

Using an Elvie Breast Pump

The Elvie pump is app-enabled. Download the “Elvie Pump app” through the app store or Google Play. The app will allow you to adjust suction levels and switch between stimulation and expression modes discreetly. It will also indicate how much milk has been pumped.

To pair your Elvie pump to the app:

- Turn on Bluetooth in your phone settings and then open the “Elvie Pump app.”
- Turn on your Elvie pump and tap “Connect” in the app.
- Press and hold Play/Pause until the sidelights start flashing on your pump.
- If you have a double pump, tap “Connect another pump” to connect in the same way to your second pump.

Before your first use:

- Elvie recommends rinsing all washable parts first with warm, soapy water, then with clear, warm water. After washing, boil all washable parts for five minutes.
- Let all parts dry completely before assembly.

Cleaning your pump parts when using your pump:

- Do not get the pump hub wet. To clean wipe with a damp cloth.
- Clean the shield, valve, spout, and bottle with a mild soap in warm, soapy water. Rinse in clear, warm water.
- Elvie pump parts are top-rack dishwasher safe.

Assembling your Elvie pump:

- Attach the seal to the breast shield, using the tabs to secure it.
- Push the breast shield into the hub.
- Twist and click the spout onto the bottle.
- Push the valve onto the spout.
- Click the bottle into the hub.

Charging your Elvie pump:

- When the battery life is low, the battery light will turn red.
- Plug the USB cable into the hub to charge the pump. An orange light indicates that the pump is charging.
- The battery light will turn green once the pump is fully charged.

Pumping with your Elvie pump:

- Press the Power button to begin your pumping session.
- Put the Elvie pump on your breast. Use the markings on the breast shield to help center your nipple.
- You can use the bra adjuster to fit the pump comfortably in your nursing bra if you need more space.
- Press Play/Pause to start pumping.
- Use the + and – to find the intensity setting that suits you. REMEMBER, pumping should not hurt!
- Press Play/Pause to finish your pumping session.
- Unclip your bra, break the seal around your nipple, and turn your Elvie pump off.



- APP FEATURES: You can control intensity and mode through the app rather than pressing buttons on the pump.

How often should you pump?

If your baby is not feeding at your breast:

- Pump at least every 2-3 hours during the day and every 3-4 hours at night, or at least 8 times in 24 hours. You may pump more often if you need to increase your supply.

If you are going to be separated from your baby temporarily:

- Pump whenever you would be feeding your baby, or whenever your baby is being fed from a bottle in your absence.

If your baby is going to breast, but is not gaining well, and you need milk for supplementation:

- If you feel that your supply is low, pump about 30 minutes after your baby nurses (feeds at your breast). Taking a break after nursing before using your pump may stimulate more milk production. If you think that your supply is good, but your baby may not be removing milk well and is not gaining weight, pump after your baby feeds at the breast and schedule an appointment with a lactation consultant (IBCLC).

How long should you pump?

- We recommend that you pump for ~10-15 minutes. Pumping for more than 15 minutes may result in nipple pain. Pumping more frequently, rather than for a longer time period, may help to build your milk supply.

If you have any questions about using your Elvie breast pump, please call either MilkWorks locations.

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