

# Medline Breast Pumps

An introduction to breastfeeding and pumping.



**Breastfeeding  
made easy**





# The importance of breastfeeding

Breastfeeding offers many benefits for the health of both mom and baby, especially when exclusively breastfeeding for at least the first six months of your baby's life.<sup>2</sup>

Breastmilk is full of natural nutrition, including vitamins, proteins and fats that provide everything your baby needs to grow healthy and strong. Milk also contains antibodies that are unavailable from any other source to help your baby fight viruses, bacteria and other illnesses. That's why leading health authorities, including the American Academy of Pediatrics and the World Health Organization, recommend breastfeeding.<sup>1,2</sup>

## Breastfeeding benefits<sup>1,2</sup>

### For babies

- Helps protect against illnesses such as pneumonia and diarrhea
- Are less likely to be overweight as adolescents and adults

### For moms

- Reduced risk of breast and ovarian cancer, type II diabetes and postpartum depression
- Decreased postpartum bleeding and menstrual blood loss
- Earlier return to pre-pregnancy weight

**Newborn babies should breastfeed 8–12 times per day for about the first month. Breast milk is easily digested, so newborns are hungry often. Frequent feedings helps stimulate milk production during the first few weeks.<sup>5</sup>**

# An introduction to breast pumps

There are two main types of breast pumps: manual and electric. What might work well for your friend might not be what's best for you. When choosing a breast pump it's important to consider when, where and how often you'll be using it.

## Manual pumps

Pumps one breast at a time via a flange and manual lever that creates suction. These pumps are light weight and smaller than electric pumps and easily fit into a purse or carry-on for an outing or travel. A good manual pump should be able to express a decent amount of milk, comparable to an electric pump. However, this process is certainly more time consuming and labor intensive. Manual pumps are best suited for occasional pumping.

## Electric pumps

Attached to an electric or battery powered motor. Most electric breast pumps have the following options: AC adapter, car adapter, a rechargeable battery or a battery pack. They're available in single and double versions. The single electric style pumps one breast at a time. The double electric style pumps both breasts simultaneously to save time. Typically, a double style can also be configured to pump one breast at a time, if desired. If you pump more than three times week, a double electric pump would be more suitable for your needs.

**A typical pumping session lasts 10 to 15 minutes per breast. Double electric breast pumps allow you to pump both breasts at one time, helping stimulate milk production while reducing pumping time by half.**

### Tip:

Begin pumping at least two weeks before returning to work or school to ensure:

- You are comfortable with pumping
- Your baby gets used to drinking from a bottle
- You establish a pumping schedule and build up a supply of milk



# What to look for in a breast pump

## Easy cleaning, assembly and transport

Make sure you can remove any parts of the pump that come in contact with your skin or milk for cleaning after use. If you'll be bringing the pump to work every day or traveling with the pump, look for a lightweight model. Some breast pumps also come in a carrying case with a cooler bag for storing expressed milk.

## Adjustable suction

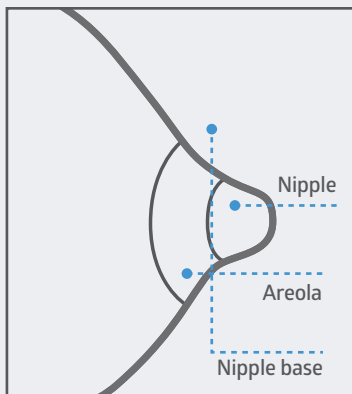
What's comfortable for you might be uncomfortable for someone else. If you opt for an electric pump, choose one that allows you to control the degree of suction and cycling speed.

## Dual-phase expression

Having a pump with two phases is important, as each step aims to mirror what occurs during nursing with a baby. The first step is stimulation, where the baby takes short, shallow, frequent sucks to produce let down. The second phase is expression, where the milk comes in, and the baby's sucks become longer and deeper.

## Well-fitting flanges

Flanges are the plastic pieces that fit over the breasts when pumping. The pump's suction pulls the nipple into the flange. It is crucial for flanges to fit properly. Most breast pumps have flanges available in different sizes. You do not want the nipple to rub against the plastic because it may cause abrasions that can lead to bleeding, pain and even infection. If you have questions or concerns about fit, it is advisable to seek the help of a lactation consultant.



## Comfort and fit

Be sure to understand the difference between your nipple and areola to help you find the correct size breast shield. Your areola is the darkened area on your breast around your nipple.

