

# Finding the Best Breast Pump for You

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## Navigating the Pump: Panel Session

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There are a multitude of options regarding breast pumps which can seem overwhelming at first. However, there are different types of pumps for a reason, to match your specific pumping needs!

## Pump terms/types

- **Double Electric Breast Pump:** Fully electric with tubing and wiring and often hospital grade strength. These are one of the more common pumps that are great for new parents who exclusively pump and follow a schedule.



- **Portable Breast Pump:** Designed to be lightweight, rechargeable, or battery operated for pumping on the go. These still have double pumping capabilities and good suction; they are just designed to be more easily moveable.



- **Rechargeable Breast Pump:** Newer models of pumps may provide a rechargeable battery so that you can pump from anywhere. Pumps may have a standard option and then a “rechargeable model” offered as well.
- **Manual Breast Pump:** Great for people who plan to pump occasionally or don’t want to rely on electricity when pumping. These pumps require no additional parts so are also a more cost-effective option.



- **Wearable/Hands Free:** This type of pump does not need to be connected to anything and can be worn in your bra or shirt for a hands-free experience.



## Things to consider when choosing a pump

- WHERE will you be pumping?
- WHEN will you be pumping?
  - How often are you going to use your pump? What's your goal for pumping: maintaining milk supply, doing it daily during work hours, etc.?
  - If you plan to just pump at home, a double electric breast pump that can be plugged into the wall may suit you just fine. If you plan to pump at work, it may be better to find a smaller more portable option.
  - Do you travel a lot? It may be best to look into rechargeable and lightweight options.

## Cost of pumps/insurance

- The Affordable Care Act (ACA) ensures that most insurance plans will cover the cost of a standard pump for each pregnancy. Call your insurance to see where you may be able to receive a pump from.
  - Pumps can be found at in-network Durable Medical Equipment (DME) suppliers, online stores, clinics, and retail suppliers.
  - If you are wanting to upgrade your pump from a standard model to a rechargeable or portable model, you most likely will have to pay an upgrade fee.

**You need a breast pump prescription if you are going to get a pump using insurance! Ask your doctor, primary provider, OBGYN, or CNM to write a prescription for you.**

## Resources

[About the Affordable Care Act](https://www.hhs.gov/healthcare/about-the-aca/index.html) (<https://www.hhs.gov/healthcare/about-the-aca/index.html>)

[Everyday Miracles](https://www.everyday-miracles.org/) (<https://www.everyday-miracles.org/>)