

Breast Pump 101

- ❖ Breast pumps are not automatically provided to breastfeeding mothers; they are given to help mothers breastfeed in special circumstances, such as illness, medical conditions or separations **when pumps are available**.
- ❖ Encourage mothers to put the infant to the breast first rather than pumping until after their milk supply has been established and the infant is breastfeeding well.
- ❖ Encourage mothers to try to get a pump from their hospital or their insurance company **FIRST**.
If this is not possible, see below for guidelines on the appropriate pump for the situation (see Policy & Procedure 2.019-3).
- ❖ **Hand expression** should be taught to all women that express interest in receiving a pump.

Manual Pumps*

- Severe engorgement
- Flat or inverted nipples
- Short term separations

*The mother may be breastfeeding and also supplementing with formula

Electric Pumps**

- Mother returning to school or work full-time (wait until BF is established, ideally 4-6 weeks)
- Hospitalization of mother or infant
- Infant feeding difficulties
- Need to build milk supply
- Relactation
- Have a medical need determined by the nutritionist or doctor

**For exclusively BF mothers ONLY, except in cases when supplements are prescribed by a doctor

Issuing a Pump

- Must be approved by a nutritionist or breastfeeding peer counselor
- Mothers must receive complete **verbal** and **written** instructions on using the pump, including pump assembly, cleaning, and milk storage
- Record required information on the Breast Feeding Pump Issuance section of CARES (found in P&P 2.019G)
- Complete release of liability form (file in participant's chart) (found in P&P 2.019A)
- Provide mother contact information for questions or problems with the pump.
- Follow up with the mother to ensure proper usage of the pump

Pump Log Maintenance

- **Please remember to review your logs on a monthly basis to ensure accuracy**



For more information, contact your
Local Agency Breastfeeding
Coordinator or the WIC SA at
info.wic@dc.gov