

Breastfeeding: Pumping record

This pumping record helps you track how much milk (“**milk volume**”) in ounces (oz) or milliliters (mL) you’re producing each day. Aim for 8 pumping sessions every 24 hours. Record your milk volume for each session below.

Milk volume targets



- **By day 3 or 4 after your baby is born:** Your milk should come in. You should notice a significant increase in volume. The milk will look thinner and whiter than before.
- **By the end of day 7:** Your 24-hour total volume should be at least 16 ounces (500 mL) for a single baby or 30 ounces (900 mL) for twins.
- **By the end of day 14:** Your 24-hour total volume should be at least 24 to 32 ounces (700 to 950 mL) for a single baby or 48 to 60 ounces (1,440 to 1800 mL) for twins.

Talk with your lactation consultant if you’re not meeting these targets or if you have concerns about breastfeeding and pumping.

Day		Minutes (min) of pumping	Notes (as needed about the session)	Milk volume obtained (oz/mL)	
Date	Time			Left breast	Right breast
	AM/PM	min.			
	AM/PM	min.			
	AM/PM	min.			
	AM/PM	min.			
	AM/PM	min.			
	AM/PM	min.			
	AM/PM	min.			
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24-hour totals:		min.			
Total milk volume obtained in 24 hours = _____oz/mL					

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Notes
