

# Spectra - Medela - PumpinPal hack

Here are two different hacks that can be used together or separately.

## PumpinPal

[PumpinPal](#) flanges are “Comfortable Flanges for All Breast Sizes”, they work better than the regular ones that come with the Spectra \ Medela pumps as they don't have to be so precise and have more of a chance to fit you just right.

PumpinPal doesn't work well together with Spectra flanges, but it does with Medela, read below about the hack on how to use them with Medela.

For some reason on Amazon they are selling only the set, which is expensive. You can get a single pair at WildWasMama or [here](#) for example.

## Using Medela parts with Spectra

The reason why you might want to use the Medela parts is A because they are cheaper and B because Spectra doesn't work with the PumpinPal flanges.

To use Medela parts you need to:

1. Buy the inexpensive adapter ([Amazon link](#)) and connect it to the Spectra backflow adapter, where usually the the Spectra flange would go:



2. Have a Medela pumping Kit, for example [this one](#) (the size of the flange doesn't matter if you are about to use the PumpinPal).  
Alternatively, just get [this](#) part and connect both the PumpinPal flanges and the [Duckbills](#) (also came with your Spectra pump) directly to it.

3. Bottles to pump to, as Medela are narrow neck bottles and Spectra are wide neck. For example [these](#). Alternatively, buy bottle [neck adapters](#) to use Medela parts with the wide neck bottles.

The end result will look something like this, depending which Medela model parts did you get:

