

## Using a BabyBuddha 2.0 Pump

### **Assembling the Parts & Pump Features**

- Wash and sterilize components before use. Follow instruction manual directions for “Assembly of the Pump Body” to correctly assemble your pump parts.
- The power button (lower button on pump) will turn your pump on/off. When the pump is turned on, it is automatically set to the automatic stimulation mode. It will start at level 1 and increase every 45 seconds until it reaches level 6 (max in stimulation mode). If you manually change any levels on the pump, automatic mode is turned off.
- The roller ball button (upper button on pump) can be used to adjust suction level (roll up or down) or change modes (press lightly on the ball).
- The BabyBuddha will display the suction level of your pump (1-6 for soft stimulation, 1-6 for classic stimulation, and 1-9 for expression) as well as the length of time you have been pumping. The pump will automatically turn off after 30 minutes.
- Each mode will have a display icon, one wavy line for soft stimulation, 2 wavy lines for classic stimulation, and a drop for expression.
- The BabyBuddha breast pump can be adjusted for comfort. As you learn how your body handles pumping with the breast pump, it will get easier to maximize pumping output comfortably.

### **Charging the Pump**

- The pump has a rechargeable battery with a USB charging cord included.
- It is best to fully charge the pump (for about 3 hours) prior to its first use. Once the battery is fully charged, the battery indicator will no longer blink.
- A full charge should provide 1 hour of pumping time. You may use the pump while it is charging, if necessary.

### **Using a BabyBuddha Breast Pump**

- Place the breast shield against your breast with your nipple centered in the opening. If desired, you may pump only one breast at a time by switching the toggle switch to the side you wish to pump from. If you are double pumping, place the switch in the center location.
- BabyBuddha breast shields come in 3 sizes: 24, 28, and 32 mm. There is also a massage insert included with your pump. 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, you may want a larger size breast shield. For more information, see Correct Fit of a Breast Shield.
- Press the power button to turn your pump on. The pump will automatically go through a stimulation cycle and move into expression mode, or you may manually adjust the suction by utilizing the roller ball.
- Everyone is different. Experiment to find what settings work best for you. The goal is to maximize the amount of milk removed by finding the settings that are both comfortable and effective for you.



### **Cleaning your pump parts:**

Before first use

- BabyBuddha recommends boiling all pump parts, that come in contact with breast or milk, for 10 minutes.

After each use

- Disassemble and wash all parts, that come in contact with breast or milk, in warm soapy water.
- Rinse with warm water.
- Air-dry on a clean towel and cover up all parts when not in use.
- All parts can also be washed on the top rack of a dishwasher.
- Tubing does not need to be washed.

### **When using your pump:**

- Make sure the valve and membrane are clean and dry and securely in place when you re-assemble your parts. The upper cover should be screwed securely onto the shield/connector body.
- The tubing should not come in contact with your milk. You may wipe down the outside of the tubing periodically with a clean cloth. If you notice condensation or milk in the tubing after you pump, allow your pump to run for 20-30 seconds to remove any moisture or milk that remains inside.
- Take special care to clean the vacuum ports in the tubing.

**Please note:** The above guidelines are for healthy babies. If your baby was born prematurely, or has a weakened immune system due to illness or medical treatments, extra protection is recommended. You may want to 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 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 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 that your supply is low, pump about 30 minutes after your baby nurses. This break before additional removal 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.

### **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.

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