

## Provider Information

### BF – Breastfeeding

#### BF-EQ EQUIPMENT

**OUTCOME:** The patient/family will understand the instructions for effective use of breast pumps and other breastfeeding equipment.

#### STANDARDS:

1. Discuss resources for manual and hospital grade electric pumps, including hospital, clinic, WIC, and community.
2. Discuss and demonstrate effective use of pumps.
3. Emphasize the proper use and care and cleaning of equipment.
4. Discuss any other breastfeeding equipment as appropriate.

#### Highlights of Breastfeeding Equipment (breast pumps)

- Using breast pumps
- Discharge planning for the breastfeeding mothers and infants to provide information on the importance of exclusive breastfeeding for about 6 months.
- Discussion on plans for infant feeding after discharge

#### The importance and duration of Breastfeeding:

Breastfeeding mothers should expect to breastfeed exclusively for the first six months of their baby's life and to understand that breastfeeding continues to remain important after 6 months of age when other foods are given to the baby. Nutritionally breast milk is best and the skin-to-skin contact is important to the baby and the mother's wellbeing. To ensure that the baby has enough milk for every situation that might arise, the mother should be encouraged to collect and store breast milk – in addition to the milk provided to the baby when the mother breastfeeds. When emergencies or situations arise in which the mother cannot breastfeed, this stored breast milk will be given to the baby in a bottle. How to give stored breastmilk to the baby

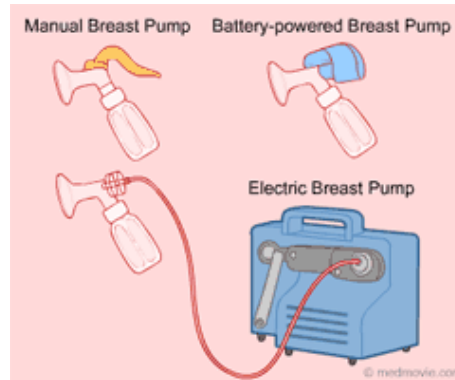
#### Breast Pumps

Breast pumps are medical devices regulated by the FDA. Breast pumps are used by breastfeeding women to extract (or express) their breast milk.

They are used to:

- Maintain or increase a woman's milk supply
- Feed multiple babies
- Relieve engorged breasts and plugged milk ducts
- Pull out flat or inverted nipples so a nursing baby can latch-on to its mother's breast more easily

Many women find it convenient, or even necessary, to use a breast pump to express and store their breast milk once they have returned to work, are traveling, or are otherwise separated from their baby. Women are often delighted to learn that a breast pump can be used as a supplement to breastfeeding and that some pumps are designed to mimic the suckling of a nursing baby.



All breast pumps consist of a few basic parts:

- A cone-shaped cup, called a breast-shield, fits over the nipple and the dark, circular area surrounding the nipple (the areola).
- A pump to create the gentle vacuum that expresses milk. The pump may be attached to the breast-shield or have plastic tubing to connect the pump to the breast-shield.
- A detachable milk collection container that fits below the breast-shield. The container is typically a disposable bag or a reusable bottle that can be used to store the milk, or attached to a rubber nipple and used for feeding a baby.

### What Are the Types Breast Pumps?

A breast pump is held in place by hand; or by a nursing bra, a breast-pumping bra or a band.

There are three basic types of breast pumps:

<b>Types of Pumps</b>	<b>How it operates:</b> Breast pumps extract milk from the breasts by creating a vacuum around the nipple that pulls air into the breast-shield, and applies and releases suction. Each suction and release combination is called a cycle.
Manual Pumps	Once the breast-shield is placed over the nipple and areola, a small cylinder-shaped tube is pumped in and out of a larger cylinder to create a vacuum that expresses milk and collects it in an attached container. Some experts discourage use of the bicycle horn pump because they may be difficult to clean and dry.
Battery-powered Pumps	A powered breast pump uses batteries to power a small motor that creates suction to extract milk from the breasts. One or more long plastic tubes connect the breast-shield to the motor. The motor has a control panel with a dial or switch to control suction.

Electric Pumps	It is important that women who use a powered breast pump be prepared for emergencies when electricity or extra batteries may not be available. Having extra supplies for pumping and a back-up method, such as a manual breast pump, may help a woman maintain her breast-pumping schedule during an emergency.
----------------	---

### Pumping Types

There are three different pumping types: single, double, and double alternating.

Pump Types	How it Works	Types of Breast Pumps
Single	Extracts milk from one breast at a time	Most manual breast pumps are single pumps. Battery-powered pumps are commonly single pumps, perhaps because the single pumping action drains the battery at a slower rate than other pumping types.
Double	Can be used to extract milk from both breasts at the same time.	A separate breast-shield can be attached to each breast and stimulate both nipples at the same time. Some electric pumps are double pumps. Some women find that the dual suction decreases the amount of time it takes to empty their breasts.
Double-Alternating	Can be used to extract milk from both breasts at the same time.	Unlike the double pump, the double alternating pump releases suction from one breast before applying suction to the other breast. Electric pumps are commonly double-alternating pumps.

### Are There Programs to Help Me Pay for a Breast Pump?

During the prenatal care period, talk with your health care providers to determine what assistance is provided for breastfeeding and breast pumping equipment, including a lactation consultant or breastfeeding clinic for supportive care.

Some state health departments offer programs to help women purchase or rent a breast pump. For more information on the programs offered by your state, contact your state health department.

Low-income women may also be eligible to receive assistance with breastfeeding supplies, such as a breast pump, through the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program. For more information, contact your local WIC representative.

Click here for a Patient Education Handout for the mother on the **Equipment** during breastfeeding.

Flesch: 57/10th