WOMEN’S HEALTH RESOURCE CENTER
2356 Sutter Street, 1st Floor, Suite J112, San Francisco, CA 94114-1750
(415) 353-2668 http://www.whrc.ucsf.edu/whrc/

UCSF NATIONAL CENTER OF EXCELLENCE IN WOMEN’S HEALTH
is the only nationally-recognized Center of Excellence (CoE) in Northern California.

We are dedicated to transforming health, improving lives and providing innovative services through research, preventive and therapeutic care, and community and patient education. We engage women at every stage of life, from adolescence to menopause and beyond.

Our UCSF National Center of Excellence in Women’s Health Resource Center (CoE WHRC) supports women and their families in making informed decisions about their health and encourages them to become active partners in their care. Come visit our spacious center and enjoy reading, browsing or just relaxing in our comfortable environment.

- Mini library & bookstore
- Educational Materials
- Community Resources
- Events, classes and workshops on women’s health topics such as menopause, incontinence and more

GREAT EXPECTATIONS PREGNANCY PROGRAM

The CoE WHRC Great Expectations Pregnancy Program is designed to provide you with a continuum of educational and support services to prepare you for pregnancy, birth and parenting.

- Classes
- Mini library & bookstore
- Lactation supplies
- Breastpump rentals and sales
- Baby care products

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us at (415) 353-2667. We are always happy to talk with you!

CENTERINGPREGNANCY® PROGRAM

UCSF is introducing an exciting new way to care for women during their pregnancy. In CenteringPregnancy® prenatal groups, women:

- Spend quality time with their health provider, up to two hours.
- Never wait for appointments.
- Enjoy healthy snacks and refreshments.
- Discuss health concerns and expectations in a supportive setting.

Topics Include: Nutrition, Fetal Development, Comfort Measures, Exercise & Relaxation, Infant Care & Breastfeeding, Sexuality, Childbirth Preparation, Communication & Self Esteem, Postpartum Issues, Parenting, and much more!

To learn more and join a group, please call the CenteringPregnancy® Coordinator at (415) 885-3658.

UCSF WOMEN’S HEALTH RESOURCE CENTER LIBRARY

Regular Membership: $35 per year; Senior/Special Discount Membership: $15

Our lending library includes a collection of various women-centered books that address women’s health issues across the lifespan. As a member, you may check out up to four titles per month. Come in and browse!

UCSF EMPLOYEE DISCOUNT

All UCSF badge wearers (staff, students, faculty, etc) will receive a special 15% discount off of our products, including books, and lactation supplies (discount excludes classes, breastpump rentals and library memberships).

Mom Mobile

After your baby’s birth, enjoy the convenience of Great Expectations’ continuum of educational and support services right in your hospital room! The Mom Mobile cart travels throughout the birth center unit providing patients with everything a new mother may need including nursing bras, Lansinoh ointment, nursing pads, books, breastpump sales and patient education. If you are interested in having the Mom Mobile cart visit you during your hospital stay, call the Mom Mobile coordinator at (415) 885-3658.
Great Expectations 2013 Class Schedule

Infant Nutrition

BREASTFEEDING BASICS AND BREASTFEEDING & RETURNING TO WORK

BREASTFEEDING BASICS
Learn about breast physiology, milk production, let-down, latch-on and positioning. This class teaches participants how to overcome breastfeeding challenges, problem solve and how to establish a successful breastfeeding relationship right from the start.

BREASTFEEDING & RETURNING TO WORK
This class is designed to provide you with practical tips and advice on continuing to breastfeed your baby while working. Topics include preserving a breastfeeding relationship, choosing a breastpump, storing/collecting/transporting breastmilk, problem solving, exploring child care options, and how to establish a successful breastfeeding relationship right from the start.

This class is offered as a two-part series or all day on Saturday or Sunday.

*Class participants receive a $25 discount on breastpump purchases at the UCSF Women’s Health Resource Center. Please mention discount at the time of purchase.

Fee: $80 per series

Baby Care/Parenting

PARENTING DURING THE FIRST FEW MONTHS: BASIC BABY CARE WITH A NEW BABY
This workshop offers basic techniques to care for your newborn and emphasizes postpartum care for mom. Learn about newborn characteristics, infant milestones, bathing, hygiene, diapers, diapering, crying, comforting, sleep and recognizing the signs of illness. Great for first time parents. This class is offered in a two-part series or all day on Saturday.

