

# Choosing and Getting a Breast Pump

Whether this is your first baby or a new addition, you may have questions about getting a breast pump. With so many brands and features to choose from, it can be hard to know which breast pump might be right for you. This information can help you choose a pump that works for you and your baby.



## How do I get a pump while I'm pregnant?

1. Call your insurance company, pump provider company, or WIC (Women Infant and Children) to ask about your options for full and partially covered pumps.

If you are enrolled in or may qualify for WIC, contact your WIC office for help obtaining a pump through insurance. If you are unable to get a pump with your insurance, your WIC office may be able to loan or provide one after your baby is born.

2. Your insurance or pump provider will send paperwork to your OB office.
3. Your OB office will complete the paperwork and send it to your insurance or pump provider company. Ask your OB office how long it takes to complete this paperwork.
4. The pump will be shipped to your home.

## What is the cost of a breast pump?

The Affordable Care Act (ACA) requires insurance companies to provide a breast pump at no cost. Some insurance companies reimburse for a pump you have purchased on your own, but many do not. Contact your insurance for details. Questions to ask:

- What type, brand, models of pumps are covered?
- Where can I order my pump?
- If I want to upgrade from the pump that is covered, can I pay the difference?
- If I need to rent a Hospital Grade pump, how much do you cover and for what length of time?

If you do not qualify for a breast pump through insurance:

- Breast pumps and supplies are FSA/HSA eligible.
- Enrolled with WIC? Call your office for assistance and guidance on the best pump for your needs.

***ACA provides more than just pumps! Ask about your coverage of replacement pump parts, pumping bra, breastmilk storage bags, and lactation services.***

## What are the different pump types?

Different types of pumps are designed for different situations:

- **Manual/hand pump:** best for if you are away from baby occasionally and milk is well established
- **Electric pump:** designed to maintain milk supply if you are away from baby for several hours a day or returning to work/school and if milk is well established and if baby also breastfeeding when together.
- **Hospital grade pump (rental type):** designed to establish and maintain milk supply if baby is not latching to breastfeed, if you are separated from baby, or if baby cannot breastfeed for any reason.



## Other things to think about when selecting a pump

- How long is warranty valid?
- How easy is it to use?
  - Does it pump one breast at a time or both breasts at the same time?
  - Ability to adjust suction strength and cycles?
  - Will you be able to use it in the time you have to express milk?
  - How long does it take to clean the pump pieces (parts) in between uses?
  - Is a hands free option built in?
    - If not, can it be used with a pumping bra (holds pieces on for hands-free use)?
- If you need to travel with pump:
  - How big is the pump?
  - What does it weigh?
- Does it have a battery?
  - Is it rechargeable?
  - What kind of power and life can you expect from the battery?
- Does it have other sizes of breast shields (flanges) if you need a different fit?
  - Compare cost of pump pieces and replacement parts to know what will best fit your budget.
- What is included with the pump? (e.g., extra bottles, carrying bag, cooler pack, extra pieces)

*If you have more questions about which pump might be right for your individual needs, speak with a lactation consultant.*

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