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www.medela.com

# Breastfeeding Information Guide

*Breastfeeding Tips  
& Products*



#1 CHOICE OF HOSPITALS AND MOTHERS

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## Breastfeeding Your Baby



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## Breastfeeding – The Best For You and Your Baby...

Experts agree that breastfeeding protects babies and mothers from illness and promotes life-long good health. Breastfeeding is also a special way to connect with your baby. It helps form a strong bond between mother and child.

In this guide, you will find answers to some of the most common breastfeeding questions. If you need more help or have other questions, please see “Breastfeeding Resources” (page 21).



Visit our website, [www.medela.com](http://www.medela.com), for more detailed information and Frequently Asked Questions (FAQs). You can also contact our online lactation consultant for help at [www.medela.com](http://www.medela.com), “Ask the LC.”

## Pumping: Getting Started

- Choose the right Medela pump for your needs.
- Select the right size pump breastshield. Medela makes breastshields in different widths to fit all breasts and nipples.
- Sanitize bottles, valves and breastshields according to cleaning instructions.

Which Medela Breastpump is best for you?	Harmony™ (Manual)	Single Deluxe	Swing™	Double Select	Pump in Style® Original	Pump in Style® Advanced	Symphony®
<b>Type of use</b>							
Occasional Use (missed feeding, working part-time, etc.)	◆	◆	◆	◆	◆	◆	◆
Daily Use			◆		◆	◆	◆
For Double Pumping				◆	◆	◆	◆
Multiple births					◆	◆	◆
<b>Performance Features</b>							
Adjustable Speed & Vacuum	◆	◆	◆	◆	◆	◆	◆
2 Piece PersonalFit™ Breastshield	◆		◆		◆	◆	◆
Let-Down/Stimulation Phase	◆		◆		◆	◆	◆
*2-Phase Expression Technology	●		●		●	●	●
<b>Medical Conditions</b>							
Drawing out flat or inverted nipples	◆	◆	◆	◆	◆	◆	◆
Sore nipples or engorgement	◆	◆	◆	◆	◆	◆	◆
Latch-on problems or breast infections					◆	◆	◆
Low milk supply						◆	◆
Premature or hospitalized baby						◆	◆



\*Pumps shown with this symbol ● feature 2-Phase Expression\* technology, which is the only research-based breastpump technology that mimics a baby’s nursing rhythm, delivering more milk in less time (when pumping at Maximum Comfort Vacuum™).

\* Hospital-Grade breastpumps are used in hospitals and are available for use in home, usually on a rental basis. For the location of a Rental Station in your area, call 1-800-TELL YOU.

## Pumping Tips

- Wash your hands.
- Find a place with some privacy.
- Center your nipple in the breastshield.
- Start on the lowest pressure and increase to your own comfort level. Low pressure may work as well as higher pressures.
- Double pump to save time. Single pump if you need to massage your breasts.
- Pump for 10-15 minutes (pump for a few minutes after the milk flow stops).
- Pump every 2-3 hours while away from your baby, including travel time. Milk supply depends on regular and effective removal of milk from your breasts.
- Take good care of yourself. Rest and good nutrition are always important.
- Remember: Frequent breastfeeding is the most important thing you can do to protect your breastmilk supply when with your baby. Frequent pumping when separated from your baby is equally important.
- A hospital grade pump (Symphony®, Classic™, and Lactina®) with double pumping kit to stimulate supply is important when:
  - your milk supply is low
  - your baby is not latching well
  - your baby cannot breastfeed

## Common Breastfeeding & Pumping Questions and Answers

Complete FAQs available online at [www.medela.com](http://www.medela.com)

### Before Your Baby is Born

#### *How do I prepare for breastfeeding?*

- Sign up for a breastfeeding class in your community or at your hospital.
- Locate a professional lactation consultant on the web at [www.ilca.org](http://www.ilca.org) in case you need help after your baby arrives.
- La Leche League provides excellent mother-to-mother support in most communities. Locate your nearest LLL group on the web at [www.lalecheleague.org](http://www.lalecheleague.org).
- Some advise to rub your nipples with a towel or washcloth to toughen them up. This is not necessary.

#### *My family is not supportive of breastfeeding.*

#### *Where can I find the help I need?*

- Your local health department may have peer support services or clinics that serve breastfeeding mothers.
- Your hospital may have outpatient services or classes that include family members.
- Call your local La Leche League group and attend monthly support meetings.
- Your midwife, doctor or hospital can refer you to other local breastfeeding support people.
- Ask your doctor to discuss the importance of breastfeeding with your family.
- Share written materials with your family.

- Your health care provider may have a lactation consultant (IBCLC) in the office to help you with breastfeeding.

### **What if I have flat or inverted nipples?**

#### **Can I still breastfeed?**

- Yes, you can. Your nipples will become easier for your baby to latch onto over time.
- Ask the nurses in the hospital to assist you.
- You may need help from a professional lactation consultant at first. During the learning period, you may need to use a breastpump to protect your milk supply. Sometimes, supervised use of a nipple shield can be helpful.



### **I am expecting twins. Can I breastfeed them and have enough milk?**

- Yes, you can. Many mothers fully breastfeed twins and triplets (multiples).
- Multiples can be born early and often are small or sleepy. These factors can make early breastfeeding more challenging.
- Learn as much as you can about breastfeeding before your babies are born.
- Plan for extra help around the house.
- A home visit from a professional lactation consultant can help you learn comfortable nursing positions and how to tell if your babies are feeding and growing well.

