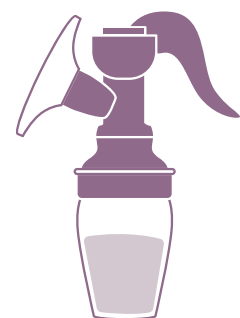


What to Look for in a Breast Pump

Breast pumps are a tricky subject. For many moms and moms-to-be, they are a must-have in their breastfeeding toolbox. But how do you choose which pump is right for you, when there are so many options?

First, choose what type of pump that will suit your needs:



Manual

For occasional pumpers, manual pumps are a great, affordable choice. These pumps use a handle or lever, which is squeezed to create suction and express milk.

Lansinoh.

Manual

There are many manual breast pump options on the market for those moms who just need a pump occasionally. While the *Haakaa* is extremely popular, it is not actually a manual breast pump but a milk collector. When looking for a manual pump, make sure to choose one that has ergonomics in mind to reduce pressure on your wrist and hand.

The *Medela* and *Lansinoh* hand pumps are popular. However, they require the use of wrist and finger action to make the suction for pumping. If you have any joint pain from pregnancy, they may not be the best choice for you.

The Ameda one-hand manual pump is a very ergonomic pump which takes the pressure off your wrist when you are pumping, you just need to establish suction and away you go. **As an added bonus**, most of the *Ameda HygieneKits* can convert a battery powered or electric pump into a manual breast pump with the simple addition of the manual handle.



Battery-Powered

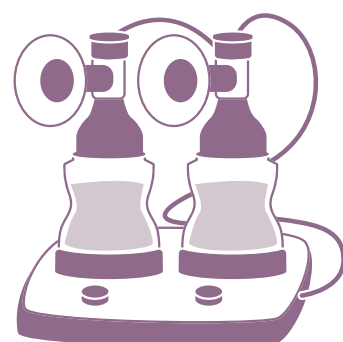
Battery-powered pumps are usually intended to be portable and lightweight. They use a small motor powered by batteries.

medela

Battery & Electric

Both battery powered and electric pumps include a control panel with buttons or dials that let you select from different modes to help with let-down and suction options. The different modes can help you find your ideal comfort level while pumping to ensure the best results for you.

If you're interested in buying a battery-powered or electric pump, the options may be overwhelming. Choose a pump that has a closed system to reduce the risk of milk contamination while pumping.



Electric

Electric breast pumps plug into the wall using a cable. Some do also allow you to insert batteries if needed to make the pump more portable.

Amēda.

Here's what to consider when looking for a breast pump



Hospital Recommended

In Canada, there are only 2 brands that hospitals trust: **Medela** and **Ameda**. Each of these brands has existed for more than 50 years. Did you know that Ameda is the original breast pump company? The pumps in the hospital are slightly different as they are designed for multiple users. Hospitals know these pumps have been clinically studied and are safe for all stages of moms and babies from premature infants to full term. When you purchase either of these brands of pumps, you know you are guaranteed quality.



Approved by Health Canada

Breast Pumps are classified as **Class II medical devices** (the same category as things like **diabetes monitors** and **TENS machines**). This means that if a device has been given a Class II license it has gone through testing to make sure it is safe, has consistent suction and speed levels and won't cause harm to mom or baby. This also means that all personal use breast pumps are classified as single-user devices and are designated by Health Canada as not returnable. Some websites allow you to circumvent that, but legitimate pumps and pump companies all have amazing customer service to help you troubleshoot your device and will offer overnight replacement in case of a malfunction. That way you get a proper functioning device without even leaving your house to have to return it.



Is the Breast Pump Legit?

If you recognize the brand name, or have seen the pump in a physical store, then you should be ok. You can rest assured that if a pump is available in-store or in the hospital, it has gone through proper testing.



These are the brands approved by Health Canada:



Caution! If you see a pump on an e-commerce website and it does not ship from Canada, that is often a red flag. The device is likely not Health Canada approved and therefore sent directly from overseas. This does not always mean that the Breast Pump will be bad or not work, but it does mean the device has not gone through Health Canada testing to make sure that it will work consistently and live up to expected safety standards. When in doubt ask your Health Care team!