Fee: $90 per series

INFANT CPR
Learn vital skills to handle an emergency. This class covers recognizing an infant or child in distress, performing emergency measures to relieve airway obstruction in a choking infant or child, performing CPR on an infant or child who is not breathing or is without a heartbeat and identifying risks of preventable infant and childhood injuries. This is a great class for parents, family members and childcare providers.

Fee: One session class, $50 per person

Note: This is not a CPR Certification course.

INFANT MASSAGE – PRE DELIVERY
Learn playful stretches and soothing ways to communicate with touch that will benefit the physical and emotional health of your infant. This class will cover massage techniques that can help regulate sleep for your infant and help alleviate the physical discomforts of colic, gas, and congestion. Learn how to attune to the body language cues of your baby so that you can feel more confident and self-assured in your responses as a parent.

Teaching will be provided with the use of:
1. Watching a demonstration on DVD for visual reference. Following the techniques taught by Vimila McClure in her book Infant Massage.
2. The use of dolls for hands on practice techniques to use with your newly arrived baby
3. Demonstrations of techniques by teacher following the routine in provided handouts
4. Group discussions facilitated by instructor
5. Class handouts

Fee: One session class, $50

Recommended between 5–8 months of pregnancy

Monday (6:30–9:00 pm)
Jan 7, 14 • Apr 1, 8*
May 6, 13 • Jun 17, 24
Jul 22, 29* • Aug 19, 26*

Tuesday (6:30–9:00 pm)
Nov 5, 12 • Dec 3, 10

Wednesday (6:30–9:00 pm)
Feb 6, 13 • Mar 13, 20
April 3, 10 • Sept 4, 11
Oct 9, 16

Thursday (6:30–9:00 pm)
Sep 5, 12 • Dec 5, 12

Saturday (9:30 am–2:30 pm)
Feb 10 • Mar 10 • Mar 24
May 5 • Jun 2 • July 7
July 28 • Oct 13

Location:
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City

Recommended between 6–9 months of pregnancy

Monday (6:30–9:00 pm)
Jan 7, 14 • Feb 4, 11
Aug 5, 12* • Dec 2, 9*

Tuesday (6:30–9:00 pm)
April 16, 23 • Nov 12, 19*

Wednesday (6:30–9:00 pm)
Jan 16, 23 • May 1, 8
June 12, 19

Location:
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City

Can be taken before or after the birth of the baby

Sunday (11:00 am–1:00 pm)
Jan 6, 27 • Jul 14, 28
Feb 3, 24 • Aug 11, 25
Mar 3, 17, 24 • Sept 8, 22, 29
Apr 7, 28 • Oct 13, 27
May 5, 19 • Nov 3
Jun 2, 23 • Dec 8

Location:
2356 Sutter Street, First Floor, Ida’s Cafe

Recommended after 20 weeks of pregnancy

Sunday (11:00 am–1:00 pm)
Jan 13 • Mar 17 • May 19
Jul 21 • Sep 15 • Nov 17

Location:
2356 Sutter Street, Third Floor, Suite J308
INFANT MASSAGE WITH NEWBORNS

Babies two weeks to pre-crawling babies (ten months) are more than welcome to attend.

This class will give parents a way to review techniques taught in the first Infant Massage class along with your baby in the room. (However, the infant massage pre-delivery class does not necessarily need to be taken with the infant massage newborn class.) This fun class will focus primarily on you and your baby enjoying the infant massage together. It is also an opportunity to review hands on techniques with your child and ask questions about the different techniques you have been practicing with your baby.

In this class you will learn:
• A full body massage (including additional techniques and playful stretches for older infants)
• Self-relaxation skill for new parents
• Massage techniques to support your baby’s physical development
• Tips on how to monitor the amount of sensory stimulation your baby can tolerate
• Techniques to help your baby deal with gas, colic and digestive pain
• Calming techniques to soothe a fussy or tired baby
• Techniques to address discomfort or ear ache and cold congestion

Fee: One session class, $50

Can be taken after your baby is born

Sunday (11:00 am–1:00 pm)
Feb 3 • Apr 21 • Jun 9
Aug 18 • Oct 20 • Dec 15

Location:
2356 Sutter Street, Third Floor, Suite J308

EXPECTING TWINS OR MORE

BREASTFEEDING TWINS OR MORE

This class is designed to prepare expectant mothers on how to confidently breastfeed multiples. Learn practical tips and special considerations for nursing twins or more including latch-on, positioning, establishing a plentiful milk supply, and overcoming breastfeeding challenges.

