



#1 CHOICE OF HOSPITALS AND MOTHERS

Symphony® and Lactina®

BREASTPUMP KITS

Instructions for Use



Table of Contents

Important Safeguards	1
Cleaning and Sterilization	2-3
Hygiene	2
Preparation	2
Prior To First Use	2
In the Hospital	2
At Home	3
After Each Use	3
Tubing Care	3
Symphony® Parts List	4
Symphony® Instructions For Use	5-7
Important Battery Care	7
Lactina® Parts List	8
Lactina® Instructions For Use	9-11
Care of Piston/Cylinder Assembly	12
Manual Breastpumping	13-14
Storing Breastmilk	15
Thawing Breastmilk	16
Troubleshooting	16

Medela, Inc., P.O. Box 660, McHenry, IL 60051-0660
Phone: 800-435-8316 Fax: 815-363-1246
Email: customer.service@medela.com www.medela.com

Medela Canada Inc., 4090B Sladeview Crescent, Unit 2
Mississauga, Ontario L5L 5Y5 Canada
Phone: 1-800-435-8316 or (905) 608-7272 Fax: 1-800-995-7867 or (905) 608-8720
Email: info@medela.ca Internet: www.medela.ca

Medela, Symphony and Lactina are registered trademarks of Medela in the USA.
PersonalFit is a trademark of Medela, Inc. in the USA and in other countries.
Applications for registration of Medela is pending in other countries.

© 2007 Medela, Inc. Printed in the U.S.A.



IMPORTANT SAFEGUARDS



When using electrical devices, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USE

DANGER: To reduce the risk of electrocution:

1. Always unplug electrical devices immediately after using. Separation from the mains is only assured through the disconnection of the plug and socket connection.
2. Do not use while bathing or showering.
3. Do not place in or drop motor unit into water or other liquid.
4. Do not reach for any electrical device if it has fallen into water. Unplug immediately.
5. Do not store or use this product where it can fall or be pulled into a tub or sink.

WARNING: To reduce the risk of burns, electrocution, fire or injury to persons:

1. The pump should never be left unattended when plugged into an electric outlet.
2. Use the pump only for its intended use as described in this manual.
3. Do not use accessory attachments not recommended by the manufacturer, as this may cause hazards.
4. Never operate an electrical device if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been dropped into water.
5. Keep the cord and all components away from heated surfaces.
6. Do not use outdoors.
7. Only use the electric cord that comes with the Lactina or Symphony Breastpump.
8. The kits are personal care items and are not to be shared between mothers without proper sterilization to prevent the risk of cross contamination.
9. Supervision is necessary when this product is used in the vicinity of children.
10. Make sure the voltage of the device is compatible with the power source.
11. Pump only with the motor in an upright position.
12. Do not use while sleeping or overly drowsy.
13. There are no user-serviceable parts inside the Lactina® or Symphony® Breastpump. **DO NOT ATTEMPT TO REPAIR THE LACTINA OR SYMPHONY BREASTPUMP YOURSELF.**

SAVE THESE INSTRUCTIONS

Cleaning and Sterilization

Unless instructed otherwise by your health care provider.

IMPORTANT

This product's kit is a single-user item unless properly sterilized between users. Use by more than one user without adequate sterilization may pose a health risk and voids the warranty.

Hygiene

Wash hands before touching breasts or containers, and avoid touching the inside of containers or lids.



Preparation

Follow these cleaning instructions unless you are told otherwise by your healthcare professional. Prior to cleaning, take apart all parts of your breast-pump accessory kit. Be especially sure to remove the valve from the breastshield and separate the membrane from the valve prior to cleaning.

Prior To First Use

The Symphony and Lactina sanitized version does not require washing before first use.

To Sterilize in the Hospital:

All disassembled parts can be autoclaved to a maximum of 272° F for 3 minutes at 29 PSIG or 250° F for 15-20 minutes at 15 PSIG.

To avoid damage during and immediately after sterilization:

- Sterilize parts without applying external pressure to them.
- Allow parts to cool before applying external pressure.

If gas sterilization is used, residual testing is recommended to determine the proper length of aeration.

To Sanitize at Home:

Disassemble, refer to diagram on page 4. Sanitize by boiling for 10 minutes.

After each use:

- Disassemble and wash all parts that come in contact with the breast and milk in warm soapy water.
- Rinse in clear water.
- Air-dry on clean towel and cover parts when not in use.

All parts may also be washed in top rack of dishwasher.

For Quicker Cleaning:

Medela offers Quick Clean™ Micro-Steam™ Bags for daily kit disinfection.

Tubing Care:

Inspect tubing after each pumping session for condensation and or milk.

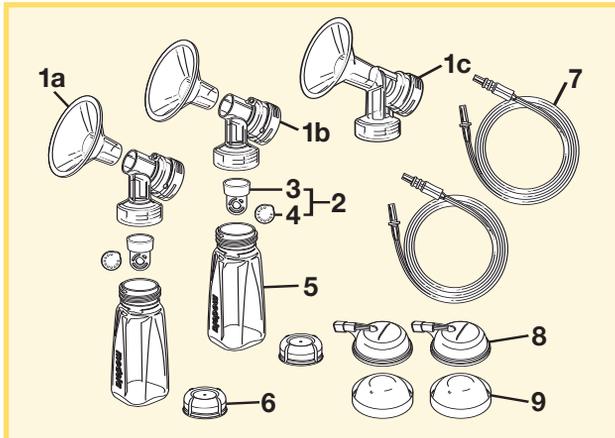
If condensation appears in tubing:

To eliminate condensation after you have completed pumping, continue running the pump with the tubing attached for another 1-2 minutes or until dry.

If milk appears in tubing:

1. Turn off the pump and unplug from power source.
2. Remove and disassemble the tubing, pump connector, piston, cylinder, membranes and membrane caps (parts vary by pump used). Wash in soapy water, then rinse in clear cold water.
3. Shake water droplets out of tubing and hang to air-dry. For faster drying, attach tubing to pump and run pump 1-2 minutes or until dry, or pour a small amount of isopropyl alcohol through the tubing to dry.

Symphony® Breastpump Parts



Item **Order Number**

1a. PersonalFit™ Breastshield, Standard (24mm).....	87073
1b. PersonalFit Breastshield Connector	87071
1c. Breastshield (