

## Neonatology

# Choosing a breast pump

## Information for patients, relatives and carers

Starting and maintaining your breast milk supply for your baby in neonatal care is hard work. You'll need to pump regularly day and night. To help with this, we suggest that you have a breast pump for home when you are discharged from hospital. You are very welcome to use the hospital-grade electric pumps in the expressing room, or at your baby's bedside, whenever you are on the neonatal unit.

Having a pump when you're at home means you can keep expressing regularly. We have a small number of Ardo Calypso® pumps that we can loan to you until you can buy or rent a pump for home.

### Different types of breast pumps

You'll find lots of different types of pumps available when you search.

**Manual pumps:** These are lightweight, affordable, and you pump by hand.

- pros: quiet, discreet, and very portable for occasional use or for softening engorged breasts
- cons: not efficient for frequent pumping and can make your hand tired

**Electric pumps:** Powered by electricity or batteries, these are more efficient and convenient for regular use.

- single: pumps one breast at a time, and suitable for mothers who pump less frequently
- double: pumps both breasts simultaneously, which saves time and can increase milk supply

**Wearable pumps:** Designed for occasional use once you've got a good milk supply or are breastfeeding. For example, when you are returning to work but want to keep pumping to feed your baby when you are apart.

- pros: you can wear these discreet, portable pumps inside a bra while multi-tasking, so they are good for use on the go
- cons:
  - leaving them in your bra for long periods can cause breast compression, blocked ducts and sometimes mastitis, when your breast becomes hot, swollen and painful
  - always expressing on the go can mean you do not sit, relax and focus on expressing
  - only using a wearable pump can contribute to a reduced milk supply

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## When looking to buy a pump remember:

- being able to double pump can halve the time it takes to pump
- a pump with adjustable suction and cycles can improve your milk supply
- commercially available breast pumps are open systems, not closed systems like hospital grade pumps. Open systems allow milk into the machine and you cannot clean them – **do not share these pumps or buy secondhand ones that are used**

## Hospital-grade pumps

Hospital-grade breast pumps are designed for longer term pumping, for example, when your baby is preterm or sick. This might mean your baby cannot breastfeed yet, and so you are dependent on a pump to start and support your milk.

They are the most effective pumps but they can be expensive to buy. Renting them might be helpful.

## Medela Symphony™ breast pump

You can rent the pumps directly from Medela ([www.medela-rental.co.uk/](http://www.medela-rental.co.uk/)). They can deliver to your home.

You can also rent the pumps from Kanari Pharmacy or Clan Pharmacy in London. They can deliver the pumps on the same day that you hired them. You can also pick them up. There is a delivery charge, which will depend on your location.

Kanari Pharmacy  
682-684 Fulham Road, SW6 5SA  
0207 731 5587 or 0207 736 1500 [kanari.pharmacy@gmail.com](mailto:kanari.pharmacy@gmail.com)

Clan Pharmacy  
150 Upper Street, N1 1RA  
0207 359 7595 [clanpharmacy@aah-n3.co.uk](mailto:clanpharmacy@aah-n3.co.uk)

### Cost

The Medela pump is £39 for the first 14 days, if you use the discount code **MEDNICU** including standard delivery. The cost will then be £39 for each further 30-day rental period.

Please contact Kanari or Clan pharmacies for their up-to-date hire costs. They can also tell you the delivery cost if you'd like it delivered to your home.

## Ameda Carum™ pump

You can hire this pump directly from Ardo® Breast Pumps. [You can go to www.ardobreastpumps.co.uk](http://www.ardobreastpumps.co.uk), call 01823 336 362 or email [info@ardomedical.co.uk](mailto:info@ardomedical.co.uk).

### Cost

Renting this pump costs £49 including delivery for the first 14 days. Then it costs £49 for each 30 days after that.

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## How do I give feedback about my visit?

We want to hear your **suggestions** or **comments**. Your feedback helps us provide the best service. You can always speak to a member of staff.

You can also contact the **patient advice and liaison service (PALS)** on **020 3312 7777** (10.00 to 16.00, Monday to Friday excluding bank holidays) or email at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net). The PALS team will listen to your concerns, suggestions or questions and they can help solve problems.

You can make a complaint by ringing **020 3312 1337 / 1349** or emailing [tr.Complaints@nhs.net](mailto:tr.Complaints@nhs.net). The address is Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street, London W2 1NY.

## Other ways to read this leaflet

Please email us at [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net) if you need this leaflet in a different format. This could be large print, Easy read, as a sound recording, in Braille or in a different language.

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