The study focused on the effect of using a warmed breastshield on the yield, the effectiveness, and the comfort of pumping when using a warmed breastshield.

**Subjects:** 25 pumping mothers whose babies were predominantly breastfed were included

**Summary:** For assessment of warmed breastshield and its affect on the output of milk, the subjects used a warmed breastshield on one breast and an ambient temperature breastshield on the other breast when using a double electric breast pump. Two breastshield types were used in the study. The ambient temperature breastshields were standard 2 piece 24mm breastshields (Medela, Switzerland). Warm breastshields were double-walled 2-piece 24mm breastshields, connected to a circulating water bath kept at 41°C/105.8°F, resulting in a breastshield temperature of 39°C/102.2°F.

**Conclusion:** Using a warmed breastshield resulted in more milk removal from the breast during pumping. Authors found “there was an increase in the temperature of the areola after pumping with the warm breastshield. This indicates that pumping with a warm shield has an effect on the temperature of the skin of the breast that is similar to what occurs during breastfeeding.”

Authors also found no evidence of the warm breastshield having a positive effect on the milk ducts in the nipple and further research is needed in this area. Mothers also reported that the warmed breastshield was comfortable.