



## **Breast Pumps**

Breast pumps are used to remove milk from your breasts when your baby is unable to do so. There are many different kinds of breast pumps available, both over-the-counter and by prescription. The type of pump that is best for you depends largely upon how often you will be using it. Most insurance companies cover at least a portion of a breast pump if you have a prescription from your doctor. Please call the customer service number on the back of your insurance card to find out if a breast pump is covered, where you need to get it from (most insurance companies require you get your pump from a medical supplier), and when you can pick it up (some insurers will cover your pump during pregnancy but others won't allow you to pick it up until your baby is born). You may also visit [breastpumps.aeroflowinc.com](http://breastpumps.aeroflowinc.com) to learn more about which pumps are covered by your insurance.

Below is a brief explanation of the different types of breast pumps available. Please note that there are many different brands of pumps, each of which offers the types listed below.

### **Manual breast pumps:**

Manual breast pumps are single pumps that do not have batteries or an electric motor. These pumps are hand-operated and are generally very light-weight and portable. These pumps are recommended for occasional use. They are best suited for mothers who are rarely separated from their breastfeeding baby (i.e. those who need to pump a bottle of milk for an evening out).

### **Single electric breast pumps:**

These pumps have a motor and therefore eliminate a lot of the work that goes into using a manual pump. They are generally very portable but can only remove milk from one breast at a time. These pumps are best for occasional or moderate use. They are best suited for mothers who need to pump a few times a week or who do not have a limit on the amount of time they can spend pumping.

### **Double electric breast pumps:**

Double electric breast pumps are generally larger and heavier than the other pumps listed above. They remove milk from both breasts at the same time (and often may be used to pump only one breast if need be). They are designed to mimic babies' suckling patterns and provide the stimulation necessary to maintain a milk supply. These pumps are best for mothers who pump on a consistent or exclusive basis (i.e. mothers who work full-time or who pump and feed their baby expressed breastmilk in a bottle).

### **Hospital grade breast pumps:**

Hospital grade breast pumps are electric pumps that are usually highly efficient. They are generally very expensive and are most often rented by mothers from a medical supplier. A

“closed-system” and personal accessory kit allow for safe rental of these pumps. Hospital grade pumps are best suited for mothers who have a baby who is premature or ill.

A note about pre-owned breast pumps: Many mothers wonder if they can use or sell a previously owned breast pump. Unless the pump is hospital grade and obtained through a certified medical supplier, the safe answer is no. Breast pumps are intended for individual use and generally have parts that cannot be removed or sterilized. These parts are often exposed to trace amounts of milk that enter the pump itself through the tubing, creating a risk for cross-contamination even if new accessories are used.