

Vital Milk's 100% Insurance- Covered Breast pump Options	Medela Pump In Style 	Spectra S2Plus 	Spectra 9Plus 	Hygeia Enjoye 	Ameda Finesse w/Dottie Tote 	Ameda Finesse w/Shoulder Bag 
Independently Adjustable Speed & Suction Control	X		✓	✓	✓	✓
Pump Weight	2.8 lbs	2.3 lbs	9 oz.	2.8 lbs	1.1 lbs	1.1 lbs
Motor Warranty	1 year	2 year	2 year	1 year	2 year	2 year
Battery Operated	X	X	Inbuilt Rechargeable Battery	X	AA Batteries (not included)	AA Batteries (not included)
Manual Breast Pump Included	X	X	X	X	X	✓
Flange Sizes Included	25 mm	24mm, 28mm	24m, 28mm	27mm	22mm, 25mm 28mm & 30mm	22mm, 25mm 28mm & 30mm
Insulated Cooler & Ice packs	X	X	X	X	✓	✓

VITAL MILK carries replacement parts and multiple size flanges for Ameda, Hygeia, Medela & Spectra products. Bravado Nursing Bras & Kiinde milk collection and storage products are also available.

UPGRADES AVAILABLE: \$50 FEE for Spectra S1+ Model & \$140 FEE for Medela's FreeStyle

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.