## **Breastfeeding**

(see [www.medela.com](http://www.medela.com) for more photos and detailed information)

### **How do I latch my baby on correctly?**

Full term, healthy babies are born with instincts that help them latch on to the breast. To take advantage of these instincts:

- Put the baby to breast immediately after birth.
- Give the baby a chance to find the nipple before offering too much help.
- Delay routine interventions that separate you from your baby until after the baby has breastfed.
- Practice breastfeeding often during the first few days (before your milk comes in while your breasts are still soft.)
- Spend time holding your baby skin-to-skin. This helps you get to know one another.

#### **Correct Latch**



Wait until baby opens wide.



Don't push on back of baby's head. This buries the nose and makes it hard for baby to see you.



Mother and baby should be able to look into each other's eyes when well attached. Baby's chin should be buried into the breast. Nose tipped slightly away from breast.



Be sure to break suction between gums, not the lips, to prevent nipple damage.

There are several different breastfeeding positions. Each mother and baby discover what works best for them.

- The cradle and cross-cradle positions
- The clutch position
- The side-lying position

### Latching On in Cross-Cradle Position:

1. Cross Cradle (to latch baby to left breast):
2. Support the baby with your right arm. Hug baby's hips close using your upper arm. Use your right hand to support the baby at the base of head.
3. Shape your left breast with your left hand.
4. Stroke the baby's lips with your nipple, encouraging baby to tip the head slightly to reach it. This helps baby open wider.
5. Use your left thumb to tip your nipple toward the roof of the baby's mouth as he/she comes on. Hug the baby in close at the shoulders and hips.
6. Once latched, baby's chin will be tucked into the breast and the nose will be tipped away. Mother and baby should be able to look into each other's eyes.



### Latching On in Cradle Position:

1. Lower the baby to the level of the breast (so you won't have to lift the breast).
2. Hold the baby close to your body, well supported by your



cradling arm. Rest your arms on pillows for support if needed.

3. Line up the baby's body so that your nipple touches the baby's nose.
4. Hug the baby's hips close to your body.
5. Wait until the baby tips and reaches for the nipple. Some mothers use their free hand to put slight pressure on the breast right above the nipple. This helps point the nipple to the roof of the baby's mouth.
6. Draw in the baby at the neck, shoulders and hips (the chin will touch the breast first). The baby's chin will be tucked close to your breast and the nose will be tipped away.
7. Avoid drawing the baby to breast by pushing on the head. This will bury the nose and block your view of baby's face. The baby's lips should be flanged.

### Latching On in Clutch Position:

1. Tuck the baby's bottom up against the back of the chair or bed pillow (if baby's feet are straight back, baby will push away and be stiff).
2. Turn the baby's body in toward yours.
3. Lift the breast and stroke the baby's lips until baby tips back and reaches for the nipple.
4. Hug baby close with pressure on the neck and shoulders. Draw baby in with the chin touching the breast. This allows baby's head to tip back slightly so nose is unblocked. Mother and baby should be able to look into each other's eyes.



## Latching On in Side-lying Position:

1. Rest comfortably on your side (use pillows at your back if needed).
2. Place the baby's lower shoulder close to your ribs (tucked close under your breast). Roll the baby toward you.
3. Baby should be 'down hill' from your breast (your nipple should touch the baby on the nose or even between the eyes).
4. Baby will sense the nipple and push up to take it (this will tip the nose away from the breast and allow you to look into one another's eyes). Baby's chin will be tucked close to the breast.
5. Some babies need their mother to shape the breast to help them latch (especially if the breast is large, very full, or the nipples are flat).



## Pain During Latch On:

It is common for mothers to have mildly tender nipples for several days following the birth.

- If the latch hurts after a few seconds, take the baby off and try again. Make sure that the baby's mouth is open wide as a yawn as you bring baby on to the breast. When latched properly the moist part of the baby's lips should be visible.
- Always look at the shape of the nipple when the baby comes off. A pinched shape is a sign that the baby's bottom jaw is closing on the nipple rather than on the breast.
- Seek help from a breastfeeding professional such as a professional lactation consultant to correct the latch problem if pain persists or cracking occurs. See "Ask the LC" and FAQs at [www.medela.com](http://www.medela.com).

## Should I change positions often?

- You can if you are more comfortable this way. It is not necessary.

## How often should I nurse my baby?

- Newborns should breastfeed well at least 8-12 times per 24 hours.
- It is important for babies to practice breastfeeding often, because not every feeding is perfect in the beginning.
- Some babies will cluster feed, that is, they will feed several times within a few hour period and then sleep for a while. This is normal.
- As babies get older, they feed less often.

## My nipples or breasts are sore. What can I do about this?

- Early mild breast and nipple tenderness is not unusual.
- Purified lanolin such as Medela's Purelan™ 100, is safe and effective for soothing sore nipples.
- Cracked skin, continuing pain, or bleeding nipples are not normal. These can be signs of latch problems or infection.
- A professional lactation consultant and your doctor can help evaluate you for latch issues and also for other causes of pain, including infection.

## My nipples burn and itch. What can I do about this?

- Burning and itching can be signs of skin conditions or infection. Infection can be caused by bacteria, viruses or fungus. Each is treated differently.
- Eczema and psoriasis can cause itching and burning.
- Allergic reactions from creams or nipple treatments can cause itching and burning.
- See your doctor and professional lactation consultant for evaluation and treatment ideas.

### ***Should I time feedings?***

- It is better to watch the baby rather than the clock.
- Some babies seem to take forever to finish a feeding. They breastfeed with closed eyes, and few sounds of swallowing can be heard. These babies may need help waking up. They may need help to breastfeed well.
- When well attached at the breast, a baby will usually finish the first breast and then come away. You then can offer the second breast. The baby may or may not take the second breast. It is not necessary for baby to feed at both breasts at every feeding as long as he or she is gaining weight properly.

