

Let's Talk About Breast Pumps

If you know me, you know how adamant I am that personal breast pumps are for one user and one user, ONLY. I hear backlash all the time on Facebook mom groups about how "closed system" pumps are "safe" for multiple people to use. This is incorrect and it is a huge safety concern. Here's what Spectra has to say regarding closed system pumps:

A closed system breast pump is one that does not allow for air and/or bacteria to pass from the mother pumping, down the tubing, and into the motor. This is the most hygienic option for pumping mothers and is used in NICU as well as rental-grade breast pumps.

So while it is the same set up as in the rentable breast pumps, personal pumps are not designed or intended to be used by multiple users. But why? Per Medela

the internal parts of the pump cannot be sterilized, therefore the risk of cross-contamination associated with re-using a previously owned breast pump cannot be dismissed.

So what can you do with your breast pump when you're finished using it? I am so excited to share with you that both Spectra and Medela have recycling programs for their breast pumps!

If you have a Medela pump, click [here](#).

If you have a Spectra pump, the pump and power cord can be sent to:

Spectra Baby USA
2180 SW 71st Terrace
Davie, FL 33317

All other parts can be recycled with your regular household recycling.



Personal Use Breastpumps

should i buy or borrow a pre-owned breastpump?



Many mothers have asked if they can safely sell, purchase or use a previously owned breastpump. Research evidence suggests that certain viruses and bacteria are transmittable through breastmilk. Medela® cares about the health and welfare of breastfeeding mothers and babies. Medela follows the FDA policy that states that only hospital-grade pumps (such as the Symphony® and Lactina®) could be used by more than one person. All other breastpumps should be considered to be single-use devices such as Pump In Style®, Freestyle®, Swing™, and Harmony™. For this reason, experts advise against sharing breastpumps that have been previously owned. Different mothers have different breastpumping needs and economic means. Medela breastpumps come in a variety of styles and prices. There are also grant programs available for mothers in need.

Personal Use Breastpumps



- Personal use pumps that you buy at the store are personal care items, much like a toothbrush. **Personal use pumps should never be resold or shared among mothers.**

- The Medela Pump In Style Advanced has an internal diaphragm that cannot be removed, replaced, or fully sterilized.

- The Medela Single Deluxe™, Freestyle and Swing breastpumps have internal motors that cannot be removed, replaced or fully sterilized.
- Internal parts cannot be sterilized, therefore the risk of cross-contamination associated with re-using a previously owned breastpump such as the Pump In Style cannot be dismissed, even when using a new kit or tubing.
- Another consideration when deciding to borrow or even lend a previously owned electric breastpump, is the pump's motor life. A high quality electric double pump might last through the breastfeeding of your second child, or even several children. However, like computers or other electronic products, an electric breastpump has a limited lifetime.
- Medela guarantees its pump motors with a one year warranty. If you use an electronic pump that has been used for more than one year, there is no guarantee that it will generate as much speed and vacuum as it did earlier in its life. Therefore, your breastmilk supply could be affected. By using your own breastpump, you can compare the pump's performance with each child. However, if you borrow a pump, you cannot gauge its performance to ensure it is operating at full capacity.

- Multiple women using these single-user products automatically voids the warranty of the Medela product.

Rental/Hospital Grade Breastpumps

- Rental pumps such as Medela's Symphony and Lactina are designed for multiple users. These pumps have special barriers and filters to prohibit milk from entering the pump motor, which prevent cross-contamination.
- Each renter uses her own personal tubing and containers to ensure the safe use of these pumps.



Symphony



Lactina

Resources and References

Got to www.medela.com to educate yourself on products and information available for you and your baby.

To locate Medela products or a breastfeeding specialist in your area, go to www.medela.com or call 1-800-TELL YOU, 24 hours a day, 7 days a week.

Some other excellent resources include:

- For breastfeeding support from the Nursing Mothers Council: www.nursingmothers.org
- For free advice from a lactation consultant: www.medelabreastfeedingus.com/for-expectant-mothers/ask-the-lc
- To find a lactation consultant in your state: www.ibclce.org (click on "Registry of Currently Certified IBCLC's").

References

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