

# Breast Milk Pumps

## What is it?

- Use of equipment to remove breast milk from mother's breasts
- Can be used by the mother herself or someone else can use the pump to remove the milk for her

## Collect Equipment

- Obtain a pump; individuals with breastfeeding expertise can provide information on the specific manual and electric pumps available
- Follow the manufacturer's instructions for assembly and use
- Select appropriate size of nipple funnel and/or flange

## Set-Up and Use of Equipment

- Wash hands thoroughly
- Sit comfortably
- Encourage the milk ejection reflex or "let down" before pumping to increase milk flow and decrease pumping time
- Stimulate "let down" by: hand expression, massage, visualizing baby (or having scent of baby's clothing), using warm compresses, music or by relaxing

- Moisten breasts or funnel/flange with water to improve seal and suction
- Position the funnel over the areola so that the nipple is centred in the opening of the flange
- If "let down" has not already occurred, use a fast, rhythmic motion to stimulate it
- After "let down", use slower, gentle pulls to draw milk out
- Tailor frequency and duration of pumping session to individual needs; average time is 10 - 20 minutes per breast
- Stop expressing when milk flow is minimal or has stopped
- Switch breasts several times during a session to stimulate more "let downs"
- Experiment to find out which strategies work best
- If pumping is painful or causes damage to nipples or breasts, talk with a Peel Public Health Nurse

## Cleaning of Equipment

- Pumping equipment should be cleaned according to manufacturer directions to protect the parts
- Clean, dry equipment should be kept covered when not being used

# Types of Pumps

## Manual pump

- is appropriate for short-term or occasional use
- is more effective once milk supply is established
- may be used to soften your areola if your breasts are engorged
- may be used temporarily if you are unable to tolerate breastfeeding due to painful, damaged and/or infected nipple(s)



## Single electric pump

- is appropriate for short-term or occasional use
- is more effective once milk supply is established
- may be used to soften your areola if your breasts are engorged
- may be used temporarily if you are unable to tolerate breastfeeding due to painful, damaged and/or infected nipple(s)



## Double electric pump

- is appropriate for long-term regular use
- may be used to help increase milk supply if necessary
- may be used if breastfeeding is stopped for a lengthy period for any of the following reasons:
  - if you are unable to tolerate breastfeeding due to painful, damaged and/or infected nipple(s)
  - if you need to stop breastfeeding temporarily due to surgery or illness
  - if you are a mother of a premature or ill baby who is unable to breastfeed this is the most effective type of pump to increase or maintain milk supply



For more information, call Region of Peel—Public Health at 905-799-7700  
Monday to Friday 8:30 a.m. to 4:30 p.m.  
Caledon residents call free of charge at 905-584-2216  
[www.BreastfeedingInPeel.ca](http://www.BreastfeedingInPeel.ca)

*Breastfeeding Friendly*



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1-800-387-2222  
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