



Pumping

<http://www.pedsalex.com/breastfeeding.php>

✿ If you are pumping, **ensure that the flange fits to your nipple.**

You may need a **larger** sized flange if:

- Pumping is painful
- You are having a difficulty removing milk with your breast pump
- You have pain or soreness on the nipple or around the edges of the nipple
- Your nipple is crammed into the tube of the flange, unable to move freely
- You are experiencing recurrent plugged ducts

You may need a **smaller** sized flange if:

- You have pain or soreness on the areola
- Your nipple is pulled into the tubing and is becoming sore

✿ Electric pumps are more effective than hand-held pumps.

✿ **Pump as often as your baby feeds** to keep up your milk supply.

✿ If wanting to **increase your milk supply with the pump:**

- Pump both breasts at the same time
- Add an extra pumping session in the morning when you have the most milk
- Pump one breast when the baby is at the other
- Pump more frequently and for shorter duration (up to 20 minutes) **rather than** for longer, less frequent sessions

✿ Which pump is best for you?

Money

- Manual models are an average cost of \$35
- Electric models range in cost from \$100-\$500
- Some insurance companies cover the cost of renting/buying a pump
- **Inova** rents pumps by the day, week, or month (*note: most efficient pump around and best for establishing milk supply weeks after birth*)
- Borrowing personal use pumps isn't recommended due to risk of contamination

Time spent away from baby

- Occasional separation from your infant and an established milk supply may only need a hand-pump
- If away from infant due to going back to work or other reasons, investing in an electric pump would protect your milk supply more effectively

✿ Pumping may be the best way to help establish your milk supply within the first few weeks after your child's birth. Hospital-grade pump rentals are available through **Inova** (*see previous webpage for more information*)

<http://www.exclusivelypumping.com/> is a helpful website for mothers that are either exclusively pumping, or pumping to stimulate your milk supply.