

# BREAST PUMP SPEED & SUCTION COMPARISON

	Medela Symphony	Medela Pump In Style	Medela Freestyle	Spectra S1+ and S2+	Spectra 9+	Hygeia Endear	Hygeia Enjoye	Ameda Finesse	Ameda Egnell Elite	Ameda Platinum
										
<b>Suction Strength STIMULATION</b>	Approx. 50-200 mmHg	Approx. 50-200 mmHg	Approx. 50- 140 mmHg	Approx. 50-280 mmHg	Approx. 50-150 mmHg	Approx. 50-280 mmHg	Approx. 40-270 mmHg	Approx. 175-215mmHg	Approx. 30-250 mmHg	Approx. 30-250 mmHg
<b>Speed/Cycles per Minute STIMULATION</b>	Approx. 120 cpm	Approx. 120 cpm	Approx. 110 cpm	Approx. 70 cpm	Approx. 70 cpm	Approx. 30-70 cpm	Approx. 30-65 cpm	Approx. 30-60 cpm	Approx. 30-60 cpm	Approx. 30-80 cpm
<b>Suction Strength EXPRESSION</b>	Approx. 50-250 mmHg	Approx. 50-235 mmHg	Approx. 50-250 mmHg	Approx. 50-280 mmHg	Approx. 50-270 mmHg	Approx. 50- 280 mmHg	Approx. 40-270 mmHg	Approx. 175-215 mmHg	Approx. 30-250 mmHg	Approx. 30- 250 mmHg
<b>Speed/Cycles Per Minute EXPRESSION</b>	Approx. 45-120 cpm	Approx. 54-78 cpm	Approx. 50-74 cpm	Approx. 38-54 cpm	Approx. 30-46 cpm	Approx. 30-70 cpm	Approx. 30-65 cpm	Approx. 30-60 cpm	Approx. 30-60 cpm	Approx. 30-60 cpm

## YOU CAN HELP YOUR BODY ACHIEVE MULTIPLE “LETDOWNS” AND MAXIMIZE YOUR MILK OUTPUT BY SIMPLY KNOWING HOW TO USE YOUR PUMP’S SETTINGS.

Begin pumping, by adjusting the speed (cycles per minute) to the highest setting. Some breast pumps have a stimulation phase or massage mode (with the highest speed settings already programmed), other breast pumps have dials that you will need to adjust. You are trying to simulate your baby’s rapid sucking to begin milk flow.

**STIMULATION PHASE/MASSAGE MODE = HIGHEST SPEED SETTING & ADJUST SUCTION STRENGTH BASED ON YOUR LEVEL OF COMFORT**

Once your milk ejection reflex or “let down” occurs, you can slow the speed. You are trying to simulate a baby’s deeper sucking to produce the most milk flow.

**EXPRESSION PHASE = SLOWER SPEED SETTING & ADJUST SUCTION STRENGTH BASED ON YOUR LEVEL OF COMFORT**

**REPEAT THIS CYCLE: INCREASE AND DECREASE YOUR BREAST PUMP’S SPEED TO TRIGGER MULTIPLE LET DOWNS.**

Please keep in mind that double pumping generally results in better pumping output and is better for maintaining milk supply. Also, please note that using the highest suction can cause discomfort and inhibit milk flow.

