk.
- The baby is having a growth or development spurt and the current milk volume is insufficient.
- To build up milk reserves if the mother is working again or would like to pursue a hobby.
- If too little milk is produced due to stress or irregular pumping or not pumping often enough.
- To maintain the milk volume for mothers with very premature babies who cannot yet suckle at the breast.
- For babies who are too weak to suckle or are separated from their mothers.
- With a decline in the volume of breast milk in premenstrual women.

When Power Pumping does not work

In very rare cases in which the user has too little breast gland tissue (that is, she does not have enough milk-producing cells), the milk volume cannot be increased even using Power Pumping.

Using the automatic Power Pumping

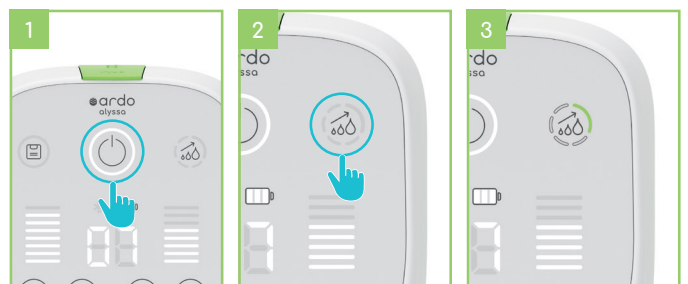
The automatic Power Pumping follows the defined pumping-pause sequence^{7,9}:

- 20 minutes pumping
- 10 minutes pause
- 10 minutes pumping
- 10 minutes pause
- 10 minutes pumping



It is very easy to use the automatic Power Pumping:

1. Switch on Ardo Alyssa.
2. Tap the automatic Power Pumping button to start the one-hour program and to start the pumping.
3. After every pause, activate the Power Pumping again using the Power Pumping button.



During the pumping phases, it is possible to adjust the vacuum and cycle settings at any time to suit individual needs.

Information on the step-by-step procedure is included in the instructions for use.

General instructions are given below. More tips on pumping are available on the Ardomom blog on the website www.ardomedical.com.

- The automatic Power Pumping is used in addition to the established breastfeeding or pumping routines.
- Milk production is increased when Power Pumping is used 1 to 2 times a day for 3 to 4 days or longer. For many women a significant increase in milk production is seen within three days while for others the maximum effect of the increase is achieved between four and fourteen days. It may be that in the first few days only a few drops of milk can be pumped. If the Power Pumping is continued and the breast regularly stimulated, the milk volume will increase.
- The automatic Power Pumping can be used throughout breastfeeding.
- While the duration of the pumping phases and the pauses are predefined, the mother can adjust the vacuum and cycle settings to her own needs at any time. The guideline for the vacuum level is personal well-being and not the maximum vacuum that can be set. With a comfortable level, the milk will flow better and the nipples will remain intact.

If the pumped breast milk is not used promptly, it should be stored in the refrigerator or frozen after the Power Pumping session.



Practical tips

- Double pumping with the automatic Power Pumping is highly recommended because it helps to further increase the milk volume⁸.
- Hands-free pumping by wearing a pumping bra gives greater freedom. A pumping bra can be purchased or easily made at home:
 1. Put on an old, elastic bra
 2. Mark the level of your nipples
 3. Take the bra off
 4. On each side cut out a small cross with scissors
 5. Attach the breast shell to the bra and start pumping
- The 10 minute pause can be used, for example, to drink something, eat a snack, shower, read, listen to music, do a chore around the house or simply enjoy a pleasant break.
- Massaging the breast or applying heat with a warm wrap before pumping can help to gently prepare the breast.
- A breast massage during pumping can improve the milk flow and also help to increase the milk volume (hands-on pumping)¹⁰.

Different information in the specialist literature

There are different models described in the literature for the sequence of Power Pumping and sometimes Power Pumping is also called cluster pumping. In recent years, one-hour Power Pumping 20-10-10-10-10 with 3 pumping phases interrupted by 2 pauses has become firmly established, as shown by internet searches. For this reason, the automatic Power Pumping of Ardo Alyssa follows this sequence.

References

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