The right size flange should be comfortable and allow milk to flow well at medium to highest suction level. Look for a pump that either comes with different size breast shields or offers the option to purchase different sizes separately. Your ideal size may change during the time you're breastfeeding, and a good fit is important for a comfortable and successful experience. Medline offers four sizes to choose from.

# Breast milk storage

Breast milk can be kept at room temperature (77°F or less) for up to four hours after pumping or refrigerated up to four days. If you won't be using refrigerated breast milk within four days, freeze it right after pumping.

You can also put breast milk in an insulated cooler with frozen ice packs for up to 24 hours after pumping. After 24 hours in a cooler, the breast milk should be refrigerated or frozen.<sup>4</sup>

## Guide to storing fresh breastmilk for use with healthy, full-term babies<sup>4</sup>

Place	Temperature	Duration	Things to know
Countertop, table	Room temperature (up to 77°F)	Up to 4 hours	Containers should be covered and kept as cool as possible. Covering the container with a clean cool towel may keep milk cooler. Throw out any leftover milk within 2 hours after the baby is finished feeding.
Refrigerator	40°F	Up to 4 days	Store milk in the back of the refrigerator. When at work, it's OK to put breastmilk in a shared refrigerator. Be sure to label the container clearly.
Freezer	0°F or colder	Within 6 months is best. Up to 12 months is acceptable.	Store milk toward the back of the freezer where the temperature is most constant. Milk stored at 0°F or colder is safe for longer durations, but the quality of the milk might not be as high.



# Breast pump troubleshooting

## Manual breast pumps

Problem	Solution
Elastic or small nipples	<ul style="list-style-type: none"> <li>• Flange cushions</li> <li>• Silicone flanges</li> </ul>
Nipple size between standard available flange sizes	Flange cushions and silicone flanges as they can reduce the flange diameter by two millimeters (“mm”)
Downward pointing nipples	Alternatively shaped flanges (designed at an angle)
Flat or inverted nipples	Use passive (an integrated flange and collection device made of soft silicone) or manual pump before direct breastfeeding to evert the nipple gently
Sore or healing nipples	<ul style="list-style-type: none"> <li>• Passive pump on the affected breast</li> <li>• Manual pump</li> <li>• Flange cushions</li> </ul>
Concave contour of the breast	<ul style="list-style-type: none"> <li>• Silicone flanges</li> <li>• Hybrid flanges</li> </ul>
Low output with pumping but adequate supply during direct breastfeeding	<ul style="list-style-type: none"> <li>• Silicone flanges</li> <li>• Increased suction during letdown mode</li> <li>• Increased duration of letdown mode</li> </ul>
Return to work	<ul style="list-style-type: none"> <li>• Flange-compatible bras</li> <li>• Mobile and wireless pumps</li> </ul>

## Electric breast pumps

Situation	Possible Reason	Solution	Note
Problem with pump function	Improper assembly of the pump	Make sure all the parts are assembled and connected properly	
		Make sure the tubing is plugged all the way	
Loss of pump suction	Issues with parts	Check whether breast pump parts such as the shield, valves, membranes, or backflow protector units are damaged or need to be replaced	
	Misfitting breast shield/flange	Check whether batteries need to be replaced or charged	This is important to create a good seal between the breast and the breast shield/flange, and create a vacuum around the areola, thus aiding in the suction mechanism of the breast pump and drawing milk effectively. Size too large: low suction Size too small: pain
Discomfort or soreness of the nipples	Pump settings	Adjust the speed and suction of the breast pump	Start at the lowest possible setting and gradually increasing the speed or suction to achieve the maximum comfort level (it is important to make sure that the suction is not too weak or too strong)

# Medline Electric Breast Pumps

Our quiet, lightweight and portable pump offers single and double pumping capability. The 100% anti-backflow design helps to eliminate wasted milk while the 9 suction levels help to customize mothers' pumping experience and simulate babies' natural nursing rhythm.

