acelleron®
a health and wellness company

Breast Pump

Selection Guide







Find the right pump for
your lifestyle and needs

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ABOUT US

We’re here to help.

At Acelleron, we do not want to provide you with just ANY breast pump. We want you to find the perfect pump for your pumping needs and lifestyle.

This selection guide is just the first step on the way to discovering a breast pump that you’ll truly love. After you read this guide, you should be ready to order your breast pump at ordermypump.com!



LET'S GET STARTED

Shopping for a breast pump can be an overwhelming process! Our handpicked selection of breast pumps includes only the best models from the best brands, but quality is only the beginning. There are many factors to weigh when determining which breast pump is right for you.

The main purpose of a breast pump is to collect your milk and maintain your milk supply for when you and your baby are not together.

Pumping can allow for you to go back to work, or to catch up on some much needed and well-deserved sleep while your partner/helper feeds your baby with your milk. Allowing your partner to help with feedings can also help them bond with the baby.

Some other common reasons to pump milk is if your baby has trouble latching onto your breast, to collect milk if your baby was born prematurely, or even to help stimulate milk production to increase milk supply.

TYPES OF BREAST PUMPS

Manual

Hand pumps are generally more affordable, smaller, and lighter than electric pumps, but typically require more effort and time to pump. It is useful in the absence of electricity, on car rides, and for parents who do not frequently pump.



Personal Electric

Personal electric pumps are fully automatic with adjustments for cycling time and suction levels for comfort. Most are double electric pumps, which enable you to pump both breasts simultaneously, saving time. These pumps are ideal for parents who are returning to work or are pumping multiple times a day.



Hospital-Grade Electric

Hospital-grade pumps have stronger suck and release cycles that draws milk at the same rate as a nursing baby. These pumps are stronger than the typical electric pump. This often is a good solution for parents with preemies, or for mothers with a medical condition that affects milk production.



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BREAST PUMP BRANDS YOU SHOULD KNOW

BabyBuddha®

Models:

- **BabyBuddha 2.0** - Lightweight, rechargeable, 3 pumping modes, USB charging, and lanyard for portability

Brand Special Features:

- Soft stimulation mode
- Lactation consultant access
- 2-year warranty



View breast pump options side-by-side with our Comparison Grid

cimilre®

Models:

- **S6/S6+** - Adjustable cycle speeds and suction strength in both massage and expression modes, rechargeable (S6+)
- **S7 Dual Pro** - Dual motor, adjustable cycle speeds and suction strength, rechargeable
- **P1** - Intuitive touch controls, portable, rechargeable
- **E1** - Simple, tiny (size of sticky note), portable, rechargeable

Brand Special Features:

- Personalization with skin decal options
- 2-year warranty
- Get The Right Fit flange size guarantee

S6/S6+



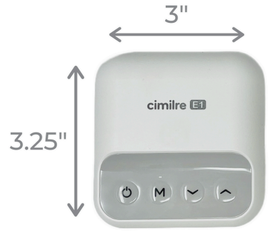
S7 Dual Pro



P1



E1



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elvie

Models:

- **Elvie Pump Double** - Fully wearable, app-connected for tracking, control, and milk volume
- **Elvie Stride** - Hands-free with lightweight cups, belt clip, app-connected for tracking and control

Brand Special Features:

- Hands-free and wearable options
- Silent, rechargeable technology
- 2-year warranty

Elvie Pump Double



Elvie Stride



View breast pump options side-by-side with our Comparison Grid

Lansinoh®

Models:

- **SmartPump 3.0** - App-connected for tracking and control, carry handle, cycle speed control in expression mode, rechargeable
- **Signature Pro** - Cycle speed control in expression mode, AA battery option
- **DiscreetDuo**- Fully wearable with silicone breast shields and 4 pumping modes

Brand Special Features:

- Wearable and tabletop options
- ComfortFit flanges with silicone edge (SP 3.0 and SP)

DiscreetDuo



Signature Pro



SmartPump 3.0



View breast pump options side-by-side with our Comparison Grid

Models:

- **Pump In Style Pro** - Intuitive control with level and mode indicators, increased level and mode options like the Medela Symphony
- **Freestyle Hands-free** - Backlit digital touchscreen, lanyard for added portability
- **Swing Maxi Hands-free** - Intuitive controls, lanyard for added portability

Brand Special Features:

- Trusted name in hospitals
- Patented 2-Phase Expression® technology
- Hands-free, lightweight collection cups available to use with all pump models

