



## ***CHOOSING A BREASTPUMP***

Confused by the many different types of breast pumps available on the market today? Need a recommendation for which one is best suited for the AD military mother? There are many factors to consider when choosing a breast pump, such as how and where you will use it, what options you will have available for expressing your milk at your command, and your budget. With so many pumps available on the market, each with numerous features, it can be confusing to choose the best one. Use this handout help you make a decision and buy the best pump you can afford. **\*\*TRICARE covers breastpumps. You must have a prescription from your PCM and order your pump through a DME provider or place a claim with TRICARE for reimbursement.\*\***

### **Breastpumps 101:**

Breastpumps remove milk from your breasts either simultaneously or one at a time. Bilateral pumping reduces pumping time and increases your lactation hormones. On electric or battery operated pumps the flanges fit over the nipples and breast. The tubing attaches to the connectors and runs back to the motor. Bottles attach to the bottom of the connectors. On hand operated pumps a handle replaces the tubing.

### **Types of pumps:**

**Hospital grade** – Rental pumps that are used to establish a milk supply for ill or premature infants. Multiple-user. Closed system. Also used in lactation rooms on base. Not portable.

**Personal use** – Used by active duty mothers returning to work. Maintains milk supply. Single-user. Open or closed system. Available in backpack and purse styles. Portable.

**Battery or small electric** – Occasional use pumps. Often not strong enough to maintain milk supply long-term. Single-user. Open system. Portable.

**Hand or manually operated** – Occasional use pumps. Good for emergency use when electric pump is not available. Single-user. Open system. Portable. Can be broken down and put inside uniform pockets.

### **Used Pumps:**

Personal use pumps are considered single-user by the FDA and are not to be shared or resold. They cannot be sterilized between users, and even with new tubing and flanges, bacteria, viruses and mold can enter the motor. In addition, the motors often wear out after 12-18 months of use which affects milk removal and eventually milk production. TRICARE pays for one manual or electric breastpump. There is absolutely NO reason to use a used pump.

**Cycles and Suction Settings:** Breast pumps are designed to empty the breast by mimicking both the suction pressure and frequency of your baby's suckling. Pumps should cycle between 40-60 times a minute. Suction pressure should range between 180-220 mmHg. Quality pumps will have either independently adjustable levels of suction and cycles or pre-set controls that automatically set the cycles and suction. Some pumps have a "let-down" feature that automatically sets the cycles fast and suction light to mimic the quick sucking your baby does to help the milk flow.

**Double vs. Single Pumping:** Quality pumps will allow you to pump both breasts simultaneously, which is faster and increases the amount of prolactin released, leading to higher milk production. Once you become proficient at pumping, using a double pump can take as little as 15 minutes. Single pumping shouldn't take longer than about 30 minutes. Single pumping long-term can lead to lowered milk production.

**Open vs Closed System:** In an Open system the pump motor is exposed to your milk as there is no barrier between the collection kit and motor. This can lead contamination of your milk by bacteria, viruses, and mold. There is no way to completely clean or sanitize this type of pump. In a Closed system the collection kit and pump motor are completely separated via a barrier (filters or membranes). This may also prevent contamination via HAZMAT particles in the workplace.

- Closed – Ameda, Ardo, Freemie, Hygeia, Lansinoh, Lucina, Limerick, Spectra
- Open – Evenflo, First Years, Medela

**Single vs. Multiple User:** Single-user pumps are meant for use by one person only. Motor life is 12 months. May be open or closed system. Multiple-user pumps have stronger motor, better warranty, and closed system.

**Adapters and Batteries:** What kind of power will you have available? Some pumps require access to electricity, while others come with car adapters. Some can run on battery power, while others are hand-operated only. If you are stationed overseas, make sure that you have the proper adapter for the outlet or you risk blowing the motor.

**Carrying Case:** Is the pump portable and easy to transport? Does it come with a black carry bag for use in uniform? Does it have a compartment to keep your milk cool (especially important if you won't have access to a refrigerator).

**Other Features:** Are the flanges or shields interchangeable? You want flanges that fit you correctly, as this can impact your milk supply. Some pumps offer a "cry" feature that allows you to record your baby crying (laughing or cooing). Many newer pumps offer LCD displays that show the speed and suction, as well as time and length of your last pumping session. Other extras may include soft "petal" inserts that massage the breast, timers, and other similar items.

