



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 
Suction Strength STIMULATION	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
Speed/Cycles per Minute STIMULATION	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
Suction Strength EXPRESSION	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
Speed/Cycles Per Minute EXPRESSION	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.

THE SPEED & SUCTION STRENGTH INFORMATION WAS RETRIEVED DIRECTLY FROM EACH BREAST PUMP MANUFACTURER & COMPILED BY VITAL MILK. MAY 2018