



Pumping Information Handout

Manual or hand pump

- Uses compression to get the milk out of the breast which can work better than suction for some people
- Useful if not needing to pump that often
- Inexpensive
- Can be hard on your hands if pumping frequently, not great if you have carpal tunnel syndrome or other hand conditions

Haakaa silicone pump

- Uses only suction
- Works best when baby is latched to the other breast and stimulates a let down
- Not recommended for use on the second breast while feeding unless baby is used to only taking one breast per feeding, in that case it can lead to oversupply
- Doesn't work at all for some people, high suction can be uncomfortable

Electric - double or single

- Single pumps are cheaper but take more time and studies have shown that double pumping is more effective for milk removal and stimulation of milk supply
 - Hospital grade pumps are strong but not as portable
 - Expensive but often best for stimulating milk supply
 - Can rent or purchase
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Portable

- Smaller electric pumps that are nice as they can fit in a small bag or pocket
 - Variety of prices and quality
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Hands free

- These are cups that fit in your bra to make your pump more portable
- Useful if needing to pump on the go
- Difficult to position and often they do not work as well to extract milk

Wearable

- The pump and the cup are all in one and fit into your bra
 - Useful for pumping on the go or at work
 - Difficult to position and get centred over the nipple
 - Not great for low milk supply, often they don't fully drain the breast
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Flange size

- In general the flange size should be 2-4mm bigger than the diameter of your nipple
- When pumping only the nipple should be moving, none of the areola/breast tissue should be moving into the canal of the flange
- The nipple can touch the edges of the flange as long as it's comfortable

General pumping advice:

- Start with initiation mode which is the quick suction mode
- Do this until milk starts to flow, usually 1-2 minutes
- Then switch to extraction mode (the slower suction mode), some pumps do this automatically
- You can go back to initiation mode after 5 minutes of pumping for 1 minute to encourage another let down of milk
- Increase the vacuum suction until milk is flowing and it is still comfortable

Painful nipples while pumping?

- You may need a different flange size, see above
- You can try putting a small amount of coconut oil on the flange around where it will sit against your areola to reduce friction. You need to make sure the flange size is correct as pain/friction can mean an incorrect size so be cautious with lubricants
- If your nipple stretch and expand while pumping you might have elastic nipples
 - Softer silicone flanges or flanges with more of a funnel shape can be helpful

Notes:
