

Helpful information about expressing milk

- Frequency – 00:10
- Expected volumes – 00:46
- Milk Flow – 02:05
- Milk production – 02:49
- Environment – 03:22
- Hand expressing – 04:05
- Enhancing expressing – 04:52

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a short video
(The times show when each
topic starts in the video)



Storing your expressed milk in hospital

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Fitting and using the pump - Ardo

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Pump parts and putting the pump together - ARDO Including cleaning and sterilising

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