

Breast Milk Pumps

A breast pump may be needed to remove breast milk from mother's breasts. Choosing a pump that is appropriate for your situation can be confusing. If you have questions, call Region of Peel – Public Health.

Getting Started with Pumping

- Wash hands thoroughly
- Follow the manufacturer's instructions for assembly and use
- Sit comfortably
- Encourage the milk ejection reflex or 'let down' before pumping to increase milk flow and decrease pumping time (see 'Helping your Milk to Flow' below)
- Moisten breasts or breastshield with water to improve seal and suction
- Position the breastshield over the areola so the nipple is centred
- Your nipple should move freely and not rub against the sides of the breastshield tunnel; most manufacturers offer various sizes of breastshields
- Frequency and duration of pumping session depends on each mother's needs; average time is 10 – 20 minutes per breast
- Stop pumping when milk flow is minimal or has stopped
- Switch breasts several times during a session to stimulate more 'let downs'
- Breast massage while pumping may increase the amount of milk you are able to pump
- Experiment to find out which strategies work best
- If pumping is painful or causes damage to nipples or breasts, call Region of Peel – Public Health to speak with a Public Health Nurse

Helping your Milk to Flow

- Stimulate 'let down' by: using warm compresses, massage, hand expression, visualizing baby, having scent of baby's clothing nearby, listening to music or by relaxing
- If 'let down' has not occurred, start pumping using short, quick pulls until you see milk
- After 'let down', use slower, gentle pulls to draw milk out

Cleaning of Equipment

- Pumping equipment should be cleaned according to manufacturer directions
- Clean, dry equipment should be kept covered when not in use

Types of Pumps

Hand operated / Manual pump

- most affordable
- appropriate for short-term or occasional use
- intended for use after 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

- appropriate for short-term or occasional use
- intended for use after 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 (for purchase)

- appropriate for long-term or 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

Hospital-grade double electric pump (for rent)

- may be used to help increase milk supply if necessary
- intended for use when baby is doing little or no feeding at the breast
- 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**
parentinginpeel.ca

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of Peel**
working with you