

## Recommending a Breast Pump

Lactation Consultants are often asked to recommend a breast pump. There are a number of factors to consider.

Recommending a breast pump depends on several factors:

- The frequency the mother will use it
- How many months/years the mother anticipates using it
- The possibility that the pump will be used for future babies
- If the mother needs to increase her milk supply by pumping
- If the mother is establishing and maintaining her breastmilk supply while separated from her ill or premature infant
- The financial resources of the family

Recommend the best pump that the family can afford. It is an investment that will pay off in satisfaction in use and maintenance of breastmilk supply. In certain situations, a rental pump will be the most cost effective. If the mother anticipates long term pumping or using the pump for subsequent babies, the purchasing will be the best option.

There are several types of pumps available:

- Hospital grade electric breast pumps
- Personal use breast pumps
- Battery operated and small electric breast pumps
- Manually operated pumps

A breast pump should simulate, as realistically as possible, a baby nursing at the breast. Research has shown that normal healthy newborns achieve up to 220 mm Hg of suction while nursing and have a suck-swallow cycle of about 40 - 60 times per minute. A little faster when they first begin breastfeeding, and a little slower after the let-down reflex occurs. The pump should meet these criteria.

The flange is the part of the pump that fits over the breast. It should cover the areola to support the tissue and the opening should fit loosely around the nipple and allow it to stretch freely into the nipple tunnel during the suction phase of the cycle. Most pumps have several sizes of flanges available to accommodate different sizes of nipples.

Features to look for in selecting a breast pump:

- Ease of use
- Ease of cleaning
- Ease of assembly, the number and complexity of parts to assemble
- Automatic or manual suction - release cycle
- Instructions accompanying the pump
- Size and fit of the breast flange
- Range of suction obtained
- Comfort of the mother
- Ability of the pump to stimulate hormonal levels
- Versatility of power source (battery, electric and cigarette lighter adapter)

For mothers who are initiating or maintaining a breastmilk supply when separated from their infant, recommend a hospital grade breast pump. It will be most effective in these situations. Working mothers will find that personal use pumps are comfortable, quick and reliable. For mothers who are working for an abbreviated schedule or will use the pump infrequently a small electric, battery operated or manually operated pump will be sufficient.

Breast pump models and features change rapidly. Check with the manufacturer's representatives periodically to stay abreast of changes.

### Selected Hospital Grade Pumps (Bilateral Pumping)

Breast Pump	Suction & Release (# times/min)	Max Suction Levels (mm Hg)	Weight	Approx Cost (MSR)	# Pieces to Assemble	Warranty
Baby at the breast	40-60	200-220				
Classic (Medela)	42	180-240	17 lb	\$1500 Lease available	12	Return to company
SMB (Ameda)	48	180-250	21	Lease available	10	Return to company
Symphony (Medela)	Automatic 2 phase. Can be user regulated.. Stimulation phase 120 Collection phase 54-78	Stimulation phase 50-200 Collection 50-250	6.4 lb 7.7 lb with battery pack	\$ 999.95 \$1,199.95 with battery pack	10	3 year
Elite (Ameda)	0-60	0-220	6 lb 12 oz	\$800 Lease available	10	Return to company
Lactina (Medela)	42	120-250	5 lb 3 oz	\$619 Lease available	1 2	Return to company



### Selected Personal Use Breast Pumps (Bilateral pumping)

Breast Pump	Suction & Release (# times/min)	Max Suction Levels (mm Hg)	Weight	Approx Cost (MSR)	# Pieces to Assemble	Warranty
Baby at the breast	40-60	200-220				
Purely Yours (Ameda) Briefcase and backpack versions available	0-60	215	1 lb	\$249	10	1 yr
Pump-in-Style (Medela) Briefcase, backpack and executive versions available	40-60	250	6 lb 12 oz	\$299	10	1 yr
Ellen (Whisper Wear) "Mini" pumps worn in the bra	35-80 Auto cycle begins at 80 for 1 minute then drops to 60. Can be user regulated.	200	5.8 oz per pump  Complete kit with case 2.5 lb	\$199 double  \$99 single	4 on each pump	1 year
FreeStyle (Medela)	40-60	100-250	12 oz	\$399	12	1 year
Nurture III (Bailey Medical)	24 User regulated	230	1 lb 10 oz	\$158	11	2 yrs
Whittlestone Breast Expresser (Whittlestone)	52	100	7 lb	\$350	14	3 years



### Selected Battery Operated & Small Electric Pumps (Single Pumping)

Breast Pump	Suction & Release (# times/min)	Max Suction Levels (mm Hg)	Weight	Approx Cost (MSR)	# Pieces to Assemble	Warranty
Baby at the breast	40-60	200-220				
Gerber	6-10	200	8 oz	\$49	5	None
Press and Pump (Evenflow)	5	210	14 oz	\$40	6	90 days
Personal Comfort (Evenflow)	7	200	1 lb 5 oz	\$70	8	90 days
Magmag (Omron)	5	210	8 oz	\$45	5	90 days
Gentle Expression (Lumiscop)	5	130-150	8 oz	\$30	5	90 days
Mini-electric (Medela)	32-34	100-250	12 oz	\$105	4	6 mo



### Selected Manually Operated Pumps (Single Pumping)

Breast Pump	Suction & Release (# times/min)	Max Suction Levels (mm Hg)	Weight	Approx Cost (MSR)	# Pieces to Assemble	Warranty
Baby at the breast	40-60	200-220				
Kaaneson MagMag	User regulated	350	3 oz	\$20	2	90 days
Harmony (Medela)	User regulated	270	5 oz	\$32	6	90 days
Comfort Ease (Evenflow)	User regulated	200	10 oz	\$30	7	90 days
Evenflow Delux	User regulated	80	1 lb 6 oz	\$18	5	90 days
Ameda	User regulated	250	3 oz	\$39	4	90 days
Isis (Avent)	User regulated	210	8 oz	\$54	4	90 days

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

