





## **CARE & CLEANING:**

Clean and sterilize before first use and after each use. Dishwasher safe, or simply hand wash in warm, soapy water with sponge or soft bristled brush.

Rinse & dry thoroughly. Safe to sterilize in boiling water, or steam and microwave sterilizers. After sterilizing, let cool before using.

Do not use bleach, abrasive cleaning agents or harsh chemicals.

Rough scrubbing can damage surface. Store in a cool dry place away from sunlight. Inspect before each use, checking for tears or breaks. If damage is found, discard & replace.

## CAUTION:

Using a breast pump should be a comfortable experience. Discontinue use if pain occurs and persists after adjustments to placement are made.

Consult your healthcare provider or a lactation consultant if you have any questions regarding breastfeeding & pumping.

## Easy To Use **Helpful Tips** For best results, squeeze the frosted area near the bottom of the pump. Squeeze the base Squeezing in the middle or near the of the pump to top will distort the shape of the create suction. flange and the pump may not attach as securely. When positioning your nipple in the neck of the pump, make sure that it is **Position the flange** not touching the side walls. over your breast, Check again after releasing suction to centering the nipple ensure that it remains away from the in the neck of the pump. sides. This will yield the most effective and comfortable results. For stronger suction & more secure placement, try the flip method: Release the base, Invert the flange by flipping it creating suction backwards, squeeze the base, on nipple. position nipple in center of the neck, flip the flange onto the breast, and release suction. To use the pump to relieve engorgement pressure or as a gentle Gentle, constant suction pump, first stimulate letdown by will draw milk out and massaging breast and/or applying a keep pump in place warm, damp washcloth. After pump no hands needed! is suctioned onto breast, gently and slowly squeeze the pump at the base to increase the suction.



Lift edge of flange to remove, and immediately transfer milk to storage bottle or other container. To prevent spills or potential milk contamination, remove the pump as soon as milk nears the top measurement.

