



Using a Double Electric Breast Pump

(Symphony, Lactina, Pump In Style/PNS Advanced, Freestyle or Swing)

How often should I pump?

If your baby is not going to breast:

You should 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 desired.

If you are going to be separated from baby temporarily:

Pump whenever you would be feeding your baby, or whenever baby gets fed from a bottle in your absence.

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 baby nurses. This allows your breasts to fill back up and be emptied again by the pump. This may help to increase your supply. If you think that your supply is good, but baby is not emptying your breasts and is not gaining, pump after baby nurses.

How long should I pump?

We recommend that you pump for about 10 minutes and no longer than 15 minutes. If you are trying to build your milk supply, you may want to pump more often than every 2-3 hours. But no longer than 15 minutes at a pumping.

What do the dials on the pump do?

There are 3 control buttons or dials: on/off, speed and suction strength.

Put the flanges to your breast before you turn the pump on. This allows you to center the flanges over your nipples.

We usually recommend that you set the speed dial to high (7) on the **Lactina** when you turn the pump on. The high speed helps to mimic the fast suckling that a baby does to try and get the milk to let down. Please Note: the speed is set high, NOT the suction strength.

Once you see the milk start to squirt out, you may turn the speed down (3-5). This slower speed mimics the baby as the milk comes out and baby's suckling slows in order to swallow.

MilkWorks is a Comprehensive Resource to Help You Breastfeed Your Baby

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With the **Symphony and the PNS Advanced**, you do not need to change the speed unless you want to. It will automatically slow down after 2 minutes. To slow it down sooner (because your milk is squirting out), push the right button on the Symphony and the button with the drip symbol on the PNS Advanced.

The suction strength should be set only as high as is comfortable. **Pumping should not hurt.** You may feel some tugging, but it should not be painful.

To increase suction on the Symphony, turn the center dial clockwise slowly. **On the Lactina**, turn the rubber ring on the piston (settings are min / mod / max). **On the PNS Advanced**, turn the dial to a higher number.

Please note: the settings and some of the parts on the **Freestyle Pump** or **Swing** are slightly different than the Symphony, Lactina or PNS Advanced. Please seek information from MilkWorks, consult the directions included with the pump, or call Medela directly.

What if pumping hurts or milk does not come outs?

First try to decrease the pressure. Pressure should never be adjusted higher than what is comfortable.

If this does not work, you may want to try a different size breast shield. Medela makes 6 shields: 21mm (for very small nipples), 24 mm (standard size that comes in the kits and with the PNS), 27 mm, 30 mm and 36 mm. The 6th shield is a soft fit shield, which has a standard size opening, but is more flexible. Some women feel this shield is more comfortable.

Your nipple should enter the tunnel of the breast shield, but should not rub on the sides of the tunnel. Your areola should not be pulled into the tunnel. Sometimes it is necessary to try the different sizes. We have demo shields that you can try if your standard size shield is not comfortable. If you have larger nipples you may want to trade your shields out for a larger size right from the start.

How do I clean my pump parts?

Medela recommends that you boil the parts. If you do, the plastic will discolor and you may have difficulty getting water out of the tubing. We recommend that you wash only the parts that come in contact with the pumped milk. These parts are the breast shield (which fits over the breast) and the connector (which attaches the shield to the bottle), the yellow piece that attaches to the connector and is inside the bottle, the white membrane that attaches to the yellow piece and the bottle. Take the white membrane off the yellow piece. Wash them in warm soapy water, rinse and set out to dry after each use. You may also clean parts in Medela micro wave bags or with wipes that are designed for cleaning pump parts. **Make sure the white membrane is securely in place when you re-assemble the parts and that it is not sticky or wet.**

How do I store pumped milk?

For optimal (best) storage, pumped milk may sit at room temp for 6 hours. You may store it in the refrigerator for 6 days or in the freezer for 12 months.

You may store pumped milk in any air tight container, including a bottle with a sealing lid or a freezer quality zip lock bag. You may add newly pumped milk to previously pumped milk. Cool the new milk first in the refrigerator before adding to the older milk.

It is recommended that you store milk in quantities of 2-5 oz., depending upon the age of baby. Before 6 months of age babies do not usually drink more than 5 oz. at a feeding. You may want to give your freshly pumped milk to your baby's care giver and use your frozen milk as back up when needed.

Defrost frozen milk overnight in your refrigerator or by putting the container in a pan of warm water. Do not microwave. Use defrosted milk within 24 hours. Do not refreeze.

Please call MilkWorks 423-6402 if you have additional questions.