

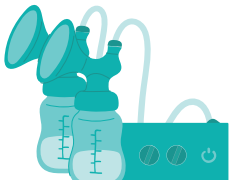


Alameda Alliance for Health Guide to Breast Pumps



Alameda Alliance for Health (Alliance) is your partner in health. We are here to help you get the care you need. Breast milk is a great way to give your baby a healthy start to life. A breast pump is a resource that can help you meet your breastfeeding goals.

Do I need a breast pump? Which one?

Work with your doctor or lactation consultant (breastfeeding expert) to find out whether you need a breast pump. The chart below is a general guide on when to use different types of breast pumps.

TYPE OF BREAST PUMP	WHEN TO USE	COMMON USES	CAN I KEEP IT?
 <p>Hospital-grade double electric</p>	Mostly used in the first weeks of life, unless it is still needed.	<ul style="list-style-type: none"> • Baby or mother is in the hospital. • Baby or mother has certain medical issues. • Baby won't latch. • Premature baby with trouble feeding. • Diagnosed low milk supply. 	No. You will be able to borrow this pump for three (3) months or as long as your doctor or breastfeeding expert says you need it.
 <p>Personal double electric</p>	Breastfeeding is going well and milk supply is stable, which can take three (3) to four (4) weeks.	<ul style="list-style-type: none"> • Away from baby because of return to work or school. 	Yes.
 <p>Manual</p>	Breastfeeding is going well and milk supply is stable, which can take three (3) to four (4) weeks.	<ul style="list-style-type: none"> • Baby and mother are apart once in a while. • Mother needs to pump about one (1) to seven (7) times a week. • Backup option for travel or no power source. 	Yes.



HOW DO I GET A PUMP?

Alliance Members

Talk to your doctor, your baby's doctor, or a breastfeeding expert. They can help you make a request to get one.

You can expect to have the pump sent to your home within seven (7) to 10 business days. If the need for a pump is urgent, it will take about three (3) to six (6) business days. If you have not received your pump, please call the Alliance Member Services Department at **1.510.747.4567**.

Your doctor can order a manual or personal double electric pump about a month before your baby is due, if you expect you will need one. It will be sent to you close to your due date.

HOW CAN I LEARN HOW TO USE THE PUMP?

The pump will come with a guide and a customer service phone number to call if you have questions or concerns. If you would like more help with pumps or any other breastfeeding concerns, please contact your doctor or Women, Infants, and Children (WIC) program. Find your local WIC office by calling toll-free **1.888.942.9675**. To connect with more breastfeeding support, please call Alliance Health Programs.

Do you need more support? Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

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