



# Guide to choosing a breast pump



# Table of contents

- 01 Introduction
- 02 The first few days
- 03 “Milk comes in”
- 04 Establishing supply
- 05 Buying a breast pump
- 06 Top tips
- 07 Pump type guide







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# 01 Introduction

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There are many reasons why you may choose to express milk, even in the early days after birth. For example, you may be separated from your newborn or you may have sore nipples and want a feeding break. Whatever the reason this guide aims to give you the low down on the different methods of expressing milk after birth including a guide to choosing a breast pump if you decide to purchase one.

## 02 The first few days

In the early days e.g. 1-3 after birth... small amounts of nutrient rich and immune boosting colostrum are produced. Most people choose to hand express during this time. When hand expressing a 5ml syringe can be used to collect milk from the breast or you can express directly into a cup

For the first 24-72 hours breastfed babies take very small amounts of milk at a time, for example only a few mls at each feed on day one





## 03 “Milk comes in”

Around day 2-4 is when your “milk comes in”. Some experience swollen and engorged breasts at this time. Feeding regularly to empty the breasts and applying soothing cool packs can relieve pain from engorgement. If your baby is feeding well try not to express in addition to feeding to avoid an oversupply which can worsen the engorgement. Another common complaint in the first week is sore nipples. If you experience sore nipples it is important to seek advice and address the cause, but you may want to express some milk and give your nipples a rest!

A manual pump can be used in the first week when volumes are still relatively small (e.g. 30-60mls per feed) as you may manage to pump both breasts effectively in a short amount of time. Or you may want to jump straight to an electric pump- this is up to you!





## 04 Establishing supply

Breast milk supply is being established in those first few weeks and works on a supply = demand basis. It can take 6-8 weeks for breast milk supply to “establish” fully. During those first 6-8 weeks the more pumping you are doing vs. your baby feeding directly from the breast, the more important it is to have a good powered pump to express milk and stimulate production to establish your milk supply. If you are exclusively pumping during this time and feeding expressed milk via bottle (or a tube) then this is vital.

Hospital grade rental pumps, hospital grade pumps for personal use or good powered double electric breast pumps are generally recommended for use after the first few days to stimulate milk production and supply. The pump you choose will depend largely on your individual needs.

Theoretically speaking, when it comes to occasional pumping and/ or pumping after 6-8 weeks you could choose something other than a hospital grade rental pump or a high powered double electric breast pump. However, even when your supply is established, some of the more practical pumps, such as wearable pumps and tubeless pumps, may not be sufficient if you intend to feed expressed breast milk frequently as they may not produce enough milk and you may find that a slightly more powerful non-hands free/non-wearable, and/or a pump with tubing attached, suits you better even still.

Most pumps can be made “hands free” using a good pumping bra. The pump part can often be clipped to clothes or worn in a backpack provided they do not require plugging in at the mains.

Many will decide to pair a tubeless and/or wearable pump alongside a more powerful pump, for example a good quality double electric, twinned with a portable and wearable pump for pumping on the go.



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## \* A note on exclusive breastfeeding

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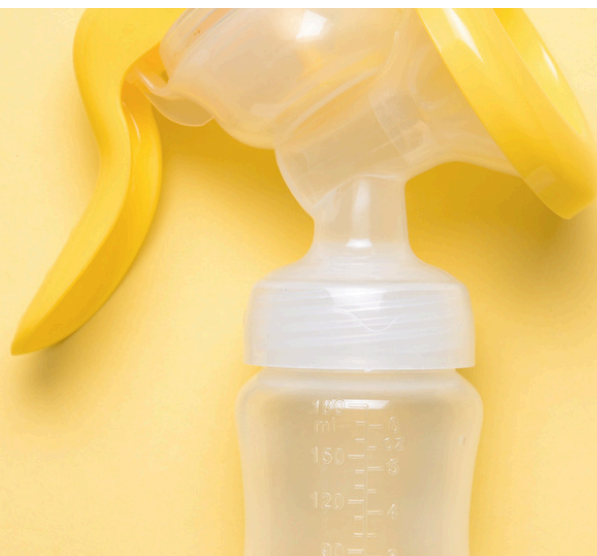
Even if you exclusively breastfeed it can be useful to have a pump in case you need to be away from your baby for more than a few hours to prevent painful engorgement of the breasts. You may decide to use a manual or purchase an electric pump for this.





