

Picking Your Pump

With so many pumps on the market, we want to help you understand how to choose the right pump(s) for you! Let's think about when, where, and why you will need to remove milk.

Look for pumps with the following features:

- ✔ Parts that are easily accessible and replaceable to maintain hygiene and prevent contamination
- ✔ BPA-free and comply with safety standards



Consider the following when deciding which pump may be right for you:

- How often do you plan to pump?
- Do you need a pump for short-term or long-term use?
- Will you exclusively pump or use it to supplement breastfeeding?
- Are you looking for a portable and lightweight option?
- Suction strength and adjustability
- Pumping speed and efficiency
- Double pumping capability
- Portability and battery options: For pumping on the go
- Ease of use and cleaning
- Noise level
- If you have insurance, which pumps are covered by your plan?
- What is most affordable to you and meets your specific needs?

Manual Breast Pump | Vacuum suction is powered by your hand

Positives	Negatives	Best Uses
<ul style="list-style-type: none"> • Low cost • Small size • Lightweight • Portable- no outlet needed 	<ul style="list-style-type: none"> • Hand may get tired • Takes longer to remove milk from both breasts using one pump 	<ul style="list-style-type: none"> • Collect/freeze milk "just in case" • Remove milk to slow a heavy let down before feeding • Relieve breast pressure from extra milk • Feed baby during a brief time away • As back up for an electric breast pump

Electric Breast Pump | Strong motor that removes milk well. May be chargeable and/or require an outlet.

Positives	Negatives	Best Uses
<ul style="list-style-type: none"> • Single and/or double breast pump • Moderate cost • Sizing can be easier • Chargeable models can be used in different places • Some are hospital grade, good for heavy use 	<ul style="list-style-type: none"> • May require an outlet • Bulky • Heavy • Larger size • Some hospital grade are expensive and must be rented 	<ul style="list-style-type: none"> • Remove extra milk or replace a breastfeeding session during longer times away from baby like work/school, etc. • Exclusively pump breast milk for a hospitalized baby • Help a milk supply to come in • Make more milk to satisfy baby • Restart a milk supply after stopping it • Start a milk supply for a baby birthed by another person

Portable Electric Breast Pump | Motor may not remove milk well before full supply comes in. Some are wireless.

Positives	Negatives	Best Uses
<ul style="list-style-type: none"> • Single and/or double breast pump • Small size • Lightweight • Easier to tend to baby or other tasks 	<ul style="list-style-type: none"> • Higher cost • Sizing can be harder • May not hold an oversupply of milk • Requires charging to remove milk 	<ul style="list-style-type: none"> • Relieve breast pressure from extra milk • For baby to be fed during a brief time away • As a back up for an electric breast pump • Use sometimes during longer times apart from baby

Pro Tips!

Start by checking what is offered by your health insurance. Choose what matters most to you, like ease of cleaning, ease of you, and ability to buy the parts near you!

Friends, family, co-workers, Nest Collaborative IBCLCs and online reviews for breast pumps are all ways to help make your choice!

For help fitting or using your breast pump, schedule an appointment with a Nest Collaborative IBCLC by visiting our website www.nestcollaborative.com or by calling (888) 598-1554.

