

# Types of Breast Pumps

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A breast pump can help you to express breastmilk from your breasts. There are different breast pump options and reasons for expressing your breastmilk. Budget, lifestyle, how many times a day you will express and for how many days, weeks or months are important considerations when choosing a breast pump.

Please speak to your midwife or lactation consultant for personalised recommendations, further information and support.

## What are the different types of breast pumps?



Manual

### Manual Breast Pump

Useful if expressing only occasionally (once a day or less) and when a full milk supply has already been established. Therefore, not ideal if exclusively expressing.



Hospital grade

### Hospital Grade Breast Pump

Provides good quality suction and milk removal and usually recommended for exclusive pumping. This is the style that is provided at the Royal Hospital for Women. You can express one or both breasts at the same time.

Hospital grade breast pumps are not always portable as they need a power source.



Electric

### Electric Breast Pumps

May not be as effective at initiating and maintaining your milk supply as a hospital grade breast pump. It will depend on the quality of the pump and your individual situation.

These pumps are battery operated, light weight and portable. You can purchase single or double breast pumps (express one or both breasts at the same a time). If you are exclusively expressing, we suggest you consider buying a double pump. This will allow you to express both breasts at the same time which may also increase milk supply.

An expressing bra can be used to allow you to have a hands-free experience. There are many options available to buy, or you can make your own by cutting holes in an old sports bra.



Wearable

### Wearable Breast Pumps

Some electric breast pumps are designed to be worn inside your bra. They are light weight, discreet, portable and battery operated.

However, they are more difficult to fit to your nipple size and take more practice to use correctly. There is less research to show their effectiveness, and it may not remove your milk as well as other pumps. These pumps are best used once you have an established milk supply.



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Consumer Participation National Standards endorsed

South Eastern Sydney Local Health District

Royal Hospital for Women, Barker Street, Randwick, NSW 2031. Telephone: 02 9382 6111

## Where can I get a breast pump?

The Royal Hospital for Women does not have any preference or make any recommendations. This list is compiled to assist you.

Manual and electric breast pumps can be purchased from many chemists or baby stores. Hospital grade breast pumps can be hired for short- or long-term use.

The following businesses hire hospital-grade breast pumps:

Find more information on expressing your breastmilk or cleaning/sterilising your expressing kit [here](#).



### AUSTRALIAN BREASTFEEDING ASSOCIATION

1800 686 268

The Australian breastfeeding association is run by volunteers. The person providing the pump is a volunteer and the money goes towards this organisation.



### HIRE FOR A BABY

1300 363 755

An Australian-based company with branches all around Australia. Pick up or delivery options available.



### MY BREAST PUMP

1300 726 666

An Australian-based company with branches all around Australia. Hospital pharmacy-based collection or delivery options available.