- **Choose from four modes:** Massage Mode, Multitronic Suction Mode, Suck Simulation Mode, and Express Mode. Each mode offers 9 adjustable levels to match user preference
- **LED display** with touchscreen
- **Rechargeable lithium battery** allows the pump to be portable
- **USB charging cable** which can be supported by an AC adapter, computer, or power bank
- **Anti-backflow design** prevents blocked and wasted milk
- **BPA free milk bottles** and storage bags

## Ordering Information

**Item No. MDS68000** (includes all the following components)

- 1 motor
- 2 pump bodies
- 6 bottles
- 2 bottle covers
- 2 upper covers
- 2 bottle nipples
- 6 bottle lids/snap covers
- 4 cylinders/diaphragms
- 2 silicone rings
- 2 sets tubing
- 4 duckbill valves
- 4 pair flanges (21 mm, 24 mm, 28 mm, 32 mm)
- 10 breast milk storage bags
- 1 power cord (5 ft)
- 1 USB line
- 1 AC adaptor
- 1 carrying case
- 1 cooler bag
- 1 ice pack
- 1 user manual



**Item No. MDS68010** (includes all the following components)

- 1 motor
- 2 pump bodies
- 2 bottles
- 2 bottle nipples
- 2 bottle lids/snap covers
- 2 upper covers
- 2 silicone rings
- 2 sets tubing
- 4 cylinders/diaphragms
- 4 duckbill valves
- 2 pair flanges (24 mm, 28 mm)
- 10 breast milk storage bags
- 1 power cord (5 ft)
- 1 USB line
- 1 AC adaptor
- 1 user manual



## Additional breast feeding accessories

### Breast Pump Accessories and Replacement Parts

Item No.	Description	Pkg.
MDS68101	Flanges, Breast Pump, 21 mm	1 pr
MDS68102	Flanges, Breast Pump, 24 mm	1 pr
MDS68103	Flanges, Breast Pump, 28 mm	1 pr
MDS68104	Flanges, Breast Pump, 32 mm	1 pr
MDS68105	Bottles, Nipple Lids, Breast Pump	2 pcs
MDS68106	Valves, Duckbill, Breast Pump	2 pcs
MDS68107	Diaphragms, Breast Pump	2 pcs
MDS68108	Tubing and Connectors, Breast Pump	2 pcs
MDS68020	Manual Breast Pump Kit	1 ea



MDS68020

### Breast Milk Storage Bags

- Breast milk bags for easy storage, transport and warming
- Convenient cut and pour design

Item No.	Description	Pkg.
MDS68100	7 oz/200 ml	30/bx



MDS68100

### Remedy Nursing Balm

- Oral mucosal and pediatrician tested
- Free of lanolin, parabens, petrolatum dyes, alcohol and fragrance

Item No.	Description	Pkg.
MSC092BFB	0.5 oz	50/cs



MSC092BFB

### Disposable Nursing Pads

- Designed to wick away leaking milk and fluid to keep clothes dry and free of stains
- Adhesive strip secures the pad to prevent from slipping

Item No.	Description	Pkg.
NURSEPAD1	Disposable Pad with Adhesive	288/cs
NURSEPAD1Z	Disposable Pad with Adhesive	12/bx



NURSEPAD1

**Need extra items?** Order additional bottles, replacement parts, diapers, wipes and more from your **Medline Representative**, visit **medline.com** or call **1-800-MEDLINE**.



**Medline Industries, LP.** Three Lakes Drive, Northfield, IL 60093  
 Medline United States  
 1-800-MEDLINE (633-5463)  
 medline.com | info@medline.com

**Medline Canada**  
 1-800-396-6996 | medline.ca | canada@medline.com  
**Medline México**  
 01-800-831-0898 | medlinemexico.com | mexico@medline.com

Follow us    

References: **1.** American Academy of Pediatrics. Breastfeeding. Available at: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Benefits-of-Breastfeeding.aspx>. Accessed May 18, 2020. **2.** World Health Organization. 10 Facts on Breastfeeding. Available at: <https://www.who.int/features/factfiles/breastfeeding/en/>. Accessed May 18, 2020. **3.** Centers for Disease Control and Prevention. How Much and How Often to Breastfeed. Available at: <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/how-much-and-how-often.html>. Accessed June 15, 2020. **4.** U.S. Department of Health and Human Services. Office of Women's Health. Pumping and storing breast milk. Available at: <https://www.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk>. Accessed May 18, 2020. **5.** KidsHealth. Breastfeeding FAQs: How Much and How Often. Available at: <https://kidshealth.org/en/parents/breastfeed-often.html>. Accessed June 22, 2020. Some products may not be available for sale in Mexico or Canada. We reserve the right to correct any errors that may occur within this brochure.  
 © 2023 Medline Industries, LP. All rights reserved. Medline is a registered trademark of Medline Industries, LP. MKT19W4523700 / e20337 / 250 / DP / 55