

# BREAST PUMP OPTIONS FOR PARENTS

## Stage One (first 1-2 months)

You will need to use a hospital grade multi-user double breast pump if you are pumping for your baby while they are unable to feed directly from the breast.

A hospital grade breast pump is the recommended pump to build and maintain a full milk supply during this time.

The hospital has Medela Symphony breast pumps. They can be found on the wards and in expressing rooms. The hospital will also provide you with the milk collection sets for this pump.

You may be able to get a loan of a hospital grade breast pump from the hospital to use during your baby's stay but this cannot be guaranteed.

**Here are some options if you would like to rent a hospital grade breast pump:**

<p><b>Medela Symphony Breast Pump</b></p> 	<p>Go to <a href="http://www.medicare.ie">www.medicare.ie</a></p> <p>You will receive a discount if you use the code PREM followed by the last two year numbers</p> 
<p><b>Ardo Carum Breast Pump</b></p> 	<p>Go to <a href="http://www.breastisbest.ie">www.breastisbest.ie</a></p> <p>Rental is €90.00 euro for the first month and €75.00 thereafter if you tell them that your baby is a patient of CHI.</p> <p>Rental includes one milk collection set. If you want more you will need to order them. The collection kits stocked in the hospital cannot be used with this pump.</p> 

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## Stage Two (after 1-2 months)

You can continue to rent the pump you have been using once your milk supply has been established.

Some parents may choose to buy a personal pump at this stage. The breast pumps listed below are hospital grade (or near hospital grade) breast pumps that are available to purchase. The prices can vary so shop around to get the best price.



There are lots of other breast pumps on the market that you can also research. It is important to choose a pump with a strong enough vacuum that can create high pressure to effectively remove the breast milk. It should have a double pumping option. The motor must be able to withstand heavy use if you are going to be expressing long term.

People respond differently to different pumps. If you decide to move to another pump please monitor the volume of milk you are producing. You need to make sure you continue to produce your usual milk volumes with your new pump if you do change.

<p><b>Spectra</b></p>	<p>There are two Spectra breast pumps for personal use – the S1 and the S2. Both are hospital grade pumps. The Spectra S1 has a rechargeable battery. The Spectra S2 needs to be plugged in to use it. You can use the Medela milk collection sets with this pump.</p> <p>Prices are approximately €170-210</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 2px 5px; margin-bottom: 5px;">Spectra S1</div>  </div> <div style="text-align: center;"> <div style="border: 1px solid black; padding: 2px 5px; margin-bottom: 5px;">Spectra S2</div>  </div> </div>
<p><b>Ardo Alyssa</b></p>	<p>This is a compact, rechargeable, closed system breast pump. It has the same dual phase expression pumping features of the hospital pumps and achieves about 90% vacuum of the Carum or Symphony pumps. It also has a Power Pumping programme.</p> <p>Price €240</p> <div style="text-align: center;">  </div>

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**Other Options**

<p>You may be able to get a breast pump from your Public Health Nurse. Please contact them directly and see what is available in your area</p>	
<p>The Irish Neonatal Health Alliance has breast pumps that they can rent out for €40 per month (with a deposit of €40)</p>	
<p>If your baby has Trisomy 21 and you live in the Dublin you can contact the Dublin Down Syndrome Centre which has some pumps available to rent for approximately €40 per month</p>	
<p>You can claim a refund at the end of the tax year so keep your pump receipts. This is done through your Income Tax return</p>	