

PROCARE

HOME MEDICAL

4215 Credit Union Dr.
Anchorage, AK 99503
907-274-0770

915 30th Avenue
Fairbanks, AK 99701
907-458-8912

35563 Kenai Spur Hwy
Soldotna, AK 99669
907-260-4433

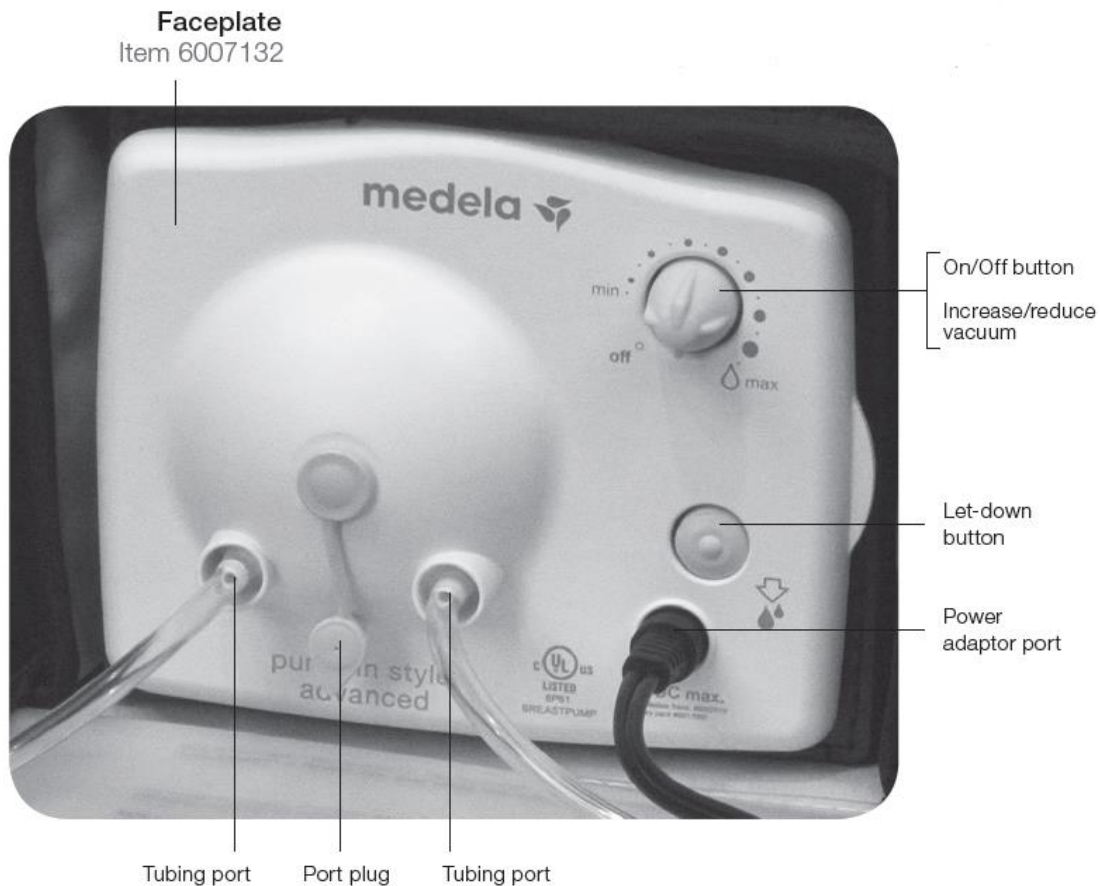
901 N Leatherleaf Lp.
Wasilla, AK 99654
907-357-7882