### ***How do I know my baby is getting enough milk?***

A healthy breastfed baby:

- Returns to birth weight within 14 days.
- Makes yellow colored bowel movements by day 3 or 4.
- Makes 6 or more wet diapers each day starting on day 3 or 4.
- Makes at least 3 large bowel movements each day starting on day 3 or 4 (breastfed babies older than 6 weeks may go several days between bowel movements).
- Gains about 1 ounce a day during the first few months.
- Doubles birth weight in about 6 months.

Some babies may need extra help with breastfeeding. Please check with your health care provider if your baby:

- Sleeps all the time, or falls asleep after a few sucks.
- Cries a lot and never seems happy after breastfeeding.
- Makes dark or strong smelling urine after day 3.
- Goes longer than 24 hours with no bowel movements and is younger than 6 weeks old.

### ***Can I take medicine and still continue to breastfeed?***

- Most medications can be used when breastfeeding.
- Some moms notice a reduced milk supply when taking birth control medications or over-the-counter cold medications.
- Check with your doctor before taking medications.

### ***My breasts are engorged. What can I do?***

- Take a warm shower, or apply warm compresses for 2-3 minutes before breastfeeding/expressing milk.
- Latch baby onto the breast frequently and comfortably. If your baby is not latching well, use a pump to reduce engorgement and help milk to flow.
- Rest and breastfeed frequently, at least 8-12 times in 24 hours. Pump if breastfeeding is not possible.
- Use cool compresses in between feedings to reduce swelling.
- Consult your doctor or professional lactation consultant if the problem does not resolve or if you have increased pain, fever, or red, hot streaks on your breast. You may need professional help and medication.

### ***Is it just as easy to pump and give breastmilk to my baby in a bottle rather than breastfeed?***

- This is a personal decision you can make depending on your needs. Some mothers find it works well, while others find it too time consuming.
- It is far better to give expressed milk in a bottle rather than artificial baby milk, but direct breastfeeding is the simplest way to feed. Most babies can learn to breastfeed successfully with skilled help from a doctor or professional lactation consultant.

***Can I breastfeed if my baby has special problems, prematurity, physical disability, birth defect, jaundice, cleft palate or lip?***

- Yes, often you can, but you will likely need help from a professional lactation consultant or your doctor.
- If your baby is unable to latch on and feed at the breast, it is important to pump at least 8 times/day with a hospital grade electric pump with double pumping ability. If breastmilk supply is good, babies can often grow into breastfeeding even though they may have early feeding problems.

***I have heard that I need to be careful that my baby gets enough hindmilk. Is this something I need to worry about?***

- As long as your baby is gaining weight well, healthy and thriving, there is no need to worry about amounts of hind (milk that comes at the end of feeding, normally higher in fat and calories) or foremilk (comes earlier in the feeding). If your baby is not gaining weight well, see your doctor or professional lactation consultant for skilled breastfeeding help.

***My breastmilk used to be “rich-looking,” and now it is bluish and thin looking. Is it still good for my baby?***

- Yes, breastmilk is the perfect food for babies no matter what the color.
- Normal breastmilk can be bluish, yellowish, or have other tints, depending on the foods and vitamins you eat.

***Does my baby eat more from a bottle than he would normally at breast? If so, what can I do about this?***

- Babies will often take more from a bottle because most bottles flow more quickly.
- Babies like to suck, and will continue to eat from a bottle even when they are no longer hungry. Full term

babies from 1 to 6 months old need 19-30 oz/milk (570-900 ml) per 24 hours.

(Daly S, Owens R, Hartmann P, The Short Term Synthesis and Infant Regulated Removal of Milk in Lactating Women, Experimental Physio, 1993, 78:209-220).

***My baby wants to breastfeed often in the evening and night when we are home together. How do we get enough rest and still breastfeed often?***

- It is normal for babies to want to breastfeed often in the evening and night when they are away from mom during the day.
- Breastfeeding often when with your baby can help protect your milk supply. Many moms find that they can rest better by learning how to breastfeed while lying down. It is important to rest on a firm surface.

For more information on safe sleep practices, go to: [www.askdrsears.com/html/7/T070100.asp](http://www.askdrsears.com/html/7/T070100.asp)

## **Using a Medela Breastpump**

***What time of day is best to learn to pump?***

- Pick a time of day that works for you and your baby, when you are both well rested.
- Mornings are often a good time to pump. Pump after the first morning feeding, or pump on one side after the baby has breastfed on the other.

***I can get more milk from one breast when pumping than the other. Is this a problem?***

- Many mothers find that one breast produces more milk.
- Check with your doctor if you are concerned. You can try feeding more often from the breast that produces less, or pumping that side more often when away from your baby.
- If you are not able to pump enough milk for your baby, check with a professional lactation consultant or doctor.

### ***What is the usual amount of milk a mother can expect to get while pumping?***

- For a missed feeding, babies between 1-6 months will need 3-5 oz of milk (90-150 ml). Babies may need more at some feedings than others.
- It may take a few pumping sessions to gather this amount at first. Getting 1-2 ounces (30-60 mls) of milk to start with is good.
- Each mother is unique in the amount she can pump. Amounts of pumped milk often increase with practice.

### ***Breastfeeding is going well, and I'm returning to work soon and want to introduce a bottle. When should I begin pumping to store milk for my first few days at work?***

- If you choose to use a bottle, the best time to begin pumping for storage or to begin offering a bottle of expressed milk is around four weeks after birth, when breastfeeding is well-established.

### ***My nipples are rubbing inside the breastshield and hurting. Would a wider PersonalFit™ breastshield help me?***

- Pumping should not be painful.
- One recent article notes that many pumping moms can benefit from the use of wider PersonalFit breastshields\*.
- If you are experiencing pain, a wider breastshield might help. Talk to your professional lactation consultant about proper breastshield fitting, or call Medela Customer Service at 1-800-435-8316. See page 33 for more information about PersonalFit™ Breastshields.

