

FREE BREAST PUMP

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2

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3

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For questions, call 877-932-6327

Free indicates no out-of-pocket costs with participating in-network, non-grandfathered insurance plans.

Unbox Your Pump

One of our pump experts will provide a brief overview of your pump with key features and benefits, what it comes with, how to setup and clean it, and give you pumping tips and tricks. Sign up for your free, 30 minute, virtual consultation at acelleron.com/virtual-consultations.

Breastfeeding Education

It's clinically proven that the breastfeeding experience, success, and health outcomes improve when combined with education. Visit acelleron.com/bf-edu and use PROMO code **gD2gYN** to redeem your **FREE Breastfeeding – Before Birth & After** online education class.

Resources

- acelleron.com/knowledge
- acelleron.com/blog
- workandpump.com
- womenshealth.gov
- kellymom.com
- LLLusa.org | 1-877-4 LA LECHE



Find Places to Pump

- Pumpsporting - app available for Apple and Android
- Moms Pump Here - app available for Apple and Android

Breastmilk Storage Guidelines

Location	Temperature	Duration
Countertop/Table	Room temperature (60-85°F or 16-29°C)	4 hours optimal. 6-8 hours under very clean conditions
Insulated cooler bag (with ice packs)	Up to 59°F or 15°C	24 hours
Refrigerator	~39.2°F or 4°C	4 days optimal. 5-8 days under very clean conditions
Freezer	< 24.8°F or -4°C	6 months optimal. 12 months acceptable

Reference: Academy of Breastfeeding Medicine (2017)

ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, Volume 12.

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