Breast Pump Instructions

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

Breast Pump Important Parts



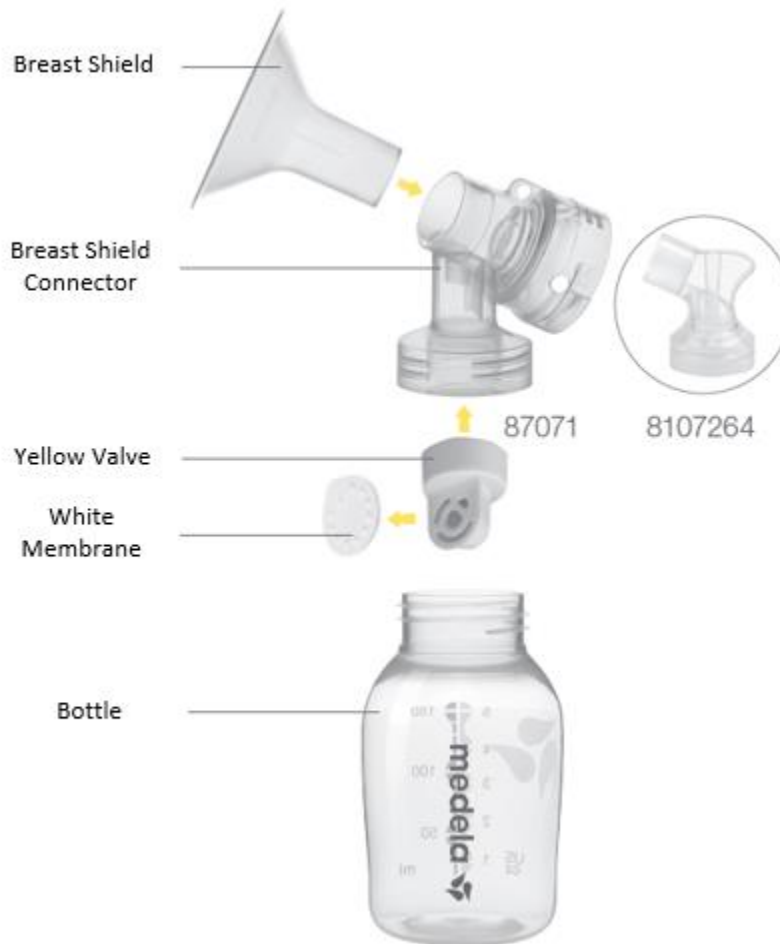
Operating the Breast Pump

1. Open the case/bag cover (If Required).
2. Plug the power supply cord into the face plate of the breast pump.
3. Plug the adapter into any two-prong outlet. (Extension cords are not recommended.)
4. Turn on/off knob.
Note: The on/off knob controls the vacuum (suction). Always start with the lowest setting.
5. Press the Let Down Button
Note: After two (2) minutes the pump will automatically switch from the Stimulation Phase to the Express Phase. If you have not let down during this time, press the Let Down Button once to return to the Stimulation Phase.
Note: Port(s) for tubing

Cleaning the Breast Pump

- Remove the faceplate.
- Wipe down the faceplate and diaphragm with a damp cloth.
- Allow parts to completely dry before reassembling.
Note: never operate equipment in or around fluids.

Pump Kit Important Parts



Pump Kit Assembly

1. Wash Hands before touching the pump kit and avoid touching the inside of the containers and lids.
2. Attach breast shield to breast shield connector.
3. Snap white membranes onto yellow valves. Ensure the membranes lie completely flat on the valve.
4. Push the assembled yellow valve onto the bottom of the breast shield connector.
5. Screw bottles onto breast shield connectors.
6. Connect one end of the tubing to the pump tubing port.
7. Connect the other end of the tubing to the breast shield connector.
Note: If this is a single pumping place the port cap over the unused port.

Cleaning the Pump Kit

- Rinse each piece that comes into contact with breast milk in cool water as soon as possible after pumping.
- Wash each piece separately using liquid dishwashing soap and plenty of warm water.
- Rinse each piece thoroughly with hot water for 10-15 seconds.
- Place the pieces neatly on a clean paper towel or in a clean drying rack and allow them to air dry.
- Avoid using cloth towels to dry your pump parts because they can carry germs and bacteria that are harmful to your breast milk and your baby.

- Once the parts are dry, assemble , then store or use it.
Note: Try not to touch the inside of any parts that will come in contact with your breast milk.
Note: Some breast pumps parts can be put in the top rack of a dishwasher.
- It is not necessary to clean breast pump tubing unless it comes in contact with breast milk. However, it is recommended to run the pump for a few minutes after pumping to remove any condensation that may be in the tubing.

Position the Breast Shield

- Center breast shields over your nipples. Gently adjust the breast-shield(s) until it feels comfortable without pinching, pulling or otherwise irritating the nipple or breast tissue.

