



Breast Pumps and Returning to Work or School

The American Academy of Pediatrics and Kaiser Permanente strongly recommend exclusive breastfeeding for the first 6 months of your baby's life, and continued nursing through the first year. For many women, returning to work or school means that in order to continue breastfeeding their baby, they need to begin pumping and storing their breast milk.

Before you return to work or school:

- Invest in a quality breast pump. Remember, formula costs between \$1,000 and \$2,000 for the first year. A good pump will save you more money than it costs. Some health insurance plans cover the cost of an electric retail-grade breast pump. Call the Member Services Contact Center number to see if you are eligible: 1-800-464-4000.
 - For moms working full time, the best choice is usually an automatic double pump that provides at least 40 to 60 automatic suction-and-release cycles per minute.
 - For moms working part time or pumping once a day or less often, a less expensive pump may work well enough.
- If possible, buy extra pump parts if the amount of time you have to pump is limited. This will allow you to cut down on clean-up time, and wash everything at home at the end of the day.
- According to California state law, your employer must provide you with adequate breaks to pump, as well as a private and clean location. You will need about 15 minutes for each pumping session. Make sure that if you are using an electric pump, you either have access to a working electrical outlet or can power your pump with a battery.
- In addition to breastfeeding, begin pumping and storing your breast milk about 2 to 3 weeks before returning to work/school.
 - Try nursing your baby on one breast while pumping the other breast. This takes advantage of the let-down reflex, helping you pump more milk.
 - Make a goal of pumping at least once a day.
 - The morning is a good time to try pumping, as your milk supply may be higher.

Once you've returned to work or school:

- Try to pump as many times as you would normally breastfeed at home.
- Store your milk properly.

Storage	Temperature	Will Last For
Typical room temperature	Less than 77 degrees	6–8 hours
Warmer room temperature	Over 77 degrees	4 hours
Cooler and ice pack	Varies	24 hours
Refrigerator	Less than 39 degrees	5 days
Freezer attached to fridge	0 degrees	3–6 months
Deep freezer	–4 degrees	6 months or more



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- Breastfeed your baby lots when you're together. Try breastfeeding twice in the morning: once when you wake up and once right before you leave. Breastfeed as soon as possible when you get home.
- Stay healthy, hydrated, and as rested as possible. While you may feel very tired, don't let yourself become exhausted. This is not healthy for you or your baby. Extreme exhaustion can reduce your milk production.

Different types of pumps:

- A manual pump is powered by hand. This pump works well for women who only need to express milk once or twice a day.
- A retail electric breast pump lets you express milk with the help of electrically powered suction. This is easier and faster for women who will be pumping multiple times each day.
- Hospital-grade electric pumps are used when there is a medical need, and are not required by most breastfeeding women.

If your insurance plan will cover the cost of an electric retail-grade breast pump, you can arrange for your pump to be delivered to you once your baby has been born.* You will have 180 days after the birth of your baby to request this pump at no charge. To arrange for delivery, call 1-877-291-5204. Be sure to have your Medical Record Number, baby's date of birth, and shipping address ready. You will receive your new breast pump within 2 to 3 business days after placing the order.

If you are not eligible and are interested in purchasing or renting an electric retail-grade breast pump through Kaiser Permanente, please call your local Kaiser Permanente facility's Health Education Center.

* Program fees are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage (EOC) to confirm the services offered under your plan, or call the Member Services Contact Center at 1-800-464-4000. They can also send you a copy of your Evidence of Coverage if you need one.

Other resources

For more information on breastfeeding or breastfeeding support, visit My Doctor Online at kp.org/mydoctor. You can also:

- View most lab results and check your preventive health reminders.
- Email your doctor.
- Use interactive online tools to help keep you and your family healthy.

Contact your Kaiser Permanente Health Education Center or Department for books, videos, classes, and additional resources.

If you are hit, hurt, or threatened by a partner or spouse, this can seriously affect your health. There is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to ndvh.org.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.