

BREAST PUMPS

There are many available breast pumps on the market. We suggest checking with your insurance company first to see what is covered by your plan. Some insurance companies would like you to pick a pump from a selected list of options. Others will allow you to choose your own pump up to a certain dollar amount and will reimburse you for the cost. Others may allow you to order your pump through a durable medical equipment company. Some insurance companies would like you to have a prescription and others do not need this.

Some DME companies that might work with your insurance include: Norco Medical Supply (local to OR/WA), Byram, Pumping Essentials, Edgepark, Aeroflow

There are **two main types of breast pumps, Electric and Manual**. See below for a list of several popular and commonly used pumps are highlighted below. This is NOT an exhaustive list and the listed prices are an estimate.




Two excellent all-around pumps are the Spectra S1/S2 or the Medela Pump in Style Advanced (PISA).




Other great and more portable options include: Baby Buddha, Elvie, Willow, and Freemie




ELECTRIC BREAST PUMPS: An electric pump uses battery or an outlet (AC power plug or USB) source. Most electric pumps can be used to single (pump on one side) or double pump (pump on both sides). Electric pumps are typically used with a goal to maintain supply when away from baby for a prolonged period of time. Some electric pumps are sizeable, heavy, and intended to be used via tubing to flanges or collection cups which collect the milk. Others were engineered to be more portable and discreet and may not have any tubing or may be completely contained within the bra.

Note: "Hospital Grade" Pumps are multi-user closed system pumps (milk cannot flow back through the tubing toward the pump) that tend to have strong suction strength and are heavy and not easily portable. The most common hospital grade pump is the Medela Symphony. The Symphony is available for rent locally through Nursing Mothers Counsel of Oregon (cost is approximately \$70/month) or Providence Health & Services. Sometimes these multi-user hospital grade pumps are also available to use in employee lactation rooms and would require you to bring your own tubing set.


ELECTRIC BREAST PUMPS	COST	FEATURES	
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<p>Medela Pump in Style Advanced (PISA)</p>	<p>\$250</p>	<p>Small, portable. Loud. Supplies and replacement parts are easily found in many stores. Has a single knob to adjust speed and suction (which are paired). Is stocked at OHSU Physician's Pavilion Pharmacy.</p>	
<p>Spectra S1 and S2</p>	<p>\$150-200</p>	<p>Known for its gentle suction. Quiet. Heavy. Can control speed and suction strength separately. Is a closed system pump. S1 (blue face plate) is rechargeable. S2 (pink face plate) requires an AC power source. Can be used with Spectra parts or with Medela parts with the purchase of an inexpensive adapter/backflow protector. Can also be used with Freemie collection cups</p>	
<p>Medela Sonata</p>	<p>\$300</p>	<p>Connects to the Medela App to help track pump sessions. Poor battery life. Quieter than the Medela PISA. Replacement parts are expensive.</p>	

<p>Medela Freestyle</p>	<p>\$270</p>	<p>Lightweight, rechargeable battery, portable. Not known to be especially strong or efficient compared to the Medela PISA.</p>	
<p>Spectra S9</p>	<p>\$180</p>	<p>A portable option made by Spectra. May take longer to pump/empty compared to the Spectra S1/S2</p>	
<p>Willow</p>	<p>\$500</p>	<p>This is an in-bra wearable pump. Requires you to purchase special bags (an additional cost of 50 cents per bag) or a reusable container set (only available for the Willow 2.0). The pump can hold up to 4 oz per side. Will not leak if bending over. Strong suction. Automatically shuts off after 25 min.</p>	

Elvie	\$500	This is an in-bra wearable pump. Lighter and less bulky compared to the Willow. Does not require the purchase of special bags. Can hold up to 5 oz per side. Known for gentle suction. VERY quiet. May take longer to empty compared to larger pumps.	
Baby Buddha	\$200	The pump is slightly larger than the size of a cell phone. Very efficient. Loud. Known for its strong suction strength. Equal or shorter pump times compared to larger pumps. Often paired with the closed system Freemie collection cups for increased portability.	
<p>Freemie Liberty and Independence Pumps</p> <p>Freemie Closed System Collection Cup Set</p>	<p>\$250-300</p> <p>\$80</p>	<p>Freemie cups are in-bra flanges with collection cups that can be used with several different pumps to help with mobility and convenience. May also eliminate the need to use a separate pump bra.</p> <p>Note: Freemie also makes two portable pumps, the Liberty and Independence. The Liberty has an LED display showing battery life and also has an adjustable auto-shutoff timer</p>	

MANUAL BREAST PUMPS: A manual pump does not require batteries or a power source and is lightweight and portable. Manual pumps are inexpensive and can be helpful while traveling or if you are just needing to express a small amount of milk.

MANUAL BREAST PUMPS	COST	FEATURES	
Haakaa	\$15	This is a silicone bulb that generates a small amount of suction to draw milk out during a letdown. It is commonly used on the contralateral breast when feeding. Can be a helpful way to collect milk while you are direct feeding your baby	
Medela Harmony, Lansinoh Manual Breast pump	\$25-30	This has a classic flange and bottle connected to a handpiece that you squeeze to manually control the vacuum. Works fairly well, but can be tiring to use for a long period of time	