### ***Do you have any tips to help with milk ejection reflex (Stimulation)?***

- Express milk in a comfortable warm place.

\* *Choosing a Correctly-Fitted Breastshield for Milk Expression, Paula P. Meier, Judy E. Motykowski, Joyce L. Zuleger, Medela Messenger, Issue 21.1, 2004.*

- Minimize interruptions (hang a “do not disturb” sign). Massage your breasts and nipples briefly before pumping.
- Relax for a minute or two, and then begin pumping.
- Think about your baby.
- If the milk flow slows, massage breasts for a few minutes in between, and continue to pump until a few minutes past the time the flow stops.

### ***Is it ok to use someone else's single user breastpump (Pump In Style®, Double Select™, Single Deluxe)? My friend is willing to lend her pump to me, and I can get all new plastic parts. Is this safe?***

- It is not safe to use someone else's single user breastpump even with new parts. See our FAQ on this at [www.medela.com](http://www.medela.com).

## **Breastmilk Storage**

### ***My defrosted milk is sour smelling. What is wrong?***

- Some mothers have a higher level of an enzyme called lipase in their milk. While this is normal, it can cause expressed milk to be sour smelling or tasting.
- If this happens, try scalding your expressed milk briefly before cooling and storing. There is no way to reverse the souring once it has occurred.

### ***My baby took part of a bottle of breastmilk. Can I reuse what's left at a later feeding?***

- While some experts suggest the milk be discarded, many mothers immediately refrigerate the milk if it will be used up within a few hours. There have been no reports of problems in doing this. Check with your doctor.

### ***Can I add freshly expressed milk to already cooled refrigerated milk?***

- Yes you can, within the same 24-hour period.

## How do I store my breastmilk safely?

Breastmilk Storage (For Healthy Term Babies)					
	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Refrigerator Freezer Unit	Deep Freezer
Freshly expressed breastmilk	4 hours at 66-72°F (19-22°C) <sup>1</sup>	24 hours at 59°F (15°C) <sup>1</sup>	5-7 days at 32-39°F (0°-4°C) <sup>2</sup>	3-4 months <sup>3</sup>	6-12 months at 0°F (-19°C) <sup>3</sup>
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours <sup>4</sup>	Never refreeze thawed milk	Never refreeze thawed milk

<sup>1</sup> Hamosh M, Ellis L, Pollock D, Henderson T, and Hamosh P: Pediatrics, vol. 97, No. 4, April 1996, pp 492-497. (4 hours at 77° F/25° C).

<sup>2</sup> Sosa, Roberto; Barnes, Lewis: AJDC, Vol. 141, Jan. 1987.

<sup>3</sup> Lawrence R, and Lawrence R: Breastfeeding: A Guide For the Medical Profession, 1999, p.894.

<sup>4</sup> Arnold L; Recommendations for Collection, Storage and Handling of a Mother's Milk for Her Own Infant in the Hospital Setting, 3rd Edition. The Human Milk Banking Association of North America, Inc. 1999, p. 18.

## How do I thaw and warm my breastmilk safely?

- Warm the milk under cool and then warm running water for a few minutes.
- Or, put the container in a pot of water that has been heated on the stove.
- Do not heat the milk directly on the stove.

## Can I microwave breastmilk to warm it?

- No. Breastmilk should never be microwaved.
- Microwaving can cause severe burns to your baby's mouth, and can increase the risk of bacterial contamination.

## How long is breastmilk good after warming?

- There is no research to answer this question.
- Some experts recommend that any milk not consumed within an hour be discarded.

- There have been no reports of harm if the milk is refrigerated, re-warmed and used within a few hours. Check with your doctor.

## What type of container is best to use for breastmilk storage?

- Glass containers are best, however polypropylene (hard plastic) bottles and thick plastic bags meant for human milk storage (Medela breastmilk bags) are also acceptable.
- All Medela breastmilk containers are safe, Bisphenol-A-free polypropylene. Bisphenol-A is an industrial chemical used to make polycarbonate plastic, such as some baby bottles. Recent studies document that Bisphenol-A can leach out of the product and affect human health\*.

## Should I use fresh or frozen breastmilk on a daily basis for my baby's needs?

- Fresh milk is preferred, but frozen milk is also appropriate.

## Can I refreeze leftover breastmilk?

- No.

## About Your Breastmilk Supply

### How do I know if my supply is low?

- If your baby is not gaining weight well on your breastmilk alone, then your supply may be low.
- Fussiness at the breast does not necessarily mean that your supply is low, but it is a good signal to get professional breastfeeding help.

### What should I do if my supply is low?

- Many things can temporarily decrease milk supply: illness, hormonal changes, stress and especially lack of frequent breastfeeding or pumping.

\* "An Extensive New Literature Concerning Low-Dose Effects of Bisphenol A Shows the Need for a New Risk Assessment," Environmental Health Perspectives, [ehponline.org](http://ehponline.org), April 13, 2005

- The simplest way to increase milk supply is to breastfeed your baby or use a breastpump more often.
- Breastmilk supply depends on frequent effective emptying of milk from your breasts.
- Avoid becoming overly full, as this over-fullness can slow your supply.

*I started giving my baby bottles in the evening early on so that my partner could help out. Now, my baby fusses at the breast, and loves to bottle-feed more and more, often taking more than I can pump. Does this mean that my supply is not good enough for my baby?*

- Some babies start to prefer the fast flow from bottles. They may overeat.
- Babies love to suck, and cannot help but eat a lot when sucking on a full bottle. Cup feeding can be one solution to this problem. Reduce the number of bottles, and breastfeed more often to increase supply. Keeping your supply plentiful is crucial to keeping your baby happily breastfeeding.

