

<b>Breast Pump Rentals</b>	<b>Medela Symphony</b>  Hospital Grade Double Electric	<b>Ameda Platinum</b>  Hospital Grade Double Electric
<b>The Berry Breast 306-612-2297</b> Text or call (text preferred) Delivery/tutorial available with purchase		✓
<b>Cravings 306-477-8200</b> 3414 8th St & Campbell St	✓	
<b>London Drugs 306-975-3843</b> Primrose Drive	✓	✓
<b>London Drugs 306-664-9521</b> 8th St.	✓	✓
<b>Medicine Shop 306-655-4045</b> RUH Lobby		✓
<b>PharmaChoice 306-649-4649</b> Stonebridge	✓	
<b>Pharmasave 306-955-7200</b> Central Ave	✓	
<b>Pharmasave 306-931-4500</b> Martensville	✓	
<b>Pharmasave 306-384-1600</b> Stonebridge beside CCFP Clinic	✓	
<b>Ready, Set, Baby 306-665-2229</b> 7th Ave N.	✓	
<b>Shoppers 306-244-6573</b> Kensington Centre	✓	
<b>Willowgrove Pharmacy 306-665-1000</b> Nelson		✓

### Examples of pumps for purchase:

Manual (typically \$40-60)

Medela Harmony

Lansinoh Manual

Single Electric (typically \$120 - \$200)

Medela Swing Maxi

Medela Solo

Ameda Mya Joy

Double Electric (typically \$150 +)

Medela Freestyle

Medela Pump n Style

Ameda Mya Joy

**Nipple shields** are sold at many pharmacies (typically Shopper's Drug Mart has them in stock) and come in 21mm and 24mm sizes



How to use a nipple shield

### Information about pumping and choosing a breast pump:

[www.healthlinkbc.ca/health-topics/breastfeeding-choosing-breast-pump](http://www.healthlinkbc.ca/health-topics/breastfeeding-choosing-breast-pump)

[www.genuinelactation.com/breastpumps](http://www.genuinelactation.com/breastpumps)

[www.newlittlilelife.com/choose-a-breast-pump](http://www.newlittlilelife.com/choose-a-breast-pump)

[www.breastfeedingresourcesontario.ca/sites/default/files/pdf/BFI\\_expressing\\_storing\\_web2.pdf](http://www.breastfeedingresourcesontario.ca/sites/default/files/pdf/BFI_expressing_storing_web2.pdf)



[newlittlilelife.com](http://newlittlilelife.com)



[breastfeedingresourcesontario.ca](http://breastfeedingresourcesontario.ca)



[healthlinkbc.ca](http://healthlinkbc.ca)



[genuinelactation.com](http://genuinelactation.com)

Pump Type	Manual	Battery Operated, Small Electric	Electric Personal Use Pumps	Electric Hospital Grade Pump
Usage	Single user	Single user	Single user	Can be multiuser or can be purchased or rented by single user
Availability	Purchase	Purchase	Purchase	Rental or purchase
Collection Kit	Single (may be limited to no alternatives for flange size)	Double/Single (limited alternatives for flange sizes depending on brand)	Double/Single (limited alternatives for flange sizes depending on brand)	Double/Single (different flange sizes available)
Suction Pattern	Determined by user	Depending on brand, some may have adjustable suction, rate, and suction strength	Depending on brand, some may have adjustable suction, rate, and suction strength	Adjustable rate, rhythm, and suction strength are standard features
Advantages	<ul style="list-style-type: none"> <li>• Convenient</li> <li>• Lightweight</li> <li>• Small in size</li> </ul>	<ul style="list-style-type: none"> <li>• Convenient</li> <li>• Lightweight</li> <li>• Small in size</li> </ul>	<ul style="list-style-type: none"> <li>• Smaller in size than hospital grade pump</li> <li>• Efficient</li> <li>• Effective</li> <li>• Portable</li> <li>• Some models are hands-free</li> </ul>	<ul style="list-style-type: none"> <li>• Maximum effectiveness</li> <li>• Efficient</li> </ul>
Intended Use	Brief separations from healthy infant	Brief separations from healthy infant	<ul style="list-style-type: none"> <li>• Return to employment</li> <li>• Travel separations</li> </ul>	Partially or completely breast pump-dependent mothers during any stage of lactation
Not Intended Use	Partially or completely breast pump-dependent mothers during any stage of lactation	Partially or completely breast pump-dependent mothers during any stage of lactation	Partially or completely breast pump-dependent mothers during any stage of lactation	No exclusions

**References:**

Meier, P., Patel, A., Hoban, R., & Engstrom, J. 2016. Which breast pump for which mother: An evidenced-based approach to individualizing breast pump technology. *Journal of Perinatology*, 36(7), 493-499.

**Additional References:**

Jones, F. (2019). Best practices for expressing, storing and handling human milk in hospitals, homes, and child care settings. (4th ed.). Texas: Human Milk Banking Association of North America (HMBANA).