

Overview of Breast Pumps and Indications for Use

WV WIC staff (Breastfeeding Coordinators, Breastfeeding Peer Counselors or other Competent Professional Authorities) must determine the **type** of pump to be issued on a **case by case basis**. The pump provided should be adequate for the needs of the participant and the most cost-effective choice for the participant's situation.

Types of Pumps:

1. Manual Pumps

These pumps are operated by hand by squeezing a handle or sliding a cylinder and can be used anywhere since they do not require an electric supply. They are small, inexpensive and portable. They are ideal for mothers needing to express milk occasionally or for mothers that do not have a source of electricity available for pumping. These are usually occasional, short term pumps. These would **not** be a good choice for mothers returning to work that need to express milk regularly and/or in a limited amount of time.

Pumps included in this category include **Hand Pumps, Pedal Pumps, or Squeeze-handle Pumps**.

2. Electric Pumps

These are pumps that can empty a single breast (single pump) or both breasts (double pump) at the same time. They can also be single user or multi-user pumps. Multi-user pumps are professional grade and are designed to keep milk separate from the pump parts for safety and hygiene. Electric pumps are the workhorses of breast pumps because they can generate good suction on one or both breasts and give the quickest expression of milk in the shortest amount of time. These pumps are also the most expensive pumps to own, which is why it is more common to rent this type of pump than to purchase. WV WIC has a limited number of Electric pumps to **loan** mothers in need. It is for this reason, we ask that mothers be educated on the importance of returning their borrowed pumps in a timely manner. These pumps are ideal for mothers who must return to work and need to pump regularly to keep up their milk supply. They are also the choice for preterm infants, hospitalized infants, and infants with latching issues.

Pumps included in this category include semi-automatic and fully automatic models and require access to an electrical source.

Available from West Virginia WIC:

1. **Hand Breast Pumps** – these pumps do not need to be returned. These are for single users and should not be shared for safety reasons.

Indications for Use

- For women with occasional pumping needs
- For short mother-infant separation events
- As a relief bottle

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2. Electric Pumps

Various brands of electric motorized multiuser pumps are available for **loan** and therefore, these **must** be returned when the situation is resolved. Electric breast pumps are designed to automatically create a pumping rhythm that mimics an infant's sucking pattern. These pumps allow a mother to pump one breast, or both breasts at the same time, for maximum expression efficiency in the shortest amount of time.

Indications for Use (Refer to the USDA Policy and Procedure Manual 5.21, Section D, #3)

- For premature/high risk infants
- To establish and/or maintain milk supply in instances such as breast refusal or latch problems
- When the mother or infant is hospitalized, and the hospital does not provide pumping assistance
- For adoptive nursing

If there is a question regarding loaning a pump, contact the local agency Breastfeeding Coordinator. If the Coordinator is not available, contact the State Breastfeeding Coordinator at (304)356-4493