## 05 Buying a breast pump

There are many types of breast pump available on the market - it can be very overwhelming and there is certainly no “one size fits all pump” when it comes to expressing milk. There are many factors you will need to take into account when choosing a pump, such as price, portability, ease of use, wearable vs non-wearable, suction power etc, and what you choose will depend on your individual needs. If you have any concerns with your milk supply or any feeding issues you should certainly discuss this with a feeding professional or lactation professional before purchasing and using a breast pump.



## 06 Top tips

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- Do some **research** when you are pregnant (if you can/ have time left) and have an idea of some pumps for each stage of feeding / type of pumping within your price range. When baby is born, there will be little time/ energy in those first few days to dedicate time to something like this and it is better to be prepared!
- Read as many **reviews** as you can as some pumps suit some people better than others (for example: a wearable cup that leaks when you bend over as it does not have a sealed top may not bother someone the way it would someone else)

- Pumps can also be bought **second hand** on sites like eBay/vinted. Second hand pumps are not covered under guarantee / warranty if something goes wrong. The quality of second hand pumps is also not guaranteed as you do not know how well it has been maintained by the previous user or how long it has been used for. Not all pumps are recommended to be multi-user. However, new plastics and tubing can be bought from the pump company. If you intend to do this it is worth checking the cost before purchasing as the amount of money pump companies charge for spare tubing is highly variable.
- After your baby is born, **consult a lactation or infant feeding specialist** if you have any issues with breastfeeding so these can get fixed and they can advise on pumping if needed





*Pump type  
guide*

## \* Manual breast pumps

Using a manual breast pump means you squeeze the plunger to pump milk by hand instead of it being done by a machine. If you're expressing frequently after the first few days with a manual breast pump, it can be quite laborious to pump both breasts and it is of course not hands free! On the flip side a manual pump is usually far cheaper than an electric pump (around £30 new), more lightweight to travel around with, does not require charging, and is quieter than an electric pump. A manual pump can be useful for someone who breastfeeds exclusively and only requires a pump for emergencies or occasional use. It can also be handy the first week after birth for expressing and giving top ups / combo feeding, if that is your plan, or if your nipples need a break.

**Examples:** Medela harmony, Fraupow squeeze manual, Lansinoh manual breast pump



Medela harmony manual pump  
Photo taken from Medela website



Lansinoh manual pump  
Photo taken from Lansinoh website



Fraupow squeeze manual pump  
Photo taken from Fraupow website

# \* Silicone breast pump

A silicone manual breast pump uses a natural suction to draw out milk from the breast and is used to collect your overflow milk from the let down on the other breast when you are nursing or pumping on the other side. This can then be collected and stored to give later. They are not technically a breast pump per se and they should not be used to pump to establish milk supply or as a sole pump or for frequent/exclusive pumpers. Silicone pumps are also handy stashed in a bag to relieve engorged breasts.

**Examples:** Haakaa silicone breast pump, Fraupow milk collector, Medela milk collector



Medela milk collector  
Photo taken from Medela website



Fraupow milk collector  
Photo taken from Fraupow website



Haakaa silicone breast pump  
Photo taken from Amazon website





Medela symphony rental pump  
Photo taken from Medela website



## Carum Breast Pump

Ameda carum rental breast pump  
Photo taken from ardo medical website

# \* Hospital grade rental pump

Hospital grade pumps have a strong suction and multiple expression modes to mimic a new born baby suckling. They are used to establish supply, for milk supply issues or for exclusive / frequent pumpers. These pumps are suitable for multiple users due to their closed system. They can be bulky, usually require plugging in at mains and are expensive to buy outright.

**Examples:** Medela symphony and Ameda carum (pictured). Can be rented directly from the pump companies, typically around £50 per month. Some hospitals have discount codes.