*I have my period. Does this affect my milk supply?*

- Menstruation can temporarily lower supply, but it usually returns to normal after a day or two.
- Extra rest and breastfeeding can help with this.

*I have a cold [or the flu], is it ok for me to breastfeed my baby?*

- Yes. Breastfeeding helps to protect your baby from getting the cold or flu.
- If your baby does become ill, he or she often has a milder case of the illness because of the protection of your milk.

- Your supply may go down for a day or two if you are ill, but with extra rest and nursing, it will return to normal.
- Some over-the-counter antihistamine/decongestants can lower your milk supply temporarily. Ask your doctor before taking these medications.

*Is it okay to breastfeed morning and night and not during the day?*

- Yes. Any breastfeeding is valuable and good for your baby.
- Your body will continue to make milk as long as you continue partial breastfeeding.

*I have heard that breastmilk loses value as baby gets older. Is this true?*

- No, this is false. Breastmilk loses none of its value.
- Breastmilk changes as your baby gets older, but it remains the perfect food for babies.

## Breastfeeding Resources

*What are some sources of breastfeeding help and support that I can find in my community, or in the on-line community?*

- You can find breastfeeding help in many places.
  - IBCLC (International Board Certified Lactation Consultant) [www.ilca.org](http://www.ilca.org)
  - BNN, Breastfeeding National Network (1-800-TELL YOU)
  - [www.medela.com](http://www.medela.com), "Ask the LC"
  - La Leche League International [www.lalecheleague.org](http://www.lalecheleague.org)
  - Hospital postpartum unit
  - Local public health department
  - Doctor or Midwife
  - Nursing Mothers Counsel [www.nursingmothers.org](http://www.nursingmothers.org)

# Medela Breastpumps & Accessories



## 2-Phase Expression®

2-Phase Expression is a unique pumping pattern that mimics what a breastfeeding baby knows how to do instinctively – use different types of sucking patterns for maximum milk flow in less time.

### HOW DO BABIES NURSE?

*Studies have shown, that babies nurse in two phases:*

- **Phase 1** – Fast and light sucking to start the milk flowing.
- **Phase 2** – When the milk starts flowing the baby switches to slower, deeper (stronger) sucks, to get milk as quickly as possible.

*2-Phase Expression technology has been designed to mimic a baby's natural nursing rhythm.*

- Stimulation phase (phase 1) fast and light to start the milk flowing.
- Expression phase (phase 2) slower and with more vacuum to express more milk gently and efficiently.

*Exclusively from Medela. Breastpumps that work less like other breastpumps and more like a baby.*

## Hospital-Grade Electric Breastpumps

*The #1 choice of hospitals & nursing mothers worldwide*

Medela Hospital-Grade breastpumps are available for rental. For a rental station in your area, call 1-800-TELL YOU, or visit [www.medela.com](http://www.medela.com).

## The Symphony® Breastpump

*Part of Medela's exclusive 2-Phase Expression® breastpump line*



The only hospital-grade, electric double pump with breakthrough 2-Phase Expression pumping, proven to reduce pumping time.

- Stimulation phase simulates baby's initial rapid nursing action to initiate faster milk flow
- Expression phase simulates baby's slower, deeper nursing for maximum milk flow in less time
- Most gentle, comfortable breastpump available.
- Convenient one-knob adjustable speed and vacuum control



## Lactina® Breastpump

Hospital-grade electric double pump suitable for every pumping need, including initiating and sustaining breastmilk supply when breastfeeding is not possible.

- Adjustable speed and vacuum for maximum personal comfort
- Safe, Autocycle™ vacuum release protects against excessive suction—ensures your comfort
- Optional PowerPak™ allows pumping anytime, anywhere



Lactina® Breastpump

# Personal Use Electric Breastpumps

## Pump In Style® Advanced Breastpump



Part of Medela's exclusive  
2-Phase Expression® breastpump line

2-Phase Expression is a unique pumping pattern that mimics what a breastfeeding baby knows how to do instinctively – use different types of sucking patterns for maximum milk flow in less time.

### Innovative Pump In Style Advanced Features:

- Convenient one-knob adjustable speed and vacuum control
- Pump does it all for you – automatically switches from Stimulation to Expression mode
- The Metro Bag (#57030), the stylish shoulder bag (#57026) and the convenient backpack (#57060) contain everything you need to pump
- Battery Pak for pumping anywhere, anytime
- Ideal for daily use



Pump In Style® breastpumps are available in a variety of styles with features to meet your needs:

Pump In Style® Model	Metro Bag™ PNS Advanced	Advanced Shoulder Bag	Advanced Backpack	Original Shoulder Bag
Multi-purpose bag	■			
Removable work surface	■			
Mesh storage bags	■			
Reversible bag strap	■			
2-Phase Expression® hospital technology – works more like your baby	■	■	■	
One touch let-down button for faster milk flow	■	■	■	
Removable pump motor with case	■	■	■	
Manual pump	■	■	■	
Removable Cooler Carrier	■	■	■	■
PersonalFit™ breastshields	■	■	■	■
Adjustable speed/vacuum	■	■	■	■
Battery Pak	■	■	■	■
Optional Vehicle Lighter Adapter	■	■	■	■
Daily Use with electric or battery option	■	■	■	■
Double or single pumping	■	■	■	■
One year warranty on motor, 90 days on all other components	■	■	■	■



Pump In Style® Advanced Shoulder Bag #57026



Pump In Style® Advanced Backpack #57060



Pump In Style® Advanced The Metro Bag #57030

## Pump In Style® Original Breastpump

*Our most popular personal use breastpump*

The first choice of working and active moms. The Pump In Style Original includes everything moms need to pump, in a stylish shoulder bag that offers on-the-go convenience.

