

To Rent

Ridgeway Pharmacy 1001 Ridgeway St 623-7431	Cost: \$4.00/day \$28/week \$90/month \$84/month if > 3 months	Consideration: Must purchase pump kit Single - \$24 Double - \$48 Conversion kit \$22.49
Shoppers Home Health Care 285 Memorial Ave 345-6564	\$3/day \$5 Delivery	Must purchase pump kit Single - \$59.99 (turns into manual pump) Double - \$79.99 (turns into manual pump)
Thunder Bay Regional Pharmacy 984 Oliver Rd 768-2266	Ameda Elite Portable Electric Breast Pump \$4/day \$90/month \$30 minimum rental	Must purchase Pump kit Single -\$33.99 or Double - \$56.99 Single that converts to manual pump - \$49.99 Double that converts to manual pump - \$69.99 Conversion kit \$22.99

To Purchase

Ridgeway Pharmacy 1001 Ridgeway St 623-7431	Mini Electrics 0 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
Shoppers Home Health Care 285 Memorial Ave 345-6564	Medela mini-electric \$155 Medela spring express \$53 Ameda hand pump \$30 One hand pump \$56 Single pump kit \$50 Medela Harmony \$65 Purelan \$10 Lansinoh \$16.00 Silicone nipple shields \$10 Supplemental nursing system \$50.00 Breast shells \$19
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

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 + 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
Walmart 346-9441	Gerber battery/electric \$57 Evenflo electric \$60 Evenflo manual \$40 Purelan \$7.50 Medela mini-electric \$130 Medela manual \$38
Zellers	Gerber battery/electric \$60 Gerber manual \$30 Gerber manual \$13 Lansinoh \$9.97
Thunder Bay Regional Pharmacy 984 Oliver Rd 768-2266	One Hand Breast Pump \$49.99 Purely Yours Electric \$249.99 Reusable Nursing Pads (box of 6) \$14.99 Breast shells \$17.99 Silicone Nipple Shield \$7.99 Lansinoh Cream \$12.99

- Prices & availability subject to change without notice.

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 www.breastfeeding.com.



A double electric breast pump



A single manual pump

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.

If you have questions about breastfeeding contact these community resources

Thunder Bay District Health Unit 625-5972
Breastfeeding Connection (in the District only)
La Leche League Canada (local)
Breastfeeding Clinic 625-5916
Maternity Centre Support Services 684-6228
24 hour referral line 211
Toll free 1-877-586-5638

www.tbdhu.com

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



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Finding Breast Pumps in Thunder Bay



A GUIDE FOR MOTHERS