Spectra S2  
Photo taken from Spectra website



Spectra S1  
Photo taken from Spectra website

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## \* Hospital grade pump for personal use

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These pumps offer hospital grade-like pumping for home use. Useful for pumping in the first 6-8 weeks, milk supply issues and exclusive / frequent pumpers as a main pump. On the flip side, they can be bulky, are not tubeless/wearable and can require plugging in at the mains (S2 not S1)

**Examples:** Spectra S1/S2 (pictured)



Lansinoh 2-in-1 double electric breast pump  
Photo taken from Lansinoh website



Mam 2-in-1 double electric breast pump  
Photo taken from Mam website



Medela swing maxi  
Photo taken from Medela website

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## \* Double electric breast pump

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There are a large range of double electric breast pumps on the market, which vary in terms of what they offer. Here I am referring to a separate pump attached via tubing to standard flanges (requiring a pumping bra to be hands free). These are popular pumps for frequent pumpers and for exclusive pumpers when supply is established. A good double electric pump can generally be used as a primary pump if you are expressing lots, but this still depends on the quality of the chosen pump.

**Examples:** Medela swing maxi, Lansinoh 2-in-1 double electric breast pump, Mam 2-in-1 double electric breast pump (all pictured)





Lansinoh compact single electric breast pump  
Photo taken from Lansinoh website



Mam 2-in-1 single electric breast pump  
Photo taken from Mam website

Medela solo  
Photo taken from Medela website

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## \* Single electric breast pump

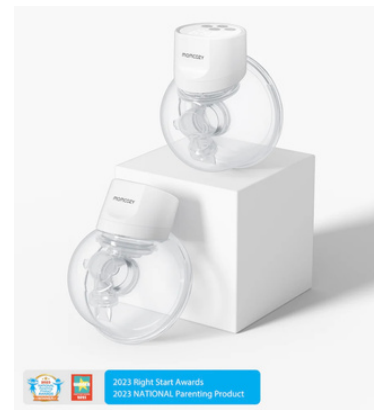
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These are similar to double but usually only one tube and cup / flange provided. Many double pumps can also be used as single by using a single tube or tube cap/cover. Will take double the time to express both breasts so better suited to occasional pumping, or can be used whilst feeding on one side if doing bottle top ups. Not ideal as a primary pump if you are expressing lots/exclusively due to the additional time needed to express both breasts. Also, research shows that double pumping both breasts at the same time produces more milk overall.

**Examples:** Medela solo, Lansinoh compact single electric breast pump, Mam 2-in-1 single electric breast pump (all pictured)



Elvie stride wearable breast pump  
Photo taken from Elvie website



Momcozy S12 pro wearable breast pump  
Photo taken from Momcozy website



Medela freestyle wearable  
Photo taken from Medela website

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## \* Wearable/ handsfree

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“Wearable” refers to the cup/ flange unit only. The collection cups of these pumps will fit inside a bra. Note- that does not mean they are discreet!!

Wearable pumps come in a variety of pump types. There can be tubing attaching the cup/flange to the pump, or they may be tube free (see “tubeless” pumps). Some people find the shapes of a wearable cup does not suit their breast shape and they do not get adequate suction. Typically many find they do not get as much milk as they do with a standard breast pump flange but this is variable person to person.

**Examples:** Elvie/ Elvie stride/ Medela freestyle/ Mom cozy s12/ Pipetta LED wearable



Lola and Lykke smart electric breast pump  
Photo taken from John Lewis website



Elvie pump  
Photo taken from Elvie website



Pipetta compact LED handsfree  
Photo taken from Pipetta website

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## \* Tubeless and wireless

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Pumps that have the pump incorporated into the collection cups / flanges and bottle unit with no tubing attached are referred to as tubeless. They can be both wearable and non-wearable in nature for example Elvie (wearable) vs Lola Lyle (non-wearable, and requires a pumping bra to be hands free)- both pictured. A tubeless pump is useful when travelling, doing chores or when pumping at work. The pump itself is usually not as powerful as one separated from the cup/flange unit as it is more compact in nature. Despite this users value the freedom a tubeless pump gives them. Tubeless pumps are generally not recommended for exclusive pumping / pumping in the first 6-8 weeks before supply is established, except for occasional use e.g. when travelling.

**Examples:** Elvie/ Mumcozy/ S12/ Pipetta LED wearable/ Lola lykke smart electric breast pump



# 06 Conclusion

The information provided in this guide is for information purposes only and does not substitute for medical advice. If you need any support with feeding your baby, or with breastfeeding and pumping, please consult an infant feeding specialist.

Visit the website for more infant feeding resources:  
[www.thehappyfeedingcompany.com](http://www.thehappyfeedingcompany.com)  
[@thehappyfeedingcompany](https://www.instagram.com/thehappyfeedingcompany)

