

How to use the Breast Pump Equipment



1. Wipe all over the surface of the pump with a Clinell wipes and attach the tubing.



2. Wash your hands with hot soapy water and **dry thoroughly** with paper towels.



3. Sterilise your funnels, valves and toothbrush by following the instructions on the microwave steam steriliser bags poster.

4. Massage your breasts whilst the equipment is being sterilised;



5. Once sterilized with clean hands, attach new sterile bottles to the funnels.



6. Gently place the funnels centrally over your nipples. Funnels are available in different sizes and they should not rub.

7. Switch on the pump on.

8. Gradually turn the suction button up until it feels a little uncomfortable then turn it down slightly; turn down until it feels comfortable and you have effective suction.

9. When the display is orange turn the cycles up. When the screen goes green the cycles will slow down.

10. Continue on the pump for about 15 mins or until the flow of milk slows down – and 2 mins more.

11. Switch the pump off.

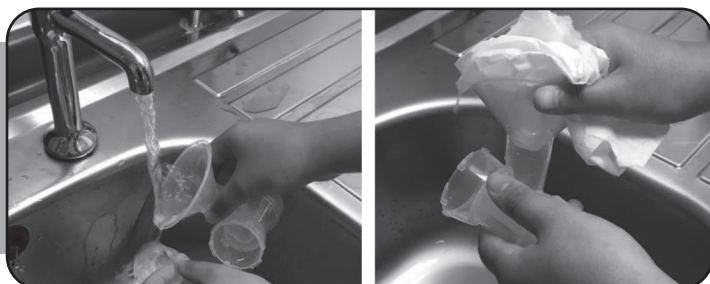
Cleaning and Storing the Equipment



1. Remove the tubing from the pump and place back in the re-sealable plastic storage box.
Do NOT wash the tubing!



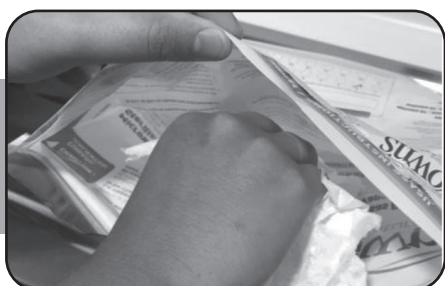
2. Immerse the funnels and valves in hot soapy water in your plastic bowl and wash thoroughly to remove any milk deposits using the toothbrush.



3. Rinse off the soap with the running cold tap and dry thoroughly inside and out using clean paper towels. Dry the toothbrush and your bowl.



4. Return all the items back into the re-sealable plastic storage bag along with the tubing.
The contents of the storage box must be kept clean and dry when not in use.



5. Dry the inside of the steam bag with clean paper towels and store the bag and the toothbrush separately to the clean dry expressing equipment.

Breast-pump equipment must be kept clean and dry when not in use!