

HOW TO SET YOUR

BREAST PUMP

SETTINGS

Find out the best settings to use on your breast pump for maximum output.

1

START WITH LETDOWN MODE (OR STIMULATION MODE)

High speed + low suction

Start with speed and suction at the lowest level. Gradually increase the speed to fairly high. Increase the suction, but keep low. Wait 2 minutes for milk to start flowing.



2

SWITCH TO EXPRESSION MODE

Low speed + high suction

Decrease the speed to around a 3 or 4 to mimic your baby's slower, deeper sucks. Increase the suction. Go as high as you can without experiencing pain.



3

SWITCH BACK TO LETDOWN

If you notice your milk flow falling off, switch back to stimulation mode again.



Higher suction doesn't mean better

Pumping shouldn't be painful! Find a setting that feels good and best mimics how your baby drinks at the breast.