

VIII Removing and Securing the Diaphragm Cap

Only remove diaphragm cap when cleaning is necessary.

To remove the diaphragm cap



- Turn off the pump and unplug from power source.
- Remove tubing (see instructions on page 4).
- Snap off the diaphragm cap using the thumb tab.

To secure the diaphragm cap

Hold back of pump with one hand while pushing on the diaphragm cap until it snaps into place.

NOTE: The diaphragm cap must be completely snapped together at all connection points to ensure adequate vacuum and optimum pump performance.

IX Cleaning and Hygiene

Follow these cleaning instructions unless you are told otherwise by your healthcare professional.

Important Disassemble all parts prior to cleaning and sanitizing. Especially be sure to remove the yellow valve head from the breastshield and separate the white valve membrane from the valve head.

Prior to first use and once daily

- Disassemble, wash and rinse all parts of your pump kit that come in contact with the breast and milk (except motor unit, bag, etc.).
- Place parts in a saucepan of sufficient capacity.
- Fill with cold water until the parts are well covered.
- Heat it up and allow to boil for 5 minutes.
- Remove from stove, drain water off and allow parts to cool and air-dry on a clean towel.

Alternatively, the disassembled parts can be sanitized in top rack of dishwasher.

After each use

- Disassemble and wash all parts of your pump kit that come in contact with the breast and milk in warm, soapy water (except motor unit, bag, etc.).
- Rinse in clear water and allow parts to air-dry on a clean towel.
- Use a damp (not wet) cloth to wipe the motor unit and bag of breastpump after each use.

Tubing care Inspect the tubing after each pumping session for condensation and/or milk. If condensation appears in the tubing
Let the pump run after you have completed pumping with tubings attached for 1–2 minutes or until dry.
If milk gets into the tubing
If milk accidentally gets into the tubing turn off the pump and unplug from power source. Remove and clean the tubing according to the instructions «Prior to first use and once daily». Shake water droplets out and hang to air-dry. For faster drying, attach the tubing to pump and run for 1–2 minutes or until dry.

Hints Wrap parts with a clean towel or store in a container when not in use.

- Hygiene**
- Wash hands thoroughly with soap and water before touching the breast and pump parts.
 - Avoid touching the inside of bottles and lids.
 - Clean the breast and surrounding area with a damp cloth. Do not use soap or alcohol which can dry the skin and cause cracked nipples.

X Storing / Thawing Breastmilk

Check with your hospital for specific instructions.

Breastmilk Storage (For Healthy Term Babies)

	Room Temperature	Refrigerator	Refrigerator Freezer Compartment	Deep Freezer
	<i>Do not leave at room temperature</i>	<i>3 – 5 days at approx. 4° C</i>	<i>6 months at approx. -16° C</i>	<i>12 months at approx. -18° C</i>
Thawed breastmilk (previously frozen)	<i>Do not store</i>	<i>10 hours</i>	<i>Never refreeze</i>	

- When freezing do not fill bottles/bags more than 3/4 full to allow space for expansion.
- Label bottles/bags with the date of pumping.
- Do not store breastmilk in the door of the refrigerator.
- In order to preserve the components of the breastmilk, thaw in the refrigerator overnight or by holding the bottle/bag under running warm water (max. 37° C).
- Gently shake the bottle/bag to blend any fat that has separated.
- Do not thaw frozen breastmilk in a microwave oven or in a pan of boiling water (danger of burning).

In the Pump In Style Advanced Cooler Carrier

One contoured cooling element is necessary for the Pump In Style Advanced Cooler Carrier. As soon as breastpumping is finished, place the milk bottle or bag in the compartment with the cooling element. Milk will keep cool there until you return home later that day to transfer the bottles/bags to the refrigerator or freezer.