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Average Milk Supply after Health Term Birth

Hours/Days of Life	Total Volume produced in 24 hours	Total Infant Intake Avg per Feed
First 24 Hours	37 mL (7 - 123mL)	Few Drops – 5mL
24 – 48 Hours	84 mL (44 - 335mL)	5 - 15 mL
48 – 72 Hours	408 mL (452 - 876mL)	15 - 30 mL
Days 4 – 5	705 mL (452 – 876 mL)	30 – 60 mL
1 – 6 Months	800 mL (478 – 1300 mL)	30 – 135 mL

*Range of normal milk production found in data compiled from various studies and published by The International Institute of Human Lactation, 2015.

*Suggested volumes are based on the Academy of Breastfeeding Medicine’s Clinical Protocol #3: Supplementary Feedings in the Healthy Term Breastfed Neonate, Revised 2017 (www.bfmed.org)

It is normal for babies to cluster feed, feeding frequently over several hours, making it difficult to determine infant intake per feed. **Calculate the average of several feedings if doing pre-post weights.**

Signs of Adequate Intake Includes Normal Output Count

Days of Life	Voids	Stools
1	1	1
2	2	2
3	3	2
4	4	3
5	5	3
6	6	4
7	7	4