*Class participants receive a $25 discount on breastpump purchases at the UCSF Women’s Health Resource Center. Please mention discount at the time of purchase

Fee: One session class, $50

Recommended after 20 weeks of pregnancy

Wednesday (6:30–9:00 pm)
Jan 9 • Mar 20 • May 15
July 24 • Sept 18 • Nov 13

Location:
2356 Sutter Street, Third Floor, Suite J308

EXPECTING TWINS OR MORE

This one-day workshop is designed to give expectant parents pertinent information on raising twins or more including reassuring advice and practical considerations. Topics include important aspects of prenatal care, labor and delivery, feeding issues, and preparing home and family for the arrival of multiples. The instructor is also a mother of twins.

Fee: One session class, $50

Recommended after 20 weeks of pregnancy

Wednesday (6:30–9:00 pm)
Jan 30 • Feb 27 • Mar 27
Apr 24 • May 29 • June 26
July 10 • Aug 21 • Sept 25
Oct 23 • Nov 6 • Dec 11

Location:
2356 Sutter Street, Third Floor, Suite J308

CHILD birth

CHILD BIRTH PREPARATION: INTEGRATED METHODS

Classes are a 4-week series

This class provides an overview of the stages and process of labor, breathing and relaxation techniques, support, medication options, variations in labor including cesarean birth, and immediate postpartum care for mother and baby.

Fee: $165 per series

Note: Please bring two pillows, a blanket and a snack to all classes.

Recommended between 6–9 months of pregnancy

Monday (6:30–9:00 pm)
Jun 3, 10, 17, 24*
July 1, 8,15, 22

Tuesday (6:30–9:00 pm)
Feb 5, 12, 19, 26
Mar 5, 12, 19, 26
Apr 2, 9, 16, 23*
May 7, 14, 21, 28*
Jun 4, 11, 18, 25
Sept 3, 10, 17, 24
Oct 8, 15, 22, 29

Location:
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City
**Childbirth (cont.)**

**INTENSIVE CHILDBIRTH PREPARATION**
A one-day childbirth preparation workshop designed to give participants the basic tools and information in preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class in an accelerated format. Participants are sent the class packet to review prior to the class.

* Fee: One session class, $175
* **Note:** Please bring two pillows, a blanket and a snack to this class.

**CHILDBIRTH PREPARATION: BIRTH ALTERNATIVES**
Classes are a 4-week series
*(**Please note that the November series is a condensed 3 week series)*

This class addresses the needs and interests of women who wish to have an intimate, fully-involved birth experience. This class covers the basic childbirth preparation content with an added emphasis on natural delivery and making choices in response to the birth process. Labor support techniques and comfort measures from home birth and other cultures are emphasized.

* Fee: $165 per series
* **Note:** Please bring two pillows, a blanket, and a snack to all classes.

**PAIN RELIEF & LABOR**
Learn about the pain medication options available to assist you during labor and childbirth. Discuss your concerns or questions with a UCSF Anesthesiologist.

* Fee: One session class, $50

**BIRTH CENTER ORIENTATION**
Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Sign up well in advance as tours fill up quickly. Please call (415) 353-2667 to register and for class location.

* Fee: One session class, No Charge

Orientation also available online at: http://www.whrc.ucsf.edu/whrc/gex/tour.html

**THE AFTERGLOW: A POSTPARTUM SUPPORT GROUP FOR NEW MOTHERS**
Recommended for mothers, support person(s) and babies 0–6 months

In this four-week postpartum support group, new moms with their babies will gather to share their experiences and support one another in their new days of parenting. During this group participants will learn about the “Baby Blues” and the emotional changes that can occur after childbirth. They will practice self-care, relaxation techniques, including yoga, which is clinically proven to reduce stress and increase mom’s wellbeing. They will also discuss the highs and lows of motherhood in a supportive space and connect with other new parents. This 4-week series is facilitated by Melissa Whippo, LCSW & Juli Fraga, Psy.D

* Fee: $100 per series

**CHILDBIRTH PREPARATION: MINDFULNESS-BASED CHILDBIRTH AND PARENTING (MBCP)**
The UCSF National Center of Excellence in Women’s Health in collaboration with the Osher Center for Integrative Medicine is currently offering Mindfulness-Based Childbirth and Parenting Education (MBCP). The MBCP Program is an invitation to begin or deepen the practice of mindfulness for meeting the profound changes in our bodies and minds during pregnancy, childbirth and parenting. Through mindfulness meditation, yoga, and group dialogue we will learn a way to fully live the joys and challenges of this transformative time and cultivate lifelong skills for healthy living and wise parenting.

