

# Using a Medela Breast Pump

## If using a Symphony Rental Pump:

- **Place the pump on a hard surface**, not on a soft chair or sofa.
- **Plug the short cord into the back of the pump** and the long cord into an electrical outlet. Do not overload the electrical circuit or the pump may not function correctly.
- **Assemble the kit parts per directions.** Attach the small white membrane to the yellow valve so it is secure and flat. Position the yellow valves so that the white membranes face the same direction as the breast shields. The dome caps should be securely attached under the pump lid.
- **The pump control settings are all on the front of the pump. The left button** turns the pump on and off. **The knob in the middle** controls the suction, or pressure. Turn the middle knob clockwise to increase the suction. **The right button** (with the milk drop symbol) allows you to switch between the stimulation phase (which is faster) and the expression phase (which is slower). It is programmed to automatically switch from stimulation to expression after 2 minutes.

## If using a Pump In Style Max Flow Personal Use Pump:

- Place the breast shields against your breasts **with your nipples centered in the openings**. Turn the pump on.
- The **suction rate for the first 2 minutes is faster and lighter to encourage your milk to flow**. Adjust the suction to the highest comfortable setting for you. If it feels uncomfortable, decrease the suction until it is comfortable. After 2 minutes, the suction automatically changes to a slower, stronger rate. If necessary, adjust the suction knob to a level that feels strong, but not uncomfortable. This change in suction mimics how a baby suckles after the milk “lets down.” If your milk starts to squirt before two minutes, push the “milk drop” button to change the suction to the expression phase.
- **Pumping should not hurt.** Increasing the suction to the point of discomfort may make you sore, and may keep your breasts from releasing milk (“letting down”).
- **Medela breast shields come in 5 sizes (21, 24, 27, 30 and 36 mm).** You may find that pumping is most comfortable when only your nipple (not your areola) enters the tunnel. If your nipples rub on the side of the tunnel and pumping is painful, try a larger size breast shield. For more information, see ***Correct Fit of a Breast Shield***.
- **If you want to pump only one breast**, you will need to plug that shield’s tubing directly into the pump.

## To assemble your pumping components:

- Carefully insert the dark yellow membrane with the flap into the opening of the connector, making sure it forms a seal around the edge of the connector.
- Close the lid of the connector until you hear a click.
- Screw connector onto the bottle.
- Carefully push the breast shield into the connector body.
- Insert one of the short ends of the tubing into the opening of the connector lid.
- Insert the long end of the tubing into the breast pump as far as it will go.

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## Cleaning your Pump Parts:

### **Before first use:**

- **Medela recommends boiling all pump parts, except for the tubing and the Symphony dome caps.** Fill a pot with enough water to cover all the parts. Boil for 10 minutes. Remove the pot from the heat, allow the water to cool, and remove your pump parts. Place parts on a clean surface to air-dry. Do not store pump parts if they are still wet.

### **After each use:**

- Separate all pumps parts and rinse off any milk with cool water. **Do not wash tubing.**
- Wash parts in hot, soapy water and rinse with clear water. You can also wash separated parts on the top rack of a dishwasher.
- Allow parts to air-dry on a clean surface and then store pump parts once they are dry.
- You can also clean your pump parts in Medela microwave bags, or with Medela cleaning wipes.
- **Note:** if you are unable to rinse and wash your parts thoroughly after each use, store your parts in a refrigerator between use, and wash thoroughly at least once a day.

## When using your pump:

- Make sure the yellow membrane is clean, dry and securely in place when you re- assemble your parts. If you notice a lower suction level, or less milk removal, you may need to replace the membrane. Breast pumps removes milk more efficiently when membranes are replaced every few months.
- **Wipe down the outside of the tubing periodically with a clean cloth.** If you notice condensation (moist inside the tubing after you use your pump, leave your pump on for several minutes after pumping. This will dry the inside of the tubing. If condensation builds up, you may squirt isopropyl alcohol through the tubing and hang to dry. **If you notice any residue in your tubing, discard and purchase new tubing.**

**For added protection:** If your baby was born prematurely, or has a weakened immune system due to illness or medical treatments, boil your pump parts, or place them in a dishwasher on a sanitize setting, **once a day.**

## How often should you pump?

- **If your baby is not going to the breast:** Pump at least every 2-3 hours during the day and every 3-4 hours at night.
- **If you are going to be separated from your baby temporarily:** Pump whenever you would be feeding your baby, or whenever your baby gets fed from a bottle in your absence.
- **If baby is going to breast, but is not gaining well, and you need milk for supplementation:** If you think, your milk supply is low, pump 30 minutes after your baby nurses. This break before additional removal may stimulate more milk production. If you think that your milk supply is good, but your baby is not removing milk well and is not gaining weight, pump after your baby feeds at the breast and schedule an appointment with a lactation consultant.

## How long should you pump?

- **About 10-15 minutes.** Pumping for more than 15 minutes may result in nipple pain. Pumping more frequently, rather than for longer sessions, may help to build your milk supply.

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