Designed to maintain your milk supply

- Adjustable speed and vacuum for maximum comfort
- Removable cooler carrier for safe and easy transporting
- Fold down bag panel provides stable surface
- Extra storage pockets
- Convenient bottle holder
- Electric or battery
- Ideal for daily use



Pump In Style® Original  
#57040



Optional vehicle lighter adapter for power on-the-go  
#67153  
Compatible with all Pump In Style® models

## Swing™ Breastpump

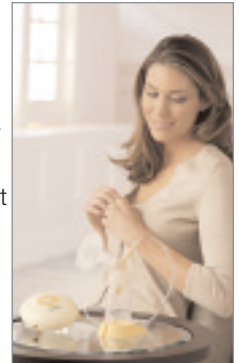
*Part of Medela's exclusive  
2-Phase Expression® breastpump line*



2-Phase Expression is a unique pumping pattern that mimics what a breastfeeding baby knows how to do instinctively – use different types of sucking patterns for maximum milk flow in less time.

Innovative Swing Features:

- Designed for faster let-down and milk flow
- Massaging SoftFit™ Breastshield
- Adjustable vacuum and speed for customized comfort
- Portable, for use on table top, belt clip, or shoulder/neck strap
- Safe for the collection, storage and feeding of breastmilk
- Electric or battery



Swing™  
#67050

## Double Select™ Breastpump

An effective, occasional-use, electric double breastpump. Designed for moms who nurse their babies for most feedings.

- Time-saving double or single pumping
- Adjustable one-handed suction control for maximum comfort
- Battery power option for use on-the-go (batteries not included)
- Includes complete double pumping kit



Double Select™  
#67274

## Single Deluxe Breastpump

Our most popular handheld single, electric pump, the Single Deluxe is an occasional use breastpump, designed for moms who nurse their babies for most feedings.

- Lightweight, compact and portable
- Adjustable one-handed suction control for maximum comfort



Single Deluxe  
#67272

## Personal Use Manual Breastpumps

### Harmony™ Breastpump

*Preferred by 9 out of 10 moms over other manual pumps.*



### Part of Medela's exclusive 2-Phase Expression® breastpump line

2-Phase Expression is a unique pumping pattern that mimics what a breastfeeding baby knows how to do instinctively – use different types of sucking patterns for maximum milk flow in less time.

#### HOW DO BABIES NURSE?

*Studies have shown, that babies nurse in two phases:*

##### Phase 1



- **Phase 1** – Fast and light sucking to start the milk flowing.

- **Phase 2** – When the milk starts flowing the baby switches to slower, deeper (stronger) sucks, to get milk as quickly as possible.

##### Phase 2



*2-Phase Expression technology has been designed to mimic a baby's natural nursing rhythm.*

- Stimulation phase (phase 1) fast and light to start the milk flowing.

- Expression phase (phase 2) slower and with more vacuum to express more milk gently and efficiently.

#### Other Innovative Harmony Features:

- Adjustable ergonomic swivel handle
- Fewer pieces to assemble & clean
- Massaging SoftFit™ breastshield



Harmony™  
#67186

## Breastpumping Starter Kit

Contains everything you need to successfully start your breastpumping experience:

- 1 Little Hearts™ Breastpump, a comfortable and economical manual pump
- Extra container and lid
- PureLan™ 100 Lanolin
- Breastmilk Bags
- 4 Disposable Bra Pads



Breastpumping Starter Kit  
#67175

## PedalPump™ Breastpump

An easy-to-use double or single pump powered by the strength of your leg and foot muscles. Designed for moms who nurse for most feedings.

- Innovative, convenient and easy to use
- Uniquely powered by the strength of your leg and foot muscles
- Includes an ExpressSpring™ for easier pumping
- 30-day limited warranty



PedalPump™  
#67112  
Kit sold separately

## Breastpumping Accessories

### Pump & Save™ Bags

For collection, storage, and long-term freezing of expressed breastmilk

- Leak-proof zipper top for secure storage and easy close & open
- Double-walled for long & SAFE breastmilk storage
- Compatible with all Medela breastpumps for pumping directly into the bag
- Pre-sterilized and disposable
- Same bag used by hospitals



- #87036 Pump & Save 6-pack
- #87033 Pump & Save 20-pack
- #87034 Pump & Save 50-pack

## PersonalFit™ Breastshield System

Using the right size breastshield can make pumping more comfortable and efficient.

Choose your best size by answering the question below:

Are the breastshields that came with your pump...	
...slightly too big?	try small 21mm
...comfortable?	keep using standard size 24mm or SoftFit™
...slightly too small?	try large 27mm
...too small?	try extra-large 30mm
...much too small?	try 36mm extra-large

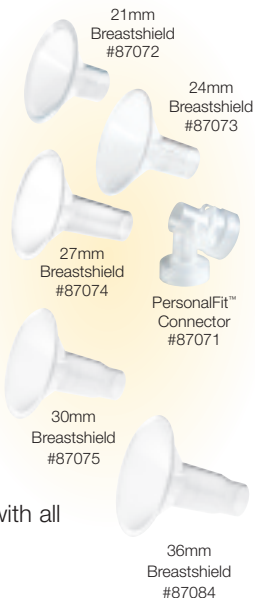
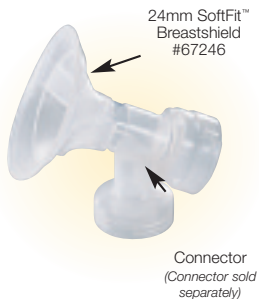
See your lactation consultant or other breastfeeding specialist for further advice.