Swing Maxi Hands-free



Freestyle Hands-free



Pump In Style Pro



View breast pump options side-by-side with our Comparison Grid

speCtra

Models:

- **S1/S2** - Cycle speed control is expression mode, nightlight, carry handle, rechargeable (S1)

Brand Special Features:

- Natural Nursing Technology mimics the natural suckling sensation of your baby
- 2-year warranty



View breast pump options side-by-side with our Comparison Grid

willow

Models:

- **Willow Go** - Fully wearable, app-connected to track and control, 7oz collection containers available
- **Willow 360** - Fully wearable, pump in any position, app-connected to track, control, see milk volume, and access to Willow 360 Care

Brand Special Features:

- Rechargeable, fully wearable models with app connectivity for tracking and pump control
- Access to personalized virtual support from Willow Mom Coaches

View breast pump options side-by-side with our Comparison Grid

Willow 360



Willow Go



ZOMEE

Models:

- **Z2** - Portable with lanyard, touchscreen controls, flex breast shields, nightlight, and rechargeable
- **Fit** - Fully wearable, silicone breast shields, 6oz collection container, and nipple correction mode

Brand Special Features:

- 3 pumping mode options
- Rechargeable technology with USB charging
- Courtesy flange program
- 2-year warranty

Z2



Fit



View breast pump options side-by-side with our Comparison Grid

ANATOMY OF A BREAST PUMP



Flanges/Breast Shields/Inserts
Cone shaped cup with a tunnel that fits over your nipples and areolas to create a seal. Pumps will come with at least one set of flanges, but other sizes are available. It's important to get the correct size flange for optimal stimulation, comfort, and expression! Inserts fit within the flange/shield to reduce the tunnel opening.



Membranes & Valves
Small, flexible plastic pieces that aid in the suction and create a vacuum seal while pumping. This pulls the nipples, stimulating lactation. Some membranes also stop expressed milk from flowing back into the pump mechanism.



Tubing
Connects the pump motor to the collection kit. Only air belongs in the tubing.



Pump Motor
The main "control system" that creates the suction that draws out your milk. The suction level and cycle rate should be adjustable to control the intensity and rate at which the pump sucks and releases.



Collection Containers
Bottles or storage bags that directly attach to the pump to collect the expressed milk. Not all collection containers are compatible with all pumps, so check with the manufacturer. Some companies make bottle adapters in order to collect milk in different bottle sizes or storage bags.



Power Source
All electric pumps run on a power cord, a battery pack, or both. Length of power cord varies on pump models. Battery options include internal, external battery pack, and internal rechargeable.

FEATURES TO CONSIDER

Suction/Cycle Settings
Breast pumps are designed to mimic a baby's natural nursing rhythm by both the suction pressure and the suckling speed. Look for pumps that allow you to control and adjust the levels of suction and cycles to suit your body and comfort. Most pumps have a “let-down” or “stimulation” mode to help trigger the milk let-down reflex.

Portability
Pump weight, size, and power source options all contribute to portability. Planning to carry the pump back-and-forth to work? Consider a light-weight or smaller sized pump. Will access to an electrical outlet be a concern? A pump with a car adaptor, or that can be run on battery power, may be useful. For extra flexibility, fully wearable may be suitable for your lifestyle.

Warranty
Most warranties cover a length of time. If you’ll be using your pump often, aim to get a pump with at least a one-year warranty

Extra Parts/Accessories
Some pumps come with additional flange sizes, a carrying case/bag, or cooler packs. How easy will it be to obtain replacement or spare parts? What about part compatibility?

Other Features
LCD displays that show suction/cycle settings, timer, and/or length of pumping session; night light for pumping in dark rooms; pump noise; Bluetooth app connectivity; and the ability to personalize with a pattern or design.

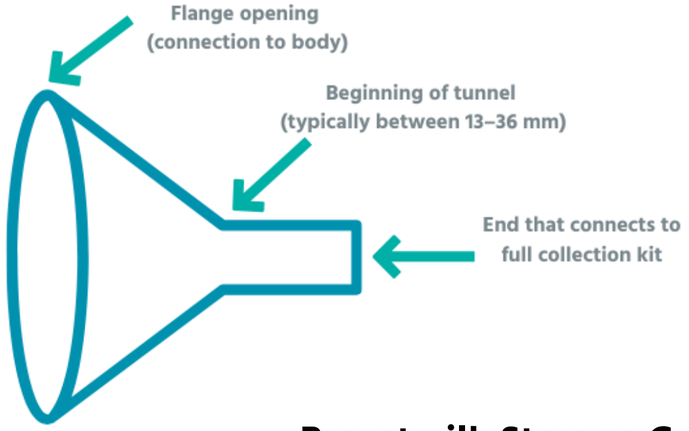


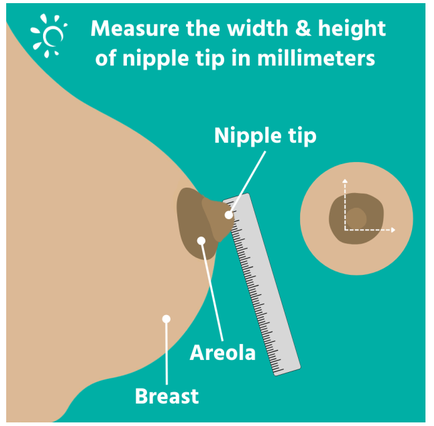




PUMPING TIPS & TRICKS

1. **Create a routine** – Try to set up your pump in a comfortable place. Don't forget to keep water and a healthy snack within easy reach.
2. **Flange size** – Start by making sure your flanges/breast shields are the right fit for your body.
3. **Stimulate** – Try hands-on pumping by massaging or compressing your breasts before and during a pumping session. Keep a picture or video of your baby with you to help with your "let-down."
4. **Minimize distractions** – Try to relax! It will help with how much milk you are able to collect.
5. **Pump as often as your baby is eating** – Double pumping every 3 hours for 15 minutes, while away from baby, will help you maintain your milk supply.
6. **Get a hands-free bra** – Pump and have your hands free if you wish to multi-task.
7. **Get a set of spare parts** – Try to keep extra parts handy for backup. Pro tip: your insurance may cover replacement parts.
8. **Learn to hand express** – Very helpful if you are somewhere without your pump! Learn here!





Breastmilk Storage Guidelines

Location	Temperature	Duration
Countertop/Table	Room temperature (60-85°F or 16-29°C)	4 hours optimal 6-8 hours under very clean conditions
Insulated Cooler Bag (with ice)	Up to 59°F or 15°C	24 hours
Refrigerator	~39.2°F or 4°C	4 days optimal 5-8 days under very clean conditions
Freezer	<24.8°F or -4°C	6 months optimal 12 months acceptable

Reference: Academy of Breastfeeding Medicine (2017). ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, Volume 12.

ORDER YOUR PUMP!

The Affordable Care Act requires most health insurance plans to cover breastfeeding services and supplies. That means you could receive a top-brand breast pump at **no cost to you**, and you may be eligible for our breast milk storage bag resupply program

Plus, you won't be jumping through hoops with your insurer: we'll take care of all that for you. Everything about ordering is hassle-free!

Visit ordermypump.com to start your order today!
Questions? Call 877-932-6327.



You Order
Pick your pump and other insurance covered items and complete our order form.



We Verify
We verify your insurance coverage and request a prescription from your doctor.



You Receive
Congratulations!
Fast, free shipping.
It's that simple.

BEYOND THE BREAST PUMP

We are here to support you from pregnancy to parenting

PRENATAL | **BIRTH** | **POSTPARTUM**

Pump Selection Assistance

Connect with our team of Certified Lactation Counselors (CLCs) and Pump Experts to help you decide which pump is best for you.

Unbox Your Pump Consult

Meet 1-on-1 to "Unbox Your Pump" with one of our Pump Experts. Great for first time pumpers or anyone using a new pump- before or after baby is born!

Pumping Support Group

Join monthly to discuss all things pumping: the good, the bad, the how-to's, and what-if's! This is an open support group for Acelleron families, at any point in their lactation and pumping journey.

Breast Pump Selection Guide

A great starting point to help you discover how breast pumps work, types of pumps, varying brands and models, and features to consider.

Learn more & register

acelleron.com/pump-edu

Flange Fit Basics

A correct fit for your breast shields/flanges is paramount to your comfort and success with pumping. Meet 1-on-1 to explore sizing options for the pump you chose!

Pump Exploration Webinar

In-depth review of key pump parts, top brands, and how to choose and use the best breast pump for your needs and preferences!

Unboxing Series

Don't have time for a 1-on-1 consult? You can still access information about how to set up, use, & clean your pump on our YouTube Channel!

Return to Work 101

Ease your return by planning your personalized pumping strategy. Meet 1-on-1 to discuss YOUR pumping plan so you can confidently return to work!

*Consults are free to customers who ordered a breast pump through Acelleron only. If not a previous Acelleron customer, an invoice for the standard $25.00 fee will be sent and is due before the scheduled consult time.

Contact us

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