

Texas WIC Breast Pump Program_03

Medela Breast Pumps
Use, Assembly, & Cleaning of Breast Pumps
Human Milk Storage

Nutrition Education/Clinic Services

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Texas WIC Pumps

- Medela Spring Express
- Medela Little Hearts
- FY 04 new additions
 - Medela Harmony
 - Medela Spring Express without the spring

Features to look for in a manual breast pump:

- Gentle and comfortable expression
- Adjustable vacuum levels to maximize comfort
- Effectiveness
- Ease of cleaning

When Would a Breastfeeding Mom Need a Manual Pump? BF: 05.0

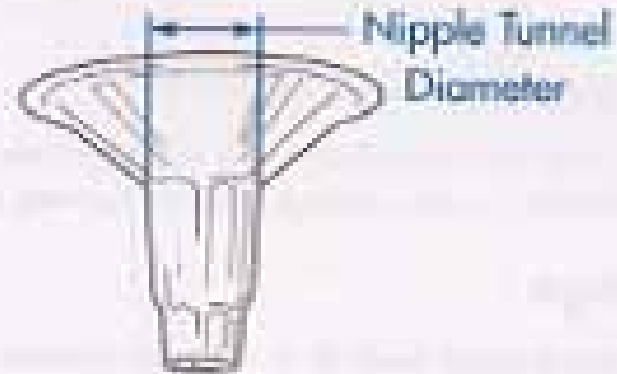
- To resolve a short-term breastfeeding concern
 - Engorgement
 - Sleepy baby
 - Flat or inverted nipples
 - Oversupply
- Infrequent separation of mother and baby
 - Mom wants a break
 - Mom does not want to breastfeed in public
- Other special needs

PersonalFit™ Breastshields

- PersonalFit™ Large Breastshields
(27mm in diameter)
- PersonalFit™ Extra Large Breastshields
(30mm in diameter)



Nipple Tunnel Diameter



Standard

24mm

**Comes with all
kits and pumps**

Large

27mm

**Extra
Large**

30mm

**PersonalFit™
Breastshield Sizer**



21 mm



24 mm



27 mm



30 mm

Medela makes different sizes of PersonalFit™ breastshields to fit all nipple sizes, from small to extra large.

To determine the flange size

- The nipple should move smoothly and freely into the flange tunnel and should not rub up against the sides
- If you do not see any movement in the areola with the pump vacuum, the breastshield is probably too small.
- There must be air space around the nipple to create air pressure for the pump to suction properly.

What should not be felt or seen

- Nipple is rubbing against the sides of the tunnel with each vacuum movement of the pump
- The outside of the nipple (rather than the nipple tip) is tender or sore
- A ring of skin flecks probably indicates that the tunnel is too small

Over three quarters (77.1%) of the women eventually used a larger size breast flange.

Paula P. Meier, RN, DNSc, FAAN

Training Moms to Use Pumps

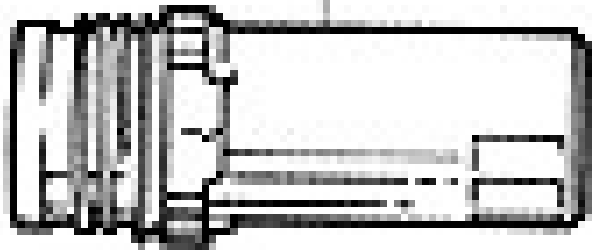
- Before receiving a breast pump, mothers shall be trained by WIC staff on assembly, use, and cleaning of the breast pump and storage of human milk (BF:05.0 & 06.0)

Manual/Spring Express Breastpump Parts

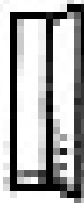
- Breastshield
- Valve
- Membrane
- Piston with seal
- Cylinder with vacuum ring
- Collection container
- 2 piece lid
- Container stand
- ExpressSpring
- Comfort cushion

The Piston

Cylinder



Rubber Seal



Piston



Manual/Spring Express



Harmony™ Breastpump Parts & Assembly

- Handle
- Let-down Symbol
- Diaphragm
- Stem w/ O-Ring
- Breastshield
- Pump body
- White Membrane
- Yellow valve
- Breastmilk container
- Solid container lid
- Container stand

Harmony™ Breastpump



General Cleaning Instructions

- Wash hands
- First time use - Boil all parts
 - Fill to within 1 inch of rim with cold water.
 - Cover and boil for 20 minutes.
 - Drain water off and allow parts to cool in open pan.
 - Remove all parts and allow to air-dry.

After each use

- Wash all parts in hot soapy water
- OR Wash the breast shield and container in the dishwasher
- And, wash the gold valve and white membrane in hot, soapy water
 - Remember to check the membrane frequently for tears

WIC Breast Milk Storage Guidelines

- Ice pack - 8 hours (put it in the refrigerator or freezer as soon as possible)
- Refrigerator - 5 days
- Freezer compartment located inside the refrigerator - 2 weeks
- Refrigerator freezer - 3 months
- Deep freezer (20°) - 6 months

Obtaining Extra Parts

- Call Medela: 1-800-435-8316

Technical Assistance

- For technical assistance with breast pump issuance, ordering, troubleshooting, obtaining spare parts etc

Contact:

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Situation #1



Brianna is pregnant and she has been told that she has inverted nipples. She comes to you for a breast pump because a friend said it might help draw her nipples out.

1. What would be the best way to approach this situation?
2. Refer her to her physician.
3. Discuss alternative methods.
4. Give her a Harmony™ breast pump.
5. Have her return after she has the baby.
6. 1, 2, & 4.

Situation #1 Answer

1. Refer her to her physician.
2. Discuss alternative methods.
3. Give her a Harmony™ breast pump.
4. Have her return after she has the baby.
5. 1, 2, & 4.
 - She does not need a breast pump
 - Like breastfeeding, pumping causes the uterus to contract. Pumping during pregnancy can induce premature labor

Situation #2

Charlotte wants a breast pump because she does not like to breastfeed in public and she wants to provide her breast milk while she is out.

What can you do for Charlotte?

1. Teach her how to hand express.
2. Issue her formula.
3. Issue her a manual pump.
4. Teach her discreet breastfeeding in public.
5. All of the above except 2.

Situation #2 Answer

1. Teach her how to hand express.
2. Issue her formula.
3. Issue her a manual pump.
4. Teach her discreet breastfeeding in public.
5. All of the above except 2.

Situation #3

Felicia has a three day old baby. She comes to see you because she wants a pump. Her breasts are hard hot and full of knots.

1. What will you do for Felicia?
2. Issue her a manual pump.
3. Tell her that her baby is too young to give her a breast pump.
4. Engorgement treatment (such as ice, latch-on and positioning, manual expression).
5. Answers 1 and 3

Situation #3 Answer

1. Issue her a manual pump.
2. Tell her that her baby is too young to give her a breast pump.
3. Engorgement treatment (such as ice, latch-on and positioning, manual expression).
4. Answers 1 and 3

To determine whether you think a mom might need a Large or Extra Large breastshield:

1. You would look for:
2. No movement of the areola in the flange tunnel with the pump vacuum
3. Nipple is rubbing against the sides of the tunnel with each vacuum movement of the pump
4. No air space around nipple in flange.
5. The outside of the nipple (rather than the nipple tip) is tender or sore
6. All of the above

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