The MBCP Program was developed by Nancy Bardacke, CNM, author of Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond. It is a 9-week course that integrates childbirth education with stress reduction, pain coping, and parenting skills. It includes an all-day session after the 6th week and a reunion after the birth.

* Fee: $590 per couple, $295 single, plus $40 for materials.
* UCSF Discount for Faculty/Staff/Students: $531 per couple, $265.50 per single

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**Recommended between 6–9 months of pregnancy**

**Saturday (9:30 am–4:30 pm)**
Jan 26 • Feb 23 • Mar 16 • Apr 6
May 18 • Jun 1 • Jun 22 • Jul 6
July 13 • Jul 27 • Aug 3 • Aug 24
Sep 21 • Oct 26 • Nov 2 • Dec 7
Dec 14

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City*

**Sunday (9:30 am–4:30 pm)**
Feb 10 • Apr 14 • Jun 30
Aug 25 • Sept 8 • Oct 6
Nov 10

**Recommended between 6–9 months of pregnancy**

**Mon (6:30–9:30 pm)**
Mar 4, 11, 18, 25
Apr 8, 15, 22, 29
Sept 9, 16, 23, 30
Oct 7, 14, 21, 28

**Tue (6:30–9:30 pm)**
Jan 8, 15, 22, 29
Feb 5, 12, 19, 26
Aug 6,13,20,27

**Thurs (6:30–9:30 pm)**
May 2, 9, 16, 23
Oct 3, 10, 17, 24

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City*

**Recommended between 6–9 months of pregnancy**

**Mon (6:30–9:30 pm)**
Mar 4, 11, 18, 25
Apr 8, 15, 22, 29
Sept 9, 16, 23, 30
Oct 7, 14, 21, 28

**Tue (6:30–9:30 pm)**
Jan 8, 15, 22, 29
Feb 5, 12, 19, 26
Aug 6, 13, 20, 27

**Thurs (6:30–9:30 pm)**
May 2, 9, 16, 23
Oct 3, 10, 17, 24

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City*

**Recommended between 6–9 months of pregnancy**

**Wed (6:30–9:30 pm)**
Mar 4, 11, 18, 25
Apr 8, 15, 22, 29
Sept 9, 16, 23, 30
Oct 7, 14, 21, 28

**Mon (6:30–9:30 pm)**
Jan 8, 15, 22, 29
Feb 5, 12, 19, 26
Aug 6, 13, 20, 27

**Thurs (6:30–9:30 pm)**
May 2, 9, 16, 23
Oct 3, 10, 17, 24

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City*

**Recommended between 6–9 months of pregnancy**

**Wed (6:30–9:30 pm)**
Mar 4, 11, 18, 25
Apr 8, 15, 22, 29
Sept 9, 16, 23, 30
Oct 7, 14, 21, 28

**Mon (6:30–9:30 pm)**
Jan 8, 15, 22, 29
Feb 5, 12, 19, 26
Aug 6, 13, 20, 27

**Thurs (6:30–9:30 pm)**
May 2, 9, 16, 23
Oct 3, 10, 17, 24

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City*

**Can be taken any time**

**Tuesday (6:30–9:15 pm)**
Jan 8, 15, 29
Feb 5, 12, 19, 26
Mar 5, 12, 19, 26
Apr 2, 9, 16, 23, 30

**Thurs (6:30–9:15 pm)**
Jan 3, 10, 17, 24, 31
Feb 7, 21, 28
Mar 7, 14, 21, 28
Apr 4, 11, 18, 25

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City*

**Can be taken after your baby is born**

**Wednesday (11:30 am–1:00 pm)**
Jan 23, Jan 30, Feb 6, Feb 13
Mar 6, Mar 13, Mar 20, Mar 27
Jul 24, Jul 31, Aug 7, Aug 14
Oct 23, Oct 30, Nov 6, Nov 13

**Location:**
Please call for class location

For more information please visit our website at
http://www.whrc.ucsf.edu/whrc/gex/afterglow.html

