

## Double- and Singlepumping

Advantages of double pumping in comparison to single pumping

### Double pumping\* improves the milk supply<sup>1,2,3</sup> and increases Prolactin level<sup>4,5</sup>

The production of breast milk can be optimally stimulated through double pumping. Studies show that a mother can pump significantly more milk if she is double pumping instead of single pumping. For this reason double pumping can be recommended especially to mothers with low milk production (Hypogalactia); preterm infants; sick babies; twins and multiple births.

### With double pumping the let-down reflex can occur much more quickly

During double pumping both the nipples and areolas are stimulated at the same time. Observations have shown that the let-down-reflex occurs earlier than with single pumping.

### Double pumping reduces the pumping time by half<sup>6</sup>

With single pumping the optimal duration is 20 minutes. Mothers need only 10 minutes for pumping with a double pump set. A reduced pumping time is a big advantage especially for mothers who are pumping for several weeks/months, e.g. working mothers, mothers of premature babies, sick babies or babies who cannot latch-on.

### No breast milk leakage

When single pumping, mothers may lose precious breast milk from the other breast. When double pumping however, mothers have the advantage to collect all their milk.

### Double pumping increases mothers' satisfaction<sup>1</sup>

A study of mothers with premature babies who both double pumped and single pumped found that mothers who were double pumping were more satisfied.

\* Double pumping: both breast are pumped simultaneously



### Literature

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