

# The Right Technology

To Support Breastfeeding, From Hospital to Home™

## 2 Which Stage? >>>

### Initiate Breastmilk Production Days 1-7

Initiating milk production is imperative to building and maintaining a good supply.   
 + Initiation Technology closely mimics the pattern that term infants use in the first few days after birth. Using this technology, mothers achieved 67% more milk by day 7.<sup>1</sup>

### Build Breastmilk Supply Days 8-30

Mothers can build upon their initiation and establish their milk production using Medela's 2-Phase Expression Technology.

### Maintain Breastmilk Supply Months 2-12

Mothers can maintain their milk supply to meet their baby's needs. Daily milk intake remains consistent from months 2-6.<sup>6</sup>

## 1 Which Mom?

### Successful Breastfeeding

- Mom has no problems with initiation
- Infant gets to breast ideally within first hour

**Breastmilk is best for baby and mom**



Baby effectively feeds at breast within the first hour  
 Breastfeeding baby latches at breast every 2 to 3 hours  
 At first colostrum is produced  
 Milk supply is initiated days 2-5 on average  
 Days 2-7: Lactation has been initiated

**If mom and baby are separated during this time, the use of a Personal Use Pump can help build supply**



Mom and baby acclimate to their breastfeeding relationship  
 A Personal Use Pump can help during this important period of building supply, if there are periods of separation

**Use of a Personal Use Pump can help maintain supply, especially when mom goes back to work**



Supply is established and meeting needs of the baby  
 Using a Personal Use Pump can help mom continue to provide breastmilk and maintain production, even when she can't be there

### Initiation Help

- Mom or baby breastfeeding challenges
- Mom needs help initiating milk supply

**Use of a Symphony pump with Initiation Technology can help initiate milk supply**



Baby did not feed effectively within 6 hours of birth or fed less than 8 times daily  
 A Symphony pump with Initiation Technology can be used to complement the baby's feeds at the breast in order to initiate milk supply

**Use of a Symphony pump can help build milk supply**



The baby becomes more effective at breastfeeding over the first month helping to build milk supply  
 Continued pumping using a Symphony pump with 2-Phase Expression Technology can help moms achieve the full benefit of starting with Initiation Technology

**Use of a Personal Use Pump can help maintain supply, especially when mom goes back to work**



Supply is established and meeting the needs of the baby  
 Using a Personal Use Pump can help mom continue to provide breastmilk and maintain production even when she can't be there

### Pump Dependent

- Health issues separate mom and baby
- Infant is unable to breastfeed

**Use of a Symphony pump with Initiation Technology can help initiate milk supply**



Mother and baby are unable to breastfeed due to separation or health issues such as premature birth and cleft palate  
 The first pumping session should occur as soon as possible after birth; at the latest within 6 hours and continue 8 or more times daily

**Use of a Symphony pump can help build milk supply**



After initiation occurs, the pump dependent mother should continue pumping 8 or more times daily to build her milk supply  
 Continued pumping using a Symphony pump with 2-Phase Expression Technology can help moms achieve the full benefit of starting with Initiation Technology

**Use of a Symphony pump can help maintain milk supply**



Supply is established through continuity of care for this critical population and meeting the needs of the baby  
 Using a Symphony pump with 2-Phase Expression Technology can help mom continue to provide breastmilk and maintain production even when she can't be there

**Success Milestones**

- Baby has 3 or more yellow stools in 24 hours after day 4
- 3 consecutive pumping sessions, achieving 20 mL each<sup>1</sup>

**Success Milestones**

- Baby has regained birth weight at the latest by days 10-14
- Typically moms produce around an average of 750 mL by day 14<sup>5</sup>

**Success Milestones**

- At the end of the first year, half of baby's calories come from breastmilk
- Baby demonstrates consistent weight gain according to WHO breastfeeding growth charts

For more information on Medela hospital grade and personal use pumps, please visit [medelabreastfeedingus.com](http://medelabreastfeedingus.com) or call 800-435-8316.



**Breastfeeding**  
Breastfeeding is best for baby and mom when possible.



**2-Phase Expression® Technology**  
Helps mothers achieve more milk in less time, and to maintain milk supply.<sup>3</sup> 18% more milk when double pumping with 2-Phase Expression Technology.<sup>4</sup>



**Hospital Grade Pump**  
Symphony® with Initiation Technology™<sup>1</sup>



**Personal Use Pumps**  
Pump in Style® Advanced or Freestyle® (not pictured)

1 Meier, P.P., Engstrom, J.L., Janes, J.E., Jegier, B.J., & Loera, F. Breast pump suction patterns that mimic the human infant during breastfeeding: greater milk output in less time spent pumping for breast pump-dependent mothers with premature infants. *J Perinatol* 32, 103-110 (2012).  
 2 Kent, J.C. et al. Importance of vacuum for breastmilk expression. *Breastfeed Med* 3, 11-19 (2008).  
 3 Kent, J.C. et al. Volume and frequency of breastfeeds and fat content of breastmilk throughout the day. *Pediatrics* 117, e387-e395 (2006).  
 4 Prime, D.K., Garbin, C.P., Hartmann, P.E., & Kent, J.C. Simultaneous Breast Expression in Breastfeeding Women Is More Efficacious than Sequential Breast Expression. *Breastfeed Med* 7, 442-447 (2012).  
 5 Neville, M.C. et al. Studies in human lactation: milk volumes in lactating women during the onset of lactation and full lactation. *Am J Clin Nutr* 48, 1375-1386 (1988).  
 6 Kent, J.C. et al. Longitudinal changes in breastfeeding patterns from 1 to 6 months of lactation. *Breastfeed Med* 8, 401-407 (2013).