**Location:**
Osher Center for Integrative Medicine
1545 Divisadero Street (at Post)

For more information or to register, please call 415-353-7718
or visit www.usher.ucsf.edu.
THE MIND IN LABOR: SKILLS FOR WORKING WITH PAIN AND FEAR IN CHILDBIRTH: WEEKEND WORKSHOP

Based on the mind/body work at the pioneering Mindfulness-Based Stress Reduction Clinic founded by Jon Kabat-Zinn, PhD at UMass Medical Center, this workshop will be a time for looking deeply at pain and fear during childbirth and for cultivating mindfulness for working with them in the process of giving birth. The workshop is an excellent complement to any childbirth education class, including refresher classes. It can be helpful for those who anticipate a birth experience that needs special medical attention or who have had a difficult previous birth experience.

Location: Osher Center for Integrative Medicine, 1545 Divisadero Street (at Post)
Fee: $425 per couple, $215 per single. Partners are encouraged to attend.

For more information or to register, please call 415-353-7718 or visit www.isher.ucsf.edu.

FAQ’s

How early should I sign up?
Classes fill up quickly, please sign up WELL IN ADVANCE.

When do I pay for classes?
You must register for all programs in advance and payment is required at the time of registration.

What is the policy for rescheduling classes?
Classes fill up quickly. In order to accommodate all clients, including on the waiting list, clients must reschedule no later than three full working days (72 hours) before the date of the class.

What is the policy for cancellations?
Class cancellations must be made three full working days (72 hours) before the date of the class in order to receive a full refund. Additionally, if a cancellation is made less than three days (72 hours) prior to the class, a one-time $25 registration fee will be charged per class.

How do I register?

• Register and pay online at http://whrc.ucsf.edu/whrc/gex/classes.html
• Call (415) 353-2667 (Business hours: M–Th 9–6 / F 9–5)
• Come in person to the UCSF Women’s Health Resource Center, 2356 Sutter Street, First Floor, Suite J112 San Francisco, CA 94115 (Business hours: M–Th 9–6 / F 9–5)

What forms of payment are accepted?
You may pay by credit card online or over the telephone (Visa, MasterCard, Discover or American Express are accepted). You may also pay by check through the mail. Make checks payable to: UC Regents

Are classes reimbursed by my insurance?
Great Expectations does not deal with insurance companies. Please check with your health insurance provider for reimbursement or discount information.

Can my support person also attend the class?
Yes. UCSF Great Expectations Program encourages support persons to attend classes. All class fees include two (2) people EXCEPT Infant/Child CPR.

Are nursing (or other students) allowed to observe a childbirth class?
Yes. There is a $40 fee per class. Two students maximum are allowed to observe any class. Please call UCSF Great Expectations at (415) 353-2667 to reserve a spot. Please have class date and registration fee payment ready at the time of enrollment.

Where can I get more information?
Please contact us at (415) 353-2667 for more information or visit our website at http://whrc.ucsf.edu/whrc/.

Disclaimer:
Due to instructor illness or circumstances beyond our control, UCSF Great Expectations Pregnancy Program reserves the right to reschedule or cancel scheduled classes. We are committed to your health care education and will make every effort for you to make-up your cancelled class. Participants will be given notice by UCSF Great Expectations Pregnancy Program within a 24-hour period regarding a make-up session or refund.
Other Programs and Groups

SAN FRANCISCO PARENTS OF MULTIPLES CLUB
Monthly Support Group
Call (415) 440-TWIN (8946) for more information

PRENATAL PILATES
Prepare yourself for labor and beyond. Learn to engage and strengthen your core, pelvic floor, upper body, and legs in a safe yet challenging prenatal pilates class. Discover breathing and relaxation techniques that will support your pregnancy, ease your labor and quicken your postpartum recovery.

Prenatal Pilates are offered as a group exercise class at the Bakar Fitness and Recreation Center located at the UCSF Mission Bay Campus.

To register or for more information, please contact Adrienne Chambers, Group Fitness Manager, (415) 514-4538 or email adrienne.chambers@ucsf.edu

UCSF WOMEN’S HEALTH
We recognize that women have unique health needs that call for a different kind of care. We are pleased to offer a comprehensive array of services geared to the specific needs of women at each stage of life.

