FLANGE SIZE

To get the best pump fit, choose the right flange size:

- Centre your nipple in the flange.
- The nipple should move freely in the tunnel, with only the nipple (not the areola) being pulled in.
- Pumping should not be painful after the first few seconds, and there should be no chafing afterward.
- The nipple may lightly touch the tunnel walls near the base.
- A small amount of EBM or lanolin can help prevent friction.

A flange may be too large if:

- Pumping is painful or causes chafing.
- Your areola is being pulled into the tunnel.

If you are unsure about sizing, talk to an IBCLC, a physician in lactation medicine, or your Public Health Nurse.

For more information, check out this YouTube video from the Institute for the Advancement of Breastfeeding and Lactation Education by searching **Breastfeeding Education by IABLE - How to Fit Breast Pump Flanges**

A note about Silicone Manual Pumps

Silicone manual pumps are often used to collect milk from the non-feeding breast.

Using them in the first 1–2 weeks may increase the risk of oversupply.

If you plan to use one during this early period, consider speaking with your public health nurse, a lactation consultant, or a Lactation Medicine physician.

OTHER TIPS:

If buying or renting a pump is not affordable, check resources in your area for programs that may loan out breast pumps. Indigenous Services Canada may cover the cost for those with a treaty number—speak with your health care provider to complete the **Electric Breast Pump Recommendation** form.

Check with your Health Insurance, some plans may cover the cost of a pump.

For pumping information specific to premature infants, visit the Canadian Premature Babies Foundation website: cpbf-fbpc.org.

prairiemountainhealth.ca

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All About Human Milk Pumps

What you need to know

PRAIRIE MOUNTAIN HEALTH

ABOUT PUMP TYPES

HAND (MANUAL) PUMPS

- Pump one breast at a time; lightweight and low cost.
- Suction depends on pump design and hand strength; usually one flange size.
- Not recommended for parents with arm/hand pain or those who are partially or fully pump-dependent.

SMALL/BATTERY-OPERATED ELECTRIC PUMPS

- Pump one breast at a time with battery or plug-in power.
- Limited suction and flange options; may not work well for all parents during short separations.
- Battery suction decreases as batteries weaken.

DOUBLE ELECTRIC PUMPS

- Pump both breasts at once, helping increase supply.
- More efficient than manual or small electric pumps; adjustable suction.
- Good for short-term separation, but not ideal for exclusive or high-frequency pumping.

WEARABLE PUMPS

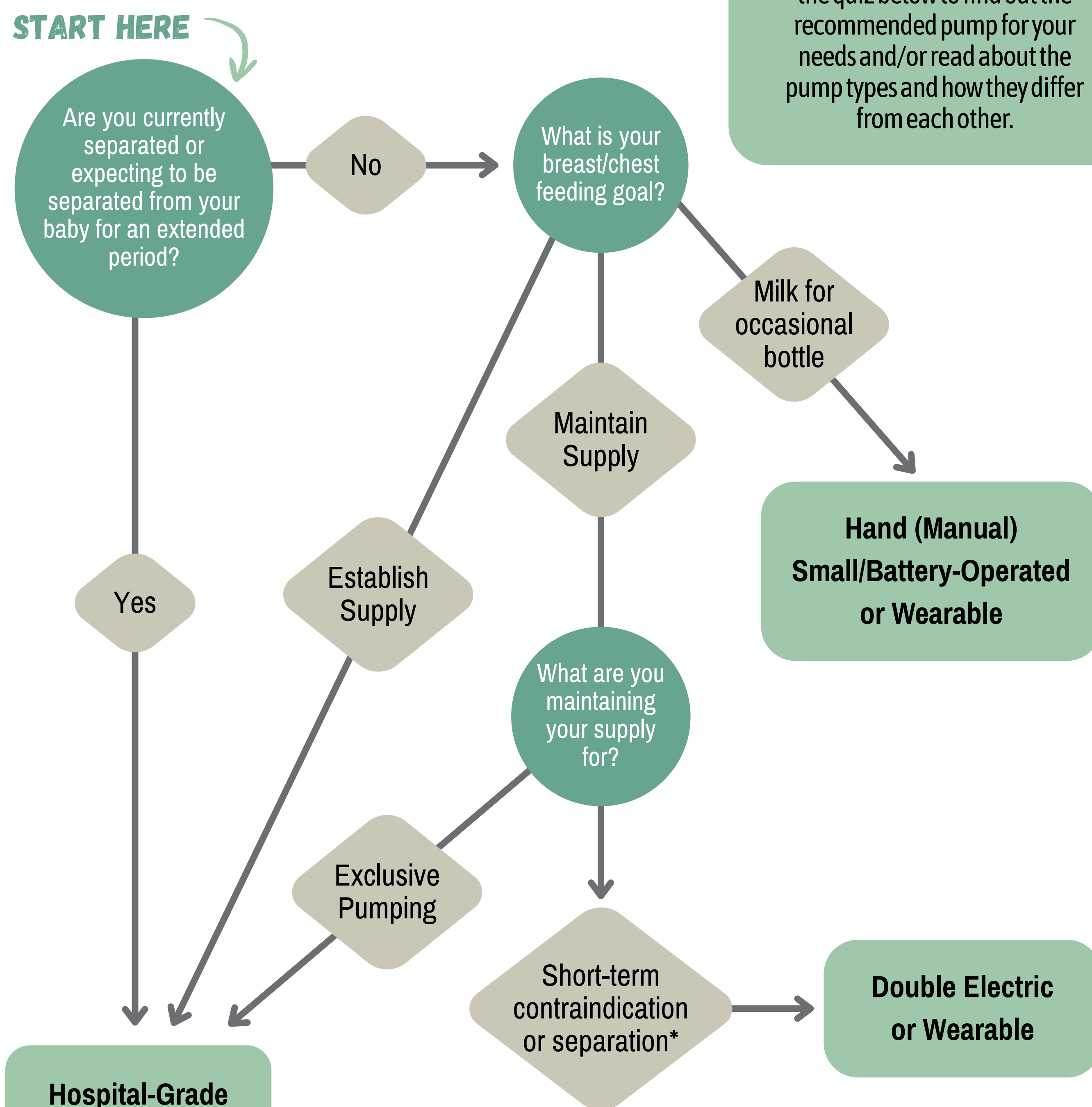
- Compact units that fit in the bra; quiet and hands-free.
- More expensive; generally not recommended for establishing supply or exclusive pumping.
- Often less powerful than standard double electric pumps.

HOSPITAL-GRADE PUMPS

- Pump both breasts at once with multiple settings and suction patterns.
- Available as single-user (open system) or multi-user (closed system); multi-user models are heavier and rentable.
- Most effective option for exclusive pumping or establishing supply.

CHOOSING A PUMP

Not sure what you will need? Take the quiz below to find out the recommended pump for your needs and/or read about the pump types and how they differ from each other.



*(eg. short-term hospitalization for lactating parent/non-newborn infant, trip/vacation without infant, brief course of short-acting contraindicated medication, etc.)