

V Pumping

Be comfortably seated and relax. Use a footrest, when pumping or when feeding your baby. Elevating your feet puts you into proper sitting position to avoid stress on the lower back and perineum.



1

Center breastshields over your nipples.

- Do not tilt or overfill bottles when pumping.
- Take care not to kink tubing(s) while pumping.

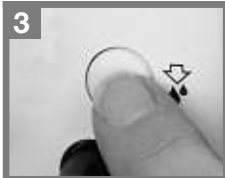


2

Switch on the breastpump by turning the switch clockwise.

The pump will begin pumping in the **Stimulation Phase**.

Adjust the vacuum during pumping to your comfort level by turning the switch clockwise (increase) or counterclockwise (decrease).



3

Once your milk starts to flow or you sense milk ejection, press the let-down button to switch to the **Expression Phase**. If you do not press the let-down button, the pump will automatically switch to the Expression Phase after two minutes.

Set your **Maximum Comfort Vacuum™** which is the highest vacuum you can use and still feel comfortable (this is different for every mother). To find your Maximum Comfort Vacuum increase vacuum until pumping feels slightly uncomfortable (not painful), then decrease slightly.

Research has shown that you will pump more efficiently – meaning get more milk in less time – when pumping at Maximum Comfort Vacuum™ in the Expression Phase.

Once finished pumping, switch off the breastpump, unplug it, and disassemble the pump kit items. Close the bottle and store it for later use. Use bottle stand to prevent tip over.