**Spare Parts:** How easy is it to obtain spare parts for your pump, especially if you are overseas? Does the manufacturer ship to APO/FPO addresses? Do they have a worldwide presence with parts that are carried by local drugstores and/or lactation consultants? This can save you a lot of heartache if pieces go missing or become damaged.



## Types of Breast Pumps

Type of Pump	Description	Suction & Cycles	Advantages	Disadvantages	Cost Range	Examples
Manual Pump	Hand powered	Variable	Small, portable, quiet, inexpensive	<ul style="list-style-type: none"> <li>Labor intensive</li> <li>Single-pumping</li> <li>Open system</li> <li>May not be able to achieve proper cycling or suction</li> <li>Single-user</li> <li><b>Not for maintaining supply</b></li> </ul>	\$15-50	<ul style="list-style-type: none"> <li>Ameda One-Hand*</li> <li>Avent Comfort Manual</li> <li>Freemie Equality</li> <li>Lansinoh Hand Pump</li> <li>Medela Harmony</li> <li>Simplisse</li> <li>Spectra Handy*</li> </ul>
Battery-Operated Pump	Battery-operated motor	Variable	<p>Small, portable, inexpensive</p> <p>Can double pump with two units</p>	<ul style="list-style-type: none"> <li>Goes through batteries quickly</li> <li>May provide inadequate cycling and suction</li> <li>Open System</li> <li>Single-user</li> <li>Most models offer manual cycling only</li> <li><b>Not for maintaining supply</b></li> </ul>	\$50-150	<ul style="list-style-type: none"> <li>Avent Comfort Single</li> <li>Medela Swing</li> </ul>
Occasional-Use electric pump	Small electric pump	Variable	<p>Small and quiet</p> <p>Double or single pumping</p>	<ul style="list-style-type: none"> <li>Semi-automatic cycling, Some models only offer manual cycling</li> <li>Open system</li> <li>Single-user</li> <li>Difficult to achieve adequate cycling and suction</li> <li>Requires electricity or car adapter</li> <li><b>Not for maintaining supply</b></li> </ul>	\$50-200	<ul style="list-style-type: none"> <li>Avent Comfort Double</li> <li>Bailey Nurture III*</li> <li>Dr. Brown's Double Electric</li> <li>Evenflo Comfort Select</li> <li>First Years MiPump</li> <li>Freemie Freedom</li> <li>Lansinoh Affinity or Signature Pro</li> <li>Medela FreeStyle</li> <li>NUK Expressive</li> <li>Playtex Embrace</li> <li>Rumble Tough*</li> <li>Serene Express</li> <li>Spectra 9, Dew350, M1, S2 *</li> </ul>
Personal-Use electric pump	Medium electric pump	<p>40-60 cycles per min</p> <p>50-220 mmHg suction</p>	<p>Double or single pumping</p> <p>Automatic cycling</p> <p>Efficient and compact (carrying case or backpack)</p>	<ul style="list-style-type: none"> <li>Expensive</li> <li>Open or Closed system</li> <li>Single or Multiple user</li> <li>Requires electricity or a car adapter</li> <li><b>Maintains supply</b></li> </ul>	\$150 to 400	<ul style="list-style-type: none"> <li>Ameda Purely Yours, Purely Yours Ultra*</li> <li>Hygeia EnJoye*</li> <li>Limerick PJs Bliss*</li> <li>Medela Pump in Style</li> <li>Spectra S1*</li> </ul>
Hospital-Grade electric piston pump	Large piston driven electric pump	<p>40-60 cycles per min</p> <p>50-250 mmHg suction</p>	<p>Double or single pumping</p> <p>Automatic cycling</p> <p>Highly efficient</p> <p>Mimics baby's suction pressure and cycling rate</p>	<ul style="list-style-type: none"> <li>Large and heavy</li> <li>Very expensive, usually rented</li> <li>Requires electricity</li> <li>Multiple-user</li> <li>Closed system</li> <li><b>Increases and Maintains supply</b></li> </ul>	<p>Rental: \$30-80/month plus personal kit</p> <p>Purchase: \$700-\$1500</p>	<ul style="list-style-type: none"> <li>Ameda Elite, Platinum, Lact-E*</li> <li>Hygeia enDeare*</li> <li>Limerick PJs Comfort*</li> <li>Medela Symphony, Lactina, Classic</li> <li>Melodi One</li> </ul>