- The PersonalFit connector works with all breastshield sizes and all Medela breastpumps (except disposable kits and Little Hearts™)

## SoftFit™ Breastshield

A soft, flexible breastshield for maximum comfort.

- Comfortably massages the breast and areola
- For use with PersonalFit™ Connectors
- Works with all Medela breastpumps (except disposable kits and Little Hearts™)



## 40mm Glass Breastshield Kit

Designed to comfortably accommodate larger sizes for effective pumping.

- Works with all Medela standard breastshields (except Little Hearts™ Manual Breastpump)
- Includes breastshield, rubber stopper and instructions



## NursingStool®

For the ultimate breastfeeding comfort while holding your baby.

- Designed specifically to improve your breastfeeding position
- Eliminates stress on legs, back, shoulders and arms
- High-quality wood construction with attractive white or natural oak finish



## Breast Care Products

### SoftShells™ for sore, flat or inverted nipples

Soft, comfortable breast shells worn in-between feedings help protect you from nipple soreness or help draw out flat or inverted nipples.

- Soft, flexible silicone backs for maximum comfort
- Close-fitting shape assures natural appearance under clothing
- Highly absorbent, washable foam inserts
- Vented fronts provide air flow to prevent irritation



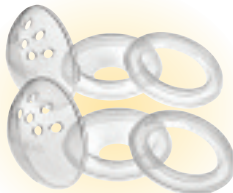
- Larger holes prevent nipple irritation
- Smaller holes help draw out flat or inverted nipples
- Dishwasher safe shells & backs



### TheraShells™ Breast Shells

Complete set of breast shells with interchangeable backs worn in-between feedings for helping soothe sore nipples and for flat or inverted nipples.

- Vented fronts provide air flow
- Dishwasher safe shells & backs
- Economical combination pack for all nipple treatments



TheraShells™ Breast Shells  
#89930 or #899305

## Nipple Shields

Breastfeeding assistance to be worn during feedings to help your baby latch onto sore, flat or inverted nipples.

- Encourages latching onto the breast
- Thin silicone is comfortable for you and your baby
- Use with the assistance of a breastfeeding specialist



#89902 Standard 24mm nipple size  
#89907 Small 20mm nipple size  
#89905 Extra Small 16mm nipple size

## Contact™ Nipple Shields

Breastfeeding assistance to be worn during feedings to help your baby latch onto sore, flat or inverted nipples.

- Encourages latching onto the breast
- Allows you and your baby to maintain skin contact
- Thin silicone is comfortable for you and your baby
- Use with the assistance of a breastfeeding specialist



#67203 Standard 24mm nipple size  
#67251 Extra Small 16mm nipple size

## Disposable Bra Pads

Convenient protection against leakage.

- Super absorbent materials help keep breasts dry and comfortable
- Individually wrapped to easily carry for fresh pads any time
- Contoured pleats assure a smooth, discreet appearance under clothing
- Self-adhesive tape keeps pad in place
- Available in boxes of 30 or 60



#89973 30 per box  
#89974 60 per box

## 100% Cotton Washable Pads

Soft, natural comfort and protection against leakage.

- Contoured shape for exceptional fit
- Superior absorption with 100% cotton inside and out
- Reusable, wash after wash
- Includes laundry bag for easy washing



100% Cotton Washable Pads  
#89972

## Lace Washable Pads

Comfort and protection against leakage with delicate lace design.

- Breathable 4-layer absorption for excellent protection
- Contoured, seamless shape for exceptional fit
- Reusable, wash after wash
- Includes laundry bag for easy washing

*While supplies last*



Lace Washable Pads  
#89909

## PureLan™ 100 Lanolin

Soothing, 100% ultrapure USP Modified Lanolin for nursing comfort.

- All-natural and hypoallergenic
- Soothes and helps heal sore nipples
- Safe for baby—no need to remove before nursing



#87022B 1.3 oz. Tube  
#87021 0.25 oz. Tube

## Specialty Breastfeeding Products

Although most moms and babies can breastfeed without problems, special assistance is occasionally needed. The following products are designed to help you overcome special circumstances when used with the recommendation and guidance of a breastfeeding specialist.

### Baby Cup Feeder

For when cup feeding is recommended or for oral medication.

- Smooth lip for your baby's comfort
- Snap-on lid for convenient storage
- Write-on surface for easy labeling



Baby Cup Feeder  
#67244

### SoftFeeder™

A soft silicone “spoon” for when cup feeding is recommended.

- Flexible silicone is easy on your baby's mouth
- Self-filling reservoir maintains steady milk supply without flooding
- Includes 80 ml container



SoftFeeder™  
#6100018S

### Hazelbaker™ FingerFeeder

A finger feeder for babies with special feeding needs.

- Special design allows your baby to control the pace of the feeding
- Enables supplemental feeding while your baby learns to suck
- Allows skin-to-skin contact between you and your baby



**While  
Supplies Last**



Hazelbaker™ FingerFeeder  
#67212S

## SpecialNeeds™ Feeders

Feeders ideal for babies with facial or oral problems that hamper their ability to nurse.

- Sensitive to your baby's feeding efforts
- One-way valve ensures a comfortable feeding experience
- Available in two sizes: SpecialNeeds for average babies and Mini-SpecialNeeds™ with starter nipple for smaller babies



#6000S SpecialNeeds with 80 ml container  
#6200S SpecialNeeds with 150 ml container  
#6100093S Mini-SpecialNeeds with 80 ml container

## Supplemental Nursing System™ (SNS™)

Ideal for supplemental help while breastfeeding.

- Your baby breastfeeds while also receiving milk from the tube
- Helps induce lactation
- Enables you to enjoy the full experience of breastfeeding your baby



#00901S SNS for long-term use  
#0097003S Starter SNS for short-term use

## Cleaning Products

### Quick Clean™ Micro-Steam™ Bags

For daily disinfecting of breastpump parts and feeding accessories.

