

Choosing a Breast Pump

There are lots of different breast pumps available, but not all pumps are the same. The type of pump you need depends on how often you will use it and the reasons why you will use it.

How Often Will You Pump?

| | 1-2 times/Week | Once a day | Regular Use (use for work/school) | Establishing Supply (premature/sick infant) |
|--|----------------|------------|--------------------------------------|--|
| Manual pump | X | X | | |
| Battery Powered | X | X | | |
| Electric - single pump | X | X | | |
| Electric - double pump | X | X | X | |
| Hospital Grade Electric double pump | | | X | X |

Things to Consider:

Used Pumps

It is always best to use a new pump.

If using a used pump, make sure it is a closed system. Open systems pumps cannot be completely cleaned without taking the motor apart.

Purchase and use all new pump parts

Most pumps are designed to be single user pumps. If using a used pump, check the pump's motor life / warranty. Over time the motor strength is less effective & can result in lower milk supply.

Cycle Rate

how many cycles of suction and release happen in one minute

*most electric or hospital grade pumps cycle 40 to 60

A cycle rate of 60 is close to what a baby would do at the breast

Comfort Options:

Adjustable Suction

The ability to turn the suction power up or down for comfort.

Flange Options

Look for a pump that comes with different flange sizes or the option to order them. How the FLANGE fits is one of the most important parts of a pump for ensuring a good milk supply.

Double Pump

Allows you to pump in less time than a single pump and can help increase milk supply.

2 Phase expression

An option pre-programmed in the pump to mimic the baby's sucking patterns

Ease of Use

Does it need to be portable? Does it come with a bag to carry it in? Is it easy to use?

Size & Weight

Smaller sizes allow more freedom while pumping, but usually do not have as much power.

Power Source

Plug in pumps last longer & have more power. Battery powered pumps are convenient & flexible.

Noise

Where will you be pumping? Does it need to be quiet?

Cost

Many health insurance companies cover the cost of a pump for each pregnancy; speak to your provider for information or talk to a lactation consultant if you are not able to afford one



If you have questions OR want to talk about your options call:
Lactation at 317-745-8448 or Patient Educator at 317-718-4585

Insurance & Breast Pumps

Breast pumps are a convenient way to provide milk for your baby when you can't be with them. It can also help with building a supply for your freezer, increasing your milk supply, resolving clogged milk ducts, helping with engorgement and allows your partner to help with feedings when needed.

Does Insurance cover the cost of Breast Pumps?

The Patient Protection & Affordable Care Act ("Obamacare" or ACA) requires insurance to cover costs for breastfeeding support and equipment for breastfeeding mothers. There are a few exceptions to this & it is up to the insurance company to decide what is included in 'breastfeeding supplies' (hand pumps or electric pumps).

Can I just buy a pump?

If you want your insurance company to pay for it, they may require you to go through a certain medical supply company, choose from certain brands, wait until after baby is born and/or have a prescription from your Provider.



Mommy Xpress (<https://www.mommyxpress.com>) works with most insurance plans to help you get a breast pump. There is a prescription form included in this packet.

1. Fill out your insurance information
2. Have your Provider sign it & you can submit it
3. They will contact you and review your options

If I have questions, how do I contact my Insurance Company?

On the back of your insurance card, there is usually a phone number listed. Your HR department where you work can sometimes help you know what is covered on your plan and help you contact your insurance company.

Questions to ask:

- Does my policy cover the purchase of a breast pump for a breastfeeding mother?
- At what point in my pregnancy can I qualify for this benefit, or do I need to wait until my baby is born?
- Do I need a prescription from my doctor?
- Can I purchase a pump from a regular store and submit the receipt for reimbursement?
If so, where can I find the reimbursement request insurance form and where do I mail it?
- What medical supply companies do I need to contact to provide me with a breast pump through insurance?
- Are there limitations on what types of pumps you cover – manual vs. electric? - certain brands?
- What is the value limitation – i.e., what is the maximum cost you will cover?
- Do you cover other related supplies – additional milk bottles, flanges, breast milk storage bags, replacement tubing?
- Is there anything else I should know about properly purchasing a breast pump through insurance?

Are there pump resources at the hospital?

If you have a pump, try to bring it to the hospital when you deliver. The lactation consultant will review it with you before you go home. For moms that need to use a double electric pump while they are in the hospital, we have hospital grade pumps and all the parts and pieces for you to use while you are here.

>> If you don't have a pump by the time you deliver & you want one, we work with 'Mommy Xpress'. We will send a prescription from your Provider & if you qualify, the pump can be shipped directly to your home or we have some in stock we can get for you to take home if needed. <<



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