What to Expect While Pumping

- A qualified health professional, such as a certified lactation consultant, can help determine the best pumping method. Keep in mind that the amount of milk produced is different for everyone. A typical pumping session lasts about 10-15 minutes per breast, but only pump as long as it is comfortable and productive.
- Breast milk may not flow immediately after you start pumping. When it does flow, your milk should be collected in the container attached to your pump. If milk is leaking out of your pump, stop pumping and make sure you have assembled the pump correctly before trying again. If your pump continues to leak, call the manufacturer's customer service line for help.
- When finished pumping, gently insert a finger between the breast and the breast-shield to break the vacuum seal. Remove the bottle or bag of collected milk from the rest of the pump, and label it with the date and time of pumping before storing it in the refrigerator or freezer.

Safety Tips

- The first few times you pump may feel uncomfortable but pumping should not be painful, result in sore nipples, or cause bleeding. Pain, sore nipples, and nipple irritation or bleeding may be signs of an injury.
- Signs of infection can include soreness, yellowish discharge, a fever, and/or flu-like symptoms, such as feeling run down or very achy. You should check with your health care provider if symptoms do not improve within 24 to 48 hours.
- If you are injured or experience persistent pain or bleeding when using the breast pump, contact their doctor, lactation consultant or other health care professional for advice.

Storing Breast Milk

- Breast milk can be stored in a feeding or storage bottle that's made of plastic or glass. A secure cap will keep it fresh. A plastic bag made especially for storing milk may also be used. Fill the container three-quarters full if it's going in the freezer, to allow for expansion.
Note: For convenience, store the milk in the amounts that you normally use at a feeding.
- Write the date on the bottle or bag before putting it in the refrigerator or freezer. Also use the oldest milk first. Don't combine fresh milk and frozen milk (by topping off a frozen container with some fresh milk, for example).
- You may be surprised to see what breast milk looks like. It's normal for the fat to separate and float to the top, and sometimes the milk has a bluish hue, especially early on. (Milk color may also be affected by your diet or medications.) **Don't shake the milk.** Instead, gently swirl it to mix the fat back in.
- Milk shouldn't smell or taste sour, but after thawing milk sometimes has a slightly soapy smell from the change in the fats. This is perfectly fine.
Note: The process of freezing destroys some of the antibodies in the milk, so don't freeze it unless you have to. But frozen breast milk is still healthier and offers more protection from disease than formula does.

- The Centers for Disease Control and Prevention (CDC) standards for Storage:
 - Room Temperature milk should be used within six (6) to eight (8) hours, though it's best to refrigerate it immediately.
 - Refrigerated milk should be used within five (5) days.
Note: Store it in the back of the the refrigerator.
 - Top Freezer - Frozen milk should be used within two (2) weeks.
 - Deep Freezer – Frozen milk should be used within six (6) to twelve (12) months.
Note: The longer the milk is stored the lower the quality will be.
- Once the frozen milk is thawed, it may be stored in the refrigerator for up to 24 hours. If it's at room temperature, use it within one hour. (If you haven't used it in that time, you'll have to throw it away, since you can't refreeze it.)

FAQ About Pumping

Below are some reasons that you may be having trouble getting much milk out and some tips for what to do about it:

- You may be pumping too soon after the last session of nursing or pumping.
 - You won't get much milk out of your breasts if the baby has recently done a good job of draining them.
- You may need to change the settings on the pump.
 - It can be hard to get enough milk if the suction pressure is too low or the cycling speed is too fast.
- You may not be using a very good breast pump.
 - Some women have trouble getting enough milk out if they're using a manual pump or an electric one that doesn't work very well (after about a year of use the battery may be worn out).
- You may be using phalanges (shields) that are too small for your nipples.
 - This is a common problem because most pumps come with phalanges that are designed for women with small nipples. If your phalange is too small and your nipples swell up once you start to pump, you won't be able to get as much milk out of your breasts.
 - Many breast pump companies make breast phalanges in larger sizes.
- You may just not be producing very much milk.
 - There are many reasons for this, including not nursing often enough and not staying hydrated by drinking plenty of fluids. Some medications, like decongestants or estrogens, can also inhibit milk supply.
- You may be having trouble with the letdown of your milk.
 - You should try to relax and get comfortable while pumping. (Some women like to look at a picture of their baby, close their eyes and think of their baby, or even listen to a recording of their baby's coos or gurgles.) You might also try gently massaging the breasts or using warm compresses on them before pumping.