- Effective – eliminate 99.9% of all harmful bacteria and germs from most breastpump parts and feeding accessories
- Fast – complete in just 3 minutes
- Unique – faster than boiling and more effective than the dishwasher
- Easy-to-use – just add water and heat in the microwave



#87024 5 reusable bags per box

### Quick Clean™ Wipes

Hygienic wipes are proven safe and effective for cleaning breastpumps, kits and more

- Unique wipes allow easy and convenient cleaning without soap and water
- Use anywhere – ideal for in the car, at work, travel and more
- Unscented, alcohol and bleach free
- Efficient – just one wipe cleans breastshields, valves and membranes
- Also great for changing tables, high chairs, cribs, countertops, toys, and other hard surfaces



#87055 – Self-dispensing 24-pack  
#87059 – Individual wipe 40-pack

## Intimate Apparel

### Seamless Maternity/Nursing Bras

Designed for smooth, seamless fit and fashion

- Exclusive engineered lace knit stretches and supports in all the right places
- Comfortable stretch cups accommodate changing breast size
- One-hand drop cup for easy nursing
- Drop-cup encourages maximum skin-to-skin contact between you and your baby
- Compatible with the Pumping Free™ Kit for hands-free pumping (sold separately)



White Seamless Softcup

#### Regular Sizes:

34B-42DD

Cup sizes D & DD feature cushioned strap for extra comfort

#### Colors:

White Softcup Style #39

White Underwire Style #36

Black Softcup Style #97

Black Underwire Style #96

Nude Softcup Style #99

Nude Underwire Style #98



#### Full Fit Sizes:

34F-42H, 44F

Feature cushioned strap for extra comfort

#### Colors:

White Underwire Style #39

Nude Underwire Style #99



Nude Seamless Underwire



White Seamless Full Fit Underwire

#### Full Fit Bras Only:

- Features exclusive SideLift™ panel for added support  
*(cup sizes F, G & H, Underwire, White & Nude)*



## Comfort Maternity/Nursing Bra

Light support bras specifically designed for leisure and sleep.

- Completely seamless softcup bra with a one-hand drop-cup release for easy nursing
- Silky smooth comfort and light support day or night
- Special drop-cup encourages maximum skin-to-skin contact between you and your baby
- Soft material gently accommodates changing breast size



Comfort White  
Style #676



### Sizes:

S, M, L, XL

### Colors:

White, Black & Nude



## Classic Maternity/Nursing Bras

Available in Softcup extended sizes only.

### Sizes:

36F-46H  
Feature extra shoulder padding for maximum comfort

Available in  
white only



Classic White  
Softcup,  
Extended Size

## Sleep Bra

Designed for post-partum, nighttime comfort

- Luxurious combed cotton for breathability and no-tag design for comfort
- Easy to wear racerback design
- Designed to keep bra pads in place while sleeping
- Nursing is easy with draw-back cup design

### Sizes:

S, M, L, XL

Available in white only



Sleep Bra White  
#677

## Bikini 3-Pack

Designed for use during pregnancy and post-partum

- Luxurious combed cotton for breathability and no-tag design for comfort
- Designed not to roll or bind for maximum comfort
- Fits true to size to avoid guess work

### Sizes:

S, M, L, XL  
3-Pack White or 3-Pack Multi

### Colors:

White, Black & Nude



Bikini 3-Pack  
#673



## Pumping Free™ Kit

Designed with busy moms in mind.

- Convenient, hands-free double-pumping
- Easily attaches to Medela Seamless Maternity/Nursing Bras
- Can be used with most Medela electric breastpumps, including Pump In Style® when used with 1-piece breastshield



Pumping Free™ Kit  
#87016

## Maternity Support

Moms agree – helps ease back pain by gently lifting and supporting stomach.

- Gently lifts and supports your tummy to reduce pressure on bladder
- Super light, breathable spandex is comfortable against the skin
- Easy to wear, adjust and remove
- Machine washable



Size S/M #67010  
Size L/XL #67011

## Postpartum Support

For abdominal support and control after delivery.

- Helps you return to regular activities and wardrobe sooner
- Super light, breathable spandex is comfortable against the skin
- Easy to wear, adjust and remove
- Machine washable



Size S/M #67012  
Size L/XL #67013

## Baby Scales

Medela's baby scales offer you extra assurance that your baby is getting enough breastmilk and gaining weight at a healthy rate. Both scales are available for rental. For a rental station in your area, call 1-800-TELL YOU, or visit [www.medela.com](http://www.medela.com).

### BabyWeigh™ Scale

Effectively measures your baby's breastmilk intake.

- Weigh your baby before and after breastfeeding
- Accurate to 2 grams
- For babies weighing less than 12 lbs.



BabyWeigh™  
#0407001

### BabyChecker™ Scale

Designed so you can monitor your baby's or toddler's weight gain.

- Accurate to 0.5 ounces
- Removable tray for use from infancy into toddlerhood



BabyChecker™  
#0408001



Medela provides superior-quality breastpumps and breastfeeding accessories to nursing mothers around the world. Founded in 1961 in Zug, Switzerland by Olle Larsson, Medela continues to grow under the ownership of the Larsson family today. The Swiss' high standards for both product and production were brought to the United States over 20 years ago. Through the years, Medela's commitment to quality products and supportive programs has made the company the major supplier of breastpumps to hospitals and moms in the United States.

Visit [www.medela.com](http://www.medela.com) for additional breastfeeding and product information, or to find a professional lactation consultant or Medela dealer near you. You can also obtain this information by calling Medela's 24-hour, toll-free Breastfeeding National Network (BNN) at 1-800-TELL YOU.