



Breastpumps

Medela

For Help With  
*Breastfeeding...*  
 You Can *Trust*  
 Medela Breastpumps

*8 out of 10*  
 breastfeeding  *moms*   
 use a breastpump\*

Every breastfeeding mom has a unique experience. Some moms find breastfeeding easy and uncomplicated, while others may find it more challenging. No matter what the experience, all moms breastfeed better with the support of family, friends, and often with the help of a good breastpump.

Different moms have different needs, so Medela makes a variety of breastpumps. While manual breastpumps are great for moms who spend most of their days and nights with their babies, electric breastpumps are the better choice for moms who are frequently separated from their babies because of work or health problems.

**PERSONAL-USE MANUAL PUMPS**

Manual pumps are small, lightweight and easily portable. Manual pumps are ideal for the mom who will miss only an occasional feeding because of sore nipples or plugged milk ducts, or because of a night out.



Medela Harmony™ Breastpump

**What to look for in a good manual pump:**

- **Gentle and Comfortable Expression of Milk**
- **Variable Vacuum Levels:** Allows mom to set the pump to what is most comfortable and natural for her
- **Easy Cleaning:** The pieces should disassemble easily for quick washing and sanitizing



Not All *Electric Pumps*  
 are the *Same*

● **OCCASIONAL-USE, SINGLE OR DOUBLE PUMPS:**  
 Recommended if you need to pump just once or twice per day, or a few times per week

● **DAILY-USE, DOUBLE PUMPS:**  
 Recommended if you are employed full-time, or need to pump every few hours

● **HOSPITAL-GRADE PUMPS:**  
 Recommended if you are unable to nurse due to medical reasons. These pumps are designed to help build and maintain your milk supply and are available on a rental basis from your hospital, lactation consultant or medical equipment rental store

*(Unfold for a chart of all Medela pumps.)*

Should You Use a *Pre-Owned Pump?*

Many moms ask if they can safely sell, purchase, or use a previously owned breastpump. A personal-use pump such as Medela's Pump In Style® Advanced breastpump is a personal care item. It is not advisable to share a personal-use pump with other moms, because there is evidence that bacteria and certain viruses may be transmittable through breastmilk. Medela's personal-use pumps have an internal diaphragm that cannot be removed, replaced, or fully sterilized. Therefore, there is a risk of cross-contamination if a mom uses a previously owned pump, even when using a new set of breastshields, containers and tubing.

It is perfectly safe for multiple moms to use a hospital-grade or rental pump such as Medela's Symphony® breastpump. These pumps are specifically designed for multiple users. They have special barriers and filters to prohibit milk from entering the pump motor, which prevent cross-contamination. In addition, each mom uses her own personal set of breastshields, containers and tubing, to ensure the safe use of these pumps.

Another consideration when deciding to borrow or even lend a previously owned electric pump is the pump's motor life. A high quality, electric double pump might last through the breastfeeding of your second child, or even several children. However, like computers or other electronic products, an electric breastpump has a limited lifetime. Medela guarantees its pump motors with a one-year warranty. If you use an electric pump that has been used for more than one year, there is no guarantee that it will generate as much speed and vacuum as it did earlier in its life. By using your own pump, you can compare the pump's performance with each child. However, if you borrow a pump, you cannot gauge its performance to ensure it is operating at full capacity.

**PERSONAL-USE ELECTRIC PUMPS**

Electric pumps are often faster and more effective at removing breastmilk than manual pumps, and are ideal for working moms who must pump throughout the day to maintain their milk supply. An electric double pump, which simultaneously empties both breasts, is most efficient.



Medela Pump In Style® Advanced The Metro Bag™







**What to look for in a good electric pump:**

- All of the features offered in a good manual pump, as well as the following:
- **Superior Efficiency:** The pump should remove the milk from the breast to a similar extent as the infant
  - **Discreet Portability:** Portability in a quality carrying case provides for discreet pumping anywhere, making mom more comfortable while at work or traveling. Most of Medela's double electric pumps come in fashionable bags with generous storage compartments and an insulated milk-cooling compartment
  - **Battery-Pack:** This option allows for pumping anytime, anywhere
  - **Multiple Pumping Phases:** Most breastpumps apply suction in just one continuous rhythm (or phase), but babies actually use two different rhythms when nursing – first a shallow rapid rhythm to get the milk flowing, then a deeper, slower rhythm to get as much milk as possible. Breastpumps that mimic the natural nursing rhythm of a baby, by automatically switching to different pumping phases, are designed to be more effective in producing faster let-down and breastmilk expression than pumps with just one phase

\*Study conducted by Landor St. James, 2004

# Which Medela

# Breastpump is Right for You?

	Harmony™ (Manual)		Single Deluxe	Swing™	Pump In Style® Advanced (The Metro Bag™, Backpack or Shoulder Bag)	Lactina®†	Symphony®†
							
<b>Type of use</b>							
Occasional Use (missed feeding, working part-time, etc.)	◆	◆	◆	◆	◆	◆	◆
Daily Use			◆				
For Double Pumping							
Multiple Births							
<b>Performance Features</b>							
Adjustable Speed & Vacuum	◆	◆	◆	◆	◆	◆	◆
2-Piece PersonalFit™ Breastshield	◆						
Let-Down/Stimulation Phase	◆						
*2-Phase Expression Technology	●		●				●
<b>Medical Conditions</b>							
Drawing out flat or inverted nipples	◆	◆	◆	◆	◆	◆	◆
Sore nipples or engorgement	◆	◆	◆	◆	◆	◆	◆
Latch-on problems or breast infections							
Low milk supply							
Premature or hospitalized baby							

This chart lists all available Medela breastpumps. To choose the best pump for your needs, look in the far left column for the circumstances that apply to you. Any pump checked next to that circumstance is recommended for use.



\*Pumps shown with this symbol ● feature 2-Phase Expression® technology, which is the only research-based breastpump technology that mimics a baby's nursing rhythm, delivering more milk in less time (when pumping at Maximum Comfort Vacuum™).

†Hospital-grade breastpumps are used in hospitals and are available for use in home, usually on a rental basis. For the location of a Rental Station in your area, call 1-800-TELL YOU.



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[www.medela.com](http://www.medela.com)