

Choosing a Breastpump

There are many types of breast pumps to choose from:

- Manual (hand) pumps
- Battery-operated pumps
- Semi-automatic electric pumps
- Automatic (self-cycling) electric pumps

Some moms need to pump their milk 2-4 times per day while others need to express their milk 2-4 times per week. You should choose a pump that is comfortable and easy to use. Your pump should provide gentle compression of the breast and removal of milk with the least amount of vacuum. Milk expression should be quick, easy, and painless.

It is important to wait to purchase or rent a breast pump until baby is born to determine what your pumping needs are going to be. Here are some things to consider when choosing a breast pump:

- Why do you need a breast pump?
- How often do you plan to pump?
- Is the pump comfortable?
- Is the pump easy to use?
- Is the pump easy to clean?
- How much does the pump cost?

Not all pumps are created equal and some may compromise your milk supply. Your insurance company may provide a pump for you; call your benefits coordinator at your insurance company to see if you are eligible. Also, your local WIC Clinic may provide a pump depending on your needs; call your WIC clinic about breastfeeding and pumping. If you have any questions about what pump is best for you, call the **24 Hour Breastfeeding Hotline 1-800-833-4642**.

Adapted from *Breastfeeding: Keep It Simple*, Amy Spangler.



USDA is an equal opportunity provider and employer.
Arizona Department of Health Services 2015