

母乳哺育基本技巧之衛生教育指導 (二)

THE BASIC SKILLS OF BREASTFEEDING

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✚ 擠奶及母乳貯存 Breast milk collection and preservation

雖然母親直接授乳是提取乳汁和刺激母乳分泌的最有效方法，但所有授乳的母親都應學會如何用手擠奶。

Direct breast nursing is the preferred method, however collecting the breast milk for later use is an option. All mothers should know how to collect breast milk with their hands.

✚ 何時需要擠奶 When is the best time to collect breast milk?

- ✚ 紓緩乳房脹滿的情況，如乳汁分泌過多、乳管堵塞和乳脹。

Breast milk should be collected when the breasts feel full or breast milk begins to leak out of the nipple. Collection of breast milk at this time will help to release the pressure, avoid engorgement and block of the lactiferous ducts.

- ✚ 使早產嬰兒的母親或要上班的母親能增加及維持乳汁供應。

In the event that the mother must be separated from her baby (i.e. hospitalization of a preterm baby, care for the baby is given by a caregiver while the mother works, etc.).

- ✚ 當母親與嬰兒分開時，仍能維持乳汁供應。

Collection of breast milk can provide a supply of breast milk for the baby in the mother's absence.

✚ 擠奶準備 (人手或奶泵) Preparing to collect breast milk (by hand or with a breast pump)

- 放鬆心情，在一個溫暖、安靜的房間/空間進行，最好備有飲品和嬰兒的照片。 Maintain a positive and relaxed mood. Stay relaxed in a warm, quiet room. Consume foods that may be conducive to lactation. Attitude by looking at pictures of the baby.



- 每次擠奶都預備一個清潔的塑膠容器。 Prepare a clean plastic container for each milk collection session.

- 每天沐浴，保持個人衛生。

Take a shower everyday to maintain good personal hygiene.

- 用肥皂和清水洗手 (這是預防感染的一個重要步驟，請參閱「[正確洗手方法指引](#)」單張)。

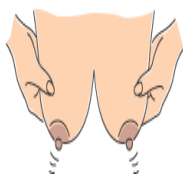


The most important procedure is to wash hands with water and soap to prevent infection.

- 熱敷乳房數分鐘 (可用熱毛巾，但避免敷及乳頭和乳暈)。

Warm the breasts with warm towels for a few minutes. (leaving the nipple and areolar uncovered).

- 用指尖輕掃乳房，或用拳頭在乳房上輕柔地向乳頭方向旋轉二至三分鐘，以促進乳汁流出。



Use the finger tips or fist to gently massage the breast in a circular motion toward the nipple for 2 to 3 minutes, This induces lactation.

✚ 如何用手擠奶? How to collect breast milk by hand.

- 拇指及食指對放在乳暈上下兩旁，其他手指則輕輕承托著乳房。

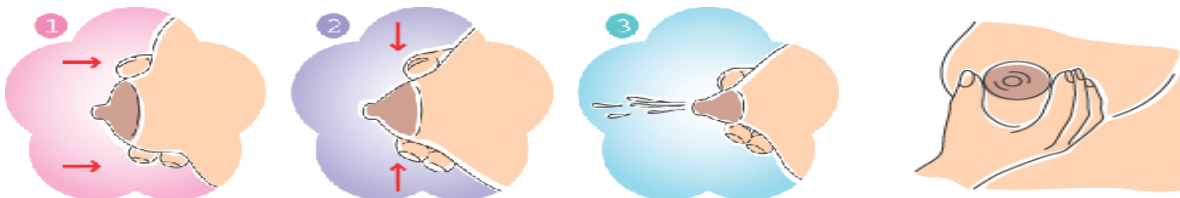
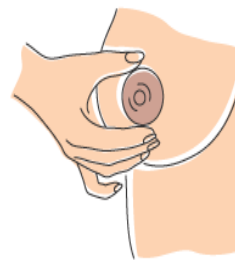
Place the thumb and the index finger on either side of the areola and use the other free fingers to hold the lower portion of the breast.

- 輕輕摸索在乳暈周圍或之下微脹的乳竇。

Press gently on slightly engorged breast sinus, which can be found around the areola.

- 首先，把手指朝向肋骨輕壓，然後用食指及拇指在乳頭和乳暈後方輕輕擠壓，跟著放鬆。重覆擠壓、放鬆的動作，直至乳汁流速減慢。

First, use the fingers to press the breast toward the ribs and then use the thumb and index finger to gently squeeze from the back part of the areola toward the nipple. Release and repeat until lactation occurs.



- ✚ 拇指和食指可沿順時針或逆時針的方向，轉換在乳暈上的位置，以便擠出乳房各部位的乳汁。每次擠奶需時約二十至三十分鐘。

The thumb and index finger can move around the breast areola in a clockwise and counterclockwise direction, making sure lactation occurs in all parts of the breast. Collection of milk may take 20 to 30 minutes each time.

- ✚ 為維持充足的乳汁供應，擠奶的次數應該是：日間每三小時一次，晚間一次，即二十四小時內約六至八次。

To ensure collection of an adequate amount of breast milk: collect breast milk six to eight times a day (every three hours during the day and once at night).

- ✚ 有可能的話，最好先尋求專業的技術指導，確保方法正確。(因為擠奶是一種實際操作，難以用文字講解清楚)

If possible, consult an expert to get proper instruction (description is difficult because breast milk collection is a practical procedure).

- ✚ 每次擠奶用一個清潔容器。最理想是能夠存放嬰兒一餐所需份量。

Use a clean container of a suitable size to collect one meal volume each time breast milk is collected.