

# MilkWorks

## Instructions for using a Medela Breast Pump

### If you are using a Symphony Hospital Grade Rental Pump:

- **Place the pump on a hard surface**, such as a table or nightstand, not on a soft chair or sofa.
- **Plug the short cord into the back of the pump** and the long cord into an electrical outlet. Do not overload the electrical circuit or the pump may not turn on.
- **Assemble the kit parts.** Make sure the small **white membrane is attached and flat** against the yellow valve and the dome caps under the pump lid are securely in place.
- **There are 2 buttons and 1 knob that control the pump: the left button** turns the pump on and off; **the knob in the middle** controls the suction (turn clock wise to increase suction); **the right button** (with the milk drop symbol) changes the suction to the second phase during the first two minutes (the suction will change on its own after 2 minutes.)
- Place the breast shields against your breasts with your nipple centered in the opening. If desired, you may pump only one breast. Turn the pump on (button to the left).

If you are using a **Medela Preemie Symphony** pump to bring in your milk for a premature baby, note the following important information:

- You should only use the Preemie 1.0 program until you get 20 ml/cc or more for three pumping sessions in a row. From that point on, you should then switch to the Standard 2.0 program. This will usually happen within the first week or so. You will then want to exchange the Preemie pump for a standard Symphony pump.

### The following also applies to the Pump In Style and Freestyle Personal Use Pumps:

- **The suction rate for the first 2 minutes is faster and lighter to encourage your milk to start to flow.** Adjust the suction (knob in the middle) to the highest comfortable setting for you. If it starts to feel uncomfortable, lower the suction until it is comfortable. After 2 minutes, the suction automatically changes to a slower, stronger rate. Again, if necessary, adjust the suction to a level that feels strong but not uncomfortable. This change in suction mimics how a baby suckles after the milk “lets down.” If your milk starts to squirt out before two minutes, go ahead and push the right button to change the suction to the second phase.
- **Pumping should not hurt.** Increasing the suction to the point of discomfort may make you sore and may keep your breasts from releasing milk (“letting down”).
- **Medela breast shields come in 5 sizes (21, 24, 27, 30 and 36 mm). For comfort and efficiency,** nipples should **NOT** rub the sides of the tunnel of the breast shield; only the nipple (not the areola) should enter the tunnel. Women who have larger nipples, flat nipples or more elasticity to their breast tissue, may require a larger size breast shield than the 24 mm size that comes with the pump kit. If the shield does not fit comfortably and remove milk well, please ask MilkWorks for help in obtaining a properly fitting shield.

- **The assembly and use videos on the Freestyle or Pump In Style pages on the Medela web site ([www.medelabreastfeedingus.com/products/category/breast-pumps](http://www.medelabreastfeedingus.com/products/category/breast-pumps)) demonstrate how to put the pump kit together and how to clean the parts.** If you are using a Symphony, the set up for the kit is the same as the Pump In Style Advanced except that the tubing attaches to the dome caps under the pump lid.

**Please call 402-423- 6402 if you have any questions about using a breast pump.  
Please call 402-423-6402 (ext. 107) to renew your rental pump by your renewal date.**

### How do I clean my pump parts?

If you boil the parts, or put them in the dishwasher, the plastic may discolor. Please watch the Medela videos above or contact us at MilkWorks if you have questions. **All the parts should be removed and separated for washing except the tubing and the Symphony dome caps.** If possible, after each use, wash parts in warm soapy water, rinse and set out to dry. If you aren't able to do this after each pumping, take apart and rinse the kit parts; thoroughly wash later in the day. You may also clean the parts in Medela microwave bags or with wipes that are specifically designed for cleaning pump parts.

Make sure the **membrane is dry and securely in place** when you re-assemble the parts and that it is not sticky or wet. It must lie flat and it must be able to move for your pump to work correctly.

The tubing does not normally come in contact with your milk. You may wipe down the outside of the tubing periodically with a clean cloth. **If you notice condensation (moisture) in the tubing after you pump,** leave your pump on for a few minutes after pumping. This will dry the tubing. If moisture builds up in the tubing, squirt rubbing alcohol through the tubing and hang to dry.

### How often should I pump?

#### **If your baby is not going to breast:**

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 you need to increase your supply.

#### **If you are going to be separated from your baby temporarily:**

Pump whenever you would be feeding your baby, or whenever your 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 your 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 your baby feeds at the breast.

### How long should I pump?

**We recommend that you pump for ~10-15 minutes.** Pumping for more than 15 minutes may result in nipple pain. Pumping more frequently, rather than for a longer time period, may help to build your milk supply.