



### **Ordering a breast pump:**

- Call your insurance and ask who your **preferred medical supplier** is.
- Once you know who your preferred medical supplier is, visit their website and order your breast pump.
  - Most suppliers will fax our office a request form to sign before completing your order.
  - Some suppliers require that you obtain a physical breast pump prescription, if this is the case you can call the office or obtain one at your next prenatal visit.
- Please let our office know if you have any questions, 207-874-2445.

### **Choosing a breast pump:**

- There are many different options that are typically covered by your insurance company. If possible, we recommend choosing a breast pump that is a closed system. Closed system breast pumps do not allow milk to back flow into the pump
- Know what you are looking for. Will you be able to sit and pump, or do you need to be able to walk around while pumping? Do you have access to an electrical outlet, or do you need a pump with a rechargeable battery?
- Verify that your choice is a double electric pump!