We have three clinical practice sites that provide Primary Care and/or Obstetrics and Gynecology services:
- 2356 Sutter St. (between Divisadero & Scott), San Francisco
- 333 Gellert Blvd., Suite 114, Daly City (one block south of Serramonte Plaza off I-280)
- 400 Parnassus Ave., Plaza Level, San Francisco

For more information about UCSF Women’s Health, call (415) 353-2668 or visit our website at http://whrc.ucsf.edu/whrc/.

NEW Class Packages
Try one and SAVE!

BASIC PREGNANCY PACKAGE
The Basic Pregnancy Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. The package includes three classes:
- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months

$320
Save $15

COMPREHENSIVE PREGNANCY PACKAGE
The Comprehensive Pregnancy Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. The package includes three classes:
- Intensive Childbirth Preparation
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months

$335
Save $15

DELUXE PREGNANCY PACKAGE
The Deluxe Pregnancy Package features all classes that prepare expectant parents for the birth experience, the first few weeks and beyond, including nursing. This package features:
- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months
- Infant CPR for 1 person

$365
Save $20

INFANT MASSAGE PACKAGE
- Infant Massage Pre-delivery
- Infant Massage with Newborn
- Baby Oh Baby Infant Massage Video

$110
Save $13

TWINS OR MORE CLASS PACKAGE
- Expecting Twins or More
- Breastfeeding Twins or More
- The Art of Parenting Twins by Patricia Maxwell Malmstrom and Janet Poland

$106
Save $10
Breastpump Sales Program

For women who prefer to purchase a breastpump, the Great Expectations Pregnancy Program sells a variety of pumps to accommodate different needs and situations. Ask us about new innovations in pumping and other products that may be available. We also have a variety of replacement pieces for Medela and Ameda pumps. Breastpumps cannot be returned. Specific products and their prices are listed below.

All prices are subject to change and do not include sales tax.

Breastfeeding class participants are eligible for a $25 discount on select breastpump purchases!

**AMEDA PURELY YOURS BREASTPUMP**
This value-packed portable pump includes microprocessor technology that offers both adjustable suction and cycle speeds for “natural” and individual comfort. It only takes a turn of the dial to adjust to a setting that closely mimics your baby and helps maximize your milk production.

**AMEDA PURELY YOURS CARRYALL**
A portable breastpump that simulates a baby’s nursing pattern, with adjustable suction and cycle settings. This lightweight and compact pump may be operated using either an AC adapter, car adapter, or AA batteries. Includes compartmentalized tote bag for the complete system.

**AMEDA PURELY YOURS BREASTPUMP WITH BACKPACK**
A portable breastpump with backpack that offers both adjustable suction and cycle speeds to feel both natural and comfortable. This lightweight and compact pump may be operated using an AC adapter, car adapter, or AA batteries. Includes compartmentalized backpack for the utmost flexibility and up-to-date styling.

**AMEDA PURELY YOURS ULTRA**
CustomControl™—Dual suction and speed adjustability allows moms to choose from a total of 32 combinations to customize your pumping experience. The Purely Yours Ultra also features the CustomFit Flange System because the flange fit can change with birth, breastfeeding and pumping. The three most popular flange sizes are included, ensuring a good flange fit as long as you continue to pump. All pieces are included.

**MEDELA PUMP IN STYLE ADVANCED SHOULDER BAG**
Portable breastpump with breakthrough 2-Phase Expression technology. 2-Phase Expression is an advanced pumping pattern that mimics a baby’s nursing rhythm by pumping in two distinct modes. Features a one-touch ‘let-down’ button designed for maximum flow, customized pumping with adjustable speed and vacuum control, and a stylish shoulder bag that contains everything you need to pump.

**MEDELA PUMP IN STYLE ADVANCED BACKPACK OR METRO BAG**
Portable breastpump with breakthrough Natural Expression pumping for maximum milk flow. Natural Expression is an advanced pumping pattern that mimics a baby’s nursing distinct modes, including a let-down and expression mode. Includes stylish backpack or metro baby option that contains everything you need to pump.

**MEDELA FREESTYLE HANDS-FREE BREASTPUMP**
Freestyle is the first rechargeable, hands-free, double-electric breast pump. This breast pump is portable and weighs less than a pound, but is as efficient as the other Medela breast pumps. All pieces included.

*Medela product images used with permission of Medela, Inc., McHenry, IL.*
UCSF National Center of Excellence in Women's Health
UCSF Women's Health Resource Center
Great Expectations Pregnancy Program
2356 Sutter Street, 1st Floor, Suite J112
San Francisco, CA 94143-1750