

# Choosing a Breast Pump

**QUESTION:** Do I need a breast pump?

**ANSWER:** Not everyone needs a breast pump, but any new mom will tell you that a good breast pump is essential to build or keep up your milk supply if:

- You need to be apart from your baby for any reason
- Your baby is having latch issues
- You are having issues with milk supply
- Your baby is too premature or sick to breastfeed

**QUESTION:** What type of breast pump do I need?

**ANSWER:** Choose a breast pump that is right for your situation:

*Mothers pump their milk for many reasons. Pumping provides milk for feedings when you're away. It builds milk production if your baby does not feed well or is not yet breastfeeding. When choosing a pump, be aware that some pumps are better for certain situations than others.*



## TYPES OF BREAST PUMPS RECOMMENDED FOR DIFFERENT SITUATIONS

Your Situation	Multi-user/Hospital-Grade/Rental Pump	Single-User Personal Pump	Manual Pump
Milk supply established, breastfeeding well & occasional pumping (ex. going out)	✓	✓	✓
Milk supply established, breastfeeding well & pumping daily (ex. going to work/school)	✓	✓	
Milk supply established, pumping regularly, baby not breastfeeding (ex. preterm, latch issues, milk supply issues, etc.)	✓		
Establishing milk supply, baby not breastfeeding (preterm, latch issues, milk supply issues, etc.)	✓		

**QUESTION:** Is there anything special I should look for in a pump kit?

**ANSWER:** Yes. You will want to purchase a breast pump that has a pump kit with:

- A barrier to protect your milk against bacteria, viruses and mold that can grow in moist tubing and breast pumps

- A variety of flange sizes so you can get the right flange fit for greater comfort and better milk flow
- The option to double or single pump
- A kit that can be used on all electric pumps made by the same manufacturer

**QUESTION:** What features should I look for in a multi-user, hospital-grade breast pump?

**ANSWER:** In addition to a pump kit with a proven barrier and multiple flange sizes, look for these additional features:

- Separate suction and speed dials to help you:
  - Customize your pumping session for a multi-phase experience
  - Follow your milk flow by adjusting the speed to more quickly trigger multiple milk ejections (let-down) while keeping the suction at your most comfortable level
- Ability to adjust speed and suction in small increments for comfort and better milk flow
- Research to back up claims of helping to establish an adequate milk supply for mothers of preterm infants

**QUESTION:** What features should I look for in a single-user, personal breast pump?

**ANSWER:** In addition to a pump kit with a proven barrier and multiple flange sizes, look for these additional features:

- Separate suction and speed dials to help you:
  - Customize your pumping session for a multi-phase experience
  - Follow your milk flow by adjusting the speed to more quickly trigger multiple milk ejections (let-down) while keeping the suction at your most comfortable level
- Battery or car adapter option
- At least a one-year warranty

**QUESTION:** What features should I look for in a manual pump?

**ANSWER:** Look for these features:

- A comfortable handle that swivels for greater wrist comfort
- Ability to squeeze and hold while milk is flowing to reduce work of manual pumping

**Multi-user, hospital-grade breast pumps**

Ameda Platinum™ Breast Pump      Ameda Elite™ Breast Pump

**Single-user, personal breast pumps**

Purely Yours® Breast Pump      Purely Yours Ultra™ Breast Pump

**Manual breast pumps**

One-Hand Breast Pump with Tote      One-Hand Manual Breast Pump

#### References

Jones F. *Best Practice for Expressing, Storing and Handling Human Milk*. 3rd ed. Fort Worth, TX: HMBANA, Inc.; 2011.

Mohrbacher N. *Breastfeeding Answers Made Simple: A Guide for Helping Mothers*. Amarillo, TX: Hale Publishing, LP; 2010.

Spangler A. *Breastfeeding: A Parent's Guide*. 9th ed. Cincinnati, OH: Specialty Lithographing Co; 2010.

*This is general information and does not replace the advice of your healthcare provider. If you have a problem you cannot solve quickly, seek help right away.*

*Every baby is different, if in doubt, contact your physician or other healthcare provider.*