

# Breastpump information

To get the best possible milk production, it is recommended to start hand milking or pumping within six hours after birth. It is recommended to pump at least 8 times per day, this corresponds to every 3 hours. If 4 hours pass between pumping, you can pump after 2 hours the next time. It is recommended to pump through the night. The most important thing about pumping is to do it often enough. Some have a good effect of milking by hand the first few times, to collect the precious drops more easily.

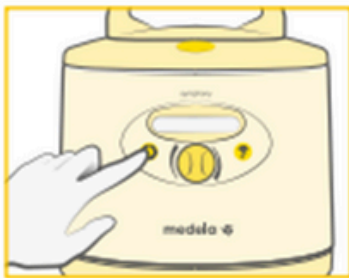
## START PROGRAM


Press the button on the left to turn on the machine and then the button on the right **within** 10 seconds. The program lasts 15 minutes and imitates an immature suckling with the natural pauses a newborn has.

The program must be used until you have achieved at least 20 ml in total from both breasts


**OR**

through the first five full days of life if you do not achieve 20 ml within that time



1. Press the on/off button  to switch on the breast pump.  
→ The display text shows "INITIATE press .



2. Press the "Let-down" button  within ten seconds.  
→ The display text will change to "INITIATE running".





3. Set the maximum comfort vacuum (see **section 6.5**).  
→ The bullets on the display show the vacuum level.  
The more bullets, the stronger the vacuum.


# MAINTENANCE PROGRAM

Press the button on the left to turn on the machine. If the breast has been stimulated before pumping or letdown has begun, you can press the button on the right **AFTER** 10 seconds, and the machine will skip the 2 minutes of stimulation.


The program continues as long as the pump is not stopped. It is recommended to pump for a minimum of 15 minutes or until the breast feels soft/empty.




1. Press the On/off button  to switch on the breast pump.  
→ The MAINTAIN program will automatically start with the stimulation phase after pressing the On/off button.



2. Set the maximum comfort vacuum (see **section 6.5**).  
→ The drops on the display show the vacuum level. The more drops, the stronger the vacuum.



3. The pump will automatically switch to the expression phase after two minutes.
4. If the milk starts to flow sooner, press the Let-down button  to change to the expression phase.

## Pump shields

There are different breast-shield sizes. The nipple should be centered and move freely without rubbing against the sides of the shield and without too much of the breast being drawn in to the shield. If you are unsure about the size, feel free to ask one of the nurses in the NICU or in the milk-kitchen.

**Pumping should not be painful.**

**Do not hesitate to contact the milk-kitchen, the NICU's breastfeeding support group, or your child's nurse if you have any questions!**