



BREAST PUMP

SELECTION GUIDE

Find the right pump for your lifestyle and needs



WELCOME TO OUR SELECTION GUIDE!

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!](https://ordermypump.com)

LET'S GET STARTED

Shopping for a breast pump can be an overwhelming process for a first-time pumper! 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 can feed 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 moms 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 moms 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 moms with preemies, or for mothers with a medical condition that affects milk production.



BREAST PUMP BRANDS YOU SHOULD KNOW



- Trusted name in hospitals
- Major manufacturer of breast pumps in the U.S. for more than 75 years
- Closed system to ensure hygiene
- FDA approved viral barrier that helps protect breast milk from bacteria, mold and viruses while pumping
- Internal battery options for pumping on the go



- Manufactured in Switzerland with the highest production, design and environmental standards
- Trusted name in hospitals across Europe
- Closed system to ensure hygiene
- Internal battery pack for pumping on the go.
- Extended 400 hour or one-year guarantee — whichever is better
- Quietest pump on the market

BREAST PUMP BRANDS YOU SHOULD KNOW



- Mom Founded, Mom Approved: started by a nursing mom with over 30 years of research and expertise
- Quality you can trust with the latest innovations in breast pumping technology
- Comfortable cushioned breast cup rims
- Customizable pump settings with 3 pumping styles and 8 suction levels
- Hygienic closed system design



- Trusted name in hospitals
- Major manufacturer of breast pumps in the U.S. for more than 30 years
- Open system collection
- Patented 2-Phase Expression® technology proven to get 18% more milk when double pumping
- Only company to provide proven, research-based pump technology that mimics a baby's natural nursing pattern

BREAST PUMP BRANDS YOU SHOULD KNOW



- Owned and operated by fellow moms and registered nurses
- One of the most popular breast pumps in Asia and Australia, and has recently exploded in popularity around the world
- Hospital strength suction
- Closed system to ensure hygiene
- Natural Nursing Technology mimics the natural suckling sensation of your baby
- Letdown mode and fully adjustable settings to best suit your body



- One of the most innovative, versatile, and affordable breast pumps in the market
- Built-in rechargeable battery with flexible charging options
- Hospital strength suction
- Closed system to ensure hygiene
- 9 adjustable expression levels and 5 different massage patterns
- Comes with two flange and massage insert sizes

**Disclaimer: Hospital strength is the manufacturer's language and does not mean that the pump is equivalent to a hospital grade pump.*

BREAST PUMP BRANDS YOU SHOULD KNOW

elvie

- With the world's first silent wearable breast pump, Elvie's mission is to improve women's lives through smarter technology
- Wearable – Small and lightweight and is worn inside a standard nursing bra
- Silent – Revolutionary technology eliminates noise so that you can pump in peace
- Smart – Connect to the free Elvie Pump app to monitor milk volume, track pumping history, and control the pump remotely
- Responsive – Automatically switches to expression mode when it detects let-down and will pause when the bottle is full



ANATOMY OF A BREAST PUMP

Flanges/Breast Shields

Cone shaped cup that fits over your nipples and areolas to create a seal. Most flanges come in standard 24-millimeter size, but other sizes are available. It is important to get the correct size flange for optimal suction and comfort!

Membranes & Valves

Small, flexible plastic pieces that aid in the suction and create a vacuum seal while pumping. This pulls the nipples, stimulating lactation. The membranes also stop expressed milk from flowing back into the pump mechanism (if using a closed system).

Tubing

Connects the pump motor to the collection kit.

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.

Power Source

All electric pumps run on a power cord, a battery pack, or both. Length of power cord varies on pump models.

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. Some pumps have "let-down" modes to help trigger the milk let-down reflex.

Open vs. Closed System

With a closed system, there is a physical barrier between the milk collection kit and the pump motor. This prevents contamination by bacteria, mold, viruses, etc. while pumping. An open system has no such barrier.



Portability

Pump weight, size and power source options all contribute to its 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.

Warranty

Some warranties cover a length of time, X number of hours, or both, 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, 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.

PUMPING TIPS & TRICKS

- 1. Create a routine** – Set up your pump in the same comfortable place everyday. Keep a picture or video of your baby with you to help with your “let-down.”
- 2. Stimulate** – Spend a few minutes massaging your breast and nipple. Visualizing your milk flowing will also help stimulate your let-down reflex.
- 3. Minimize distractions** – Try to relax! It will help with how much milk you are able to collect.
- 4. Get a hands-free bra** – Pump and have your hands free if you wish to multi-task.
- 5. Get a set of spare parts** – Always keep extra parts handy for backup.
- 6. Pump as often as your baby is eating** – Double pumping every 3 hours for 10-15 minutes will help you maintain your milk supply.
- 7. Learn to hand express** – Very helpful if you are somewhere without your pump!



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!

[Ordering a breast pump](#) can be completely free, and Acelleron does all the work involved in making that happen. The Affordable Care Act requires most health insurance plans to cover breastfeeding services and supplies. That means you could receive a high-quality, double electric breast pump at **no cost to you**.

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 and, in the end, you get a great product for your baby.

Visit ordermypump.com to start the process! Questions? Call 877-357-5341.



You Order

Select your insurance, pump, and fill out 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.