

Appendix C

Nipple Flow Rates Commercial and Disposable Bottles/Nipples (Jackman, 2013)

Volume Expressed by Each Commercially Available Nipple Unit

	Avg. mL/min.		Avg. mL/min.
Breast Flow Stage 1	6.0	Evenflo Classic Slow Flow	15.7
Dr. Brown Level 1 Nipple on Volufeed	6.0	Avent Level 1	16.0
Playtex Ventaire Stage 1	6.7	Medela Breast Milk Bottle Slow Flow	16.3
Dr. Brown (narrow) Level P	7.3	Gerber Classic Slow Flow	16.7
Dr. Brown (narrow) Level 1	7.7	Lansinoh mOmma	23.3
Playtex Nurser (with drop-in liner)	7.7	Difrax "S" Bottle	24.6
Dr. Brown (wide) Level 1	9.7	Medela Calma All Stage Nipple (med)	28.0
Born Free (glass) Level 1	10.3	Evenflo Bebek	60.0
Tomme Tippee Slow Flow Nipple	12.0	Dr. Brown Wide Y-cut Nipple	60.0
Similac Simply Start	15.0	Kid Basix Safe Starter Stage 1	60.0

Volume Expressed by Each Disposable Nipple Unit

	Avg. mL/min.
Similac Slow Flow (yellow ring)*	7.1
Enfamil Slow Flow (green ring)*	8.8
Enfamil Nursette	12.3
NUK	12.7
Similac Standard Flow (white ring)*	13.5
Similac Premie (red)	15.3

All bottles tested using a Medela Classic hospital-grade pump fitted with a Medela disposable personal pumping kit.

Suction was set at 150 mm Hg.

Volume of liquid transferred from testing bottle to collection bottle in 1 minute (mL/min) was recorded.

Each nipple tested three times and the average mL/min is reported above.

*Three individual nipples from the same batch tested three times each for these noted nipple types, and the average of all 9 trials is reported above.