



## EXCLUSIVE PUMPING GLOSSARY

**EP.** Exclusive Pumping, Exclusively Pumping or Exclusively Pump. Use of a breast pump and occasionally, manual hand expression to feed an infant breastmilk by a different mean than at the lactating breast. Infants are typically fed by bottle, but can also be fed by a supplemental nursing system (at breast or bottle), cup, bottle spoon, spoon, syringe or a dropper.

**EPing.** Exclusively Pumping or Exclusive Pumping.

**EPer.** An exclusive pumper or someone who exclusively pumps breastmilk.

**OPD.** Ounces Per Day. *I'm currently pumping 27OPD.*

**PPD.** Pumps Per Day. *I'm doing 6PPD to maintain supply.*

**MOTN.** Middle Of The Night Pump. *When can I drop the MOTN pump without losing supply?*

**MPP.** Months Postpartum. *I'm currently 4MPP.*

**WPP.** Weeks Postpartum. *I'm currently 18WPP.*

**MNPP.** Minutes Per Pump. *I'm currently doing 15MNPP.*

**Dropping Pumps.** Act of eliminating or decreasing the number of daily pumping sessions. *I'm thinking of dropping from 6 to 5PPD to get more sleep.*

**Power Pumping.** Imitating a nursing cluster feed during 1 hour. Usually consists of pumping for 20 minutes, off for 10 minutes, on for 10 minutes, off for 10 minutes, then on for 10 minutes. Power pumping may increase supply, and can take up to 3 weeks to notice the increase.

**APNO.** All-Purpose Nipple Ointment. Aids with cracked and bleeding nipples. *Dr. Newman prescribes as 1) Mupirocin ointment 2%: 15 grams 2) Betamethasone ointment 0.1%: 15 grams 3) To which is added miconazole powder to a concentration of 2% miconazole (International Breastfeeding Centre, 2020).*

**Dom.** Short for Domperidone. A widely prescribed medication in Canada to aid in the increase of milk production. Its intended use is not for milk production, however, a side effect is the increase of milk production. Can take up to 6 weeks to notice the increase in supply.

**Grief Pumper.** An individual who chooses to exclusively pump after the loss of their child.





**Breastfeeding.** Historically, and often still referred to as being fed human milk by latching to a lactating breast. However, infants and toddlers who are fed by exclusively pumping are breastfed. The source of nourishment is still human milk by a lactating breast.

**Nursing.** Fed human milk by latching to a lactating breast.

**Breastfed.** Consuming human milk. Infants and toddlers fed milk by exclusive pumping are breastfed, as the milk is still excreted by a lactating breast.

**Pumpling.** An infant who receives breastmilk via exclusive pumping. *How old is your pumpling?*

**Just Enough.** Pumps just enough milk daily to meet baby's daily needs. *If I drop the MOTN I won't be a Just Enough anymore.*

**Oversupplier.** Pumps more milk than baby's daily needs. *As an oversupplier I'm pumping 45OPD, can I afford to drop pumps?*

**Undersupplier.** Pumps less milk than baby's daily needs. Typically will supplement with formula or donor breast milk. *I'm an undersupplier because I'm currently supplementing about 6OPD.*

**Weaning.** The act of dropping pumps to stop exclusive pumping. *My plan is to start weaning at 8MPP.*

**Storing.** Act of primarily placing breastmilk in a fridge for future feeds. *It can include freezing, however freezing is typically referred to as a stash.*

**Stash.** Storing and typically freezing a surplus or a certain amount of breastmilk to use while away from baby or to have less overall pump time to achieve breastfeeding goals. *I currently have a stash of 300L, so I can stop pumping, and still have enough to get my baby to their first birthday.*

**SNS.** Supplemental nursing system. Device that holds milk or formula via a tube that is often attached to a breast to attempt to feed baby or toddler at breast. Can be chosen as a way to allow a nursing relationship. Also can be used for chestfeeding.

