



Breast Pumps

If your baby is not able to feed well (latch comfortably and remove milk well at the breast), or, **if you must be away from your baby**, a breast pump will help you supply milk for your baby. Some mothers may find it difficult to maintain a milk supply if they are only pumping and baby is not going to breast. When possible, we encourage a mother to feed her baby at her breast so her baby benefits from both her milk and the process of breastfeeding. If your baby is not able to feed at the breast, frequent skin to skin time will also benefit your baby.

MilkWorks carries only pumps that we feel are effective for most women; however, what might be very effective for one woman, may not be effective for another. We will gladly share information to help you make a wise choice. Our goal is for you to obtain a pump that meets your needs. We also carry a wide variety of pump parts and accessories.

Some women find that their milk let down responds better to a baby at the breast than to a pump. Massaging your breasts or thinking of your baby may help to trigger your milk let down. Milk removal often becomes easier as your body become more accustomed to pumping.

The Symphony rental pump is considered the most effective and comfortable pump we carry. It allows for the short term use of a pump without investing in the purchase of a pump. However, a kit must be purchased for use with the rental pump. If you pump with a Symphony in the hospital, take your kit home with you in case you should rent a pump once you are home. If you are working with a lactation consultant, she may recommend that you use a Symphony until your problems resolve. MilkWorks provides a discounted rate for a Symphony rental and pump kit as part of our Lactation Care package.

Rental Pump

Medela Symphony: Rental price: \$25 per week; \$71 per month. One time purchase of a personalized pump kit: **\$48.** (Purchase price of a Symphony is **\$1,599.**)

- Medela's newest hospital grade pump; utilizes two phases of cycling for milk let down and expression and a U shape vacuum pressure for maximum efficiency and comfort; very quiet pump.
- Requires a new pump kit with each user. FDA approved for multiple users; no chance for cross contamination when a new kit is used.
- Larger than a purchase pump.
- **Designed especially for initiating and maintaining milk** when a baby has difficulty latching or removing milk, or when a mother is only pumping and feeding this milk to her baby temporarily or long term.
- May be used to initiate and establish a milk supply when re-lactating or adopting.
- Will help to "pull-out" flat nipples, reduce engorgement, maintain a milk supply while healing sore nipples or increase a milk supply.

Purchase Pumps

The Medela Pump In Style (PNS), Freestyle and Swing pumps are all **single user pumps**. They are not guaranteed against cross contamination if used by more than one mom. Similar to a Symphony pump, all three of these purchase pumps have a two phase cycling pattern and U shape vacuum pressure designed to promote milk let down and comfort. All Medela pumps can be made hands free by wearing a bustier designed to hold the breast shields in place while pumping.

Medela Pump In Style (PNS) Advanced (1 year warranty) \$209

- **Double electric breast pump.**
- Like the Freestyle, an excellent pump for moms who have a good milk supply and are back at work or school, traveling, want a pump for convenience, or are solving minor early problems.
- Pump may be used with an electrical adaptor or a battery pack.
- The pump motor is contained within a larger carry bag that is available in both an over-the-shoulder briefcase style and a backpack style.
- Both the pump motor and the cooler are removable from the carry bag.

Medela Pump In Style (PNS) Advanced Metro or Limited Edition (1 year warranty) \$229

- **Same double electric breast pump as the Pump In Style Advanced.**
- Pump motor is packaged in a small carry bag and may be removed easily from the larger bag.
- Designer pump bag may also be used as a diaper bag or purse.

Medela Freestyle (1 year warranty) \$249

- **Double electric breast pump.**
- Ideal for mothers who have established a good milk supply and are back at work or school, or must be separated from baby for short time periods.
- May also be helpful with minor problem solving in the early days, such as flat nipples or mild engorgement.
- Very user friendly: small and portable (allows user to move around while pumping); motor has a re-chargeable battery (may also be used with an electrical adaptor); face plate lights up; settings may be programmed for memory; has a self timer.
- The Freestyle comes with straps that may be used for hands free pumping.

Medela Swing (1 year limited warranty) \$139

- **Single electric breast pump**; comparable to a one sided Pump In Style Advanced but will only pump one breast at a time.
- May be used with batteries or an electrical adaptor.
- Small pumping unit may be worn on belt loop or carried around neck for portability.
- Motor is slightly quieter than a PNS or Freestyle.

Medela Harmony \$34

- **Single, manual (non-electric) breast pump** with one-handed pumping action.
- Two phase cycle is similar to Medela's electric breast pumps.
- Effective if you need an occasional break from nursing and milk supply is well established.

Please note these prices are as of August 2011; prices are subject to change.