

## Finding Breast pumps in Thunder Bay – A Fact sheet

The basic types of breast pumps are manual hand pumps, battery operated pumps, semi-automatic electric pumps and self-cycling electric pumps. The type of pump you choose depends on the reasons why you are pumping and how often you will need to pump. Talk to your health care provider to get more information.



A double electric breast pump



A single manual pump



Hand Expression

Remember that hand expression is a way to remove breastmilk without using any equipment. Visit [tbdhu.com](http://tbdhu.com) or [drjacknewman.com](http://drjacknewman.com) for handexpression information and demonstration.

If You Want To:	The Best Pump Is:
Establish milk supply	Self-Cycling Electric Pump
Increase milk supply	Any pump on the market or hand expressing
Pump occasional supplement	Hand Pump, Battery Operated Pump, Semi-Automatic Electric or hand expressing
Pump for hospitalized preemie	Self-Cycling Electric Pump
Pump 1-2 times/week	Hand Pump, Battery Operated Pump, Semi-Automatic Electric or hand expressing
Pump at least once a day	Semi-Automatic Electric or Self-Cycling Electric Pump
Pump on one side while baby nurses on other	Battery Operated Pump, Semi-Automatic Electric Pump or Self-Cycling Electric Pump
Double pump	Semi-Automatic Electric or Self-Cycling Electric Pump

Chart taken from [breastfeeding.com](http://breastfeeding.com)

Places to Rent	Cost	Consideration
Ridgeway Pharmacy 1001 Ridgeway Street P7E 5H8 623-7431	\$4.00/day \$28/week \$100/month \$90/month if > 3 months	Must purchase pump kit Single - \$28 Double - \$54.99
Thunder Bay Regional Pharmacy 984 Oliver Rd P7B 7A5 768-2266	Ameda Elite Portable Electric Breast Pump \$4/day \$90/month \$28 minimum rental	Must purchase pump kit Single -\$35.99 or Double -\$64.99

Places to Purchase	Options
Bambino Paradise 326 S Syndicate Ave 476-0616	Avent: On the go set \$99 Isis w/reusable bottle \$69 Isis w/disposable system \$75 Isis via pump kit \$75
Medi-Plus	Gerber Battery /Electric - \$60 Gerber Manual - \$33 Lansinoh \$12
Ridgeway Pharmacy 1001 Ridgeway St P7E 5HB 623-7431	Mini Electrics: they sell four types that range in price from \$125.00 to \$399.00 Harmony Manual \$64.99 Supplemental nursing system \$40 Lansinoh \$13 Breast shells \$30
Sears 622-6811	Avent Thermal Tote \$22 Avent Isis manual \$70 Avent on the go set \$100 Reusable nursing pads \$7 for 6 pack Medela Pump in Style backpack electric plus battery pack \$350 Medela Mini-electric converts to manual \$130
Shoppers Drug Mart	Gerber battery/electric \$60 Gerber manual \$30 Avent Isis Manual \$65 Lansinoh \$17.99 Purelan \$7.99
Superstore	Avent Isis manual \$70                      Gerber manual \$30
Thunder Bay Regional Pharmacy 984 Oliver Rd P7B 7A5 768-2266	Purely Yours Electric \$199.99 Reusable Nursing Pads (box of 6) \$17.50 Breast shells \$20.49 Silicone Nipple Shield \$8.99 Lansinoh Cream \$12.99
Walmart 346-9441	Gerber battery/electric \$57 Evenflo electric \$60 Evenflo manual \$40 Purelan \$7.50 Medela mini-electric \$130 Medela manual \$38

**Prices and availability subject to change without notice.**

*Health Canada recommends breastfeeding for up to 2 years and beyond.  
Anytime. Anywhere.*

**FOR BREASTFEEDING INFORMATION OR HELP CONTACT:**

Thunder Bay District Health Unit	625-5972	In the District: call your public health nurse
La Leche League	251-8707	Maternity Centre                      684-6228
24 hour community line	211	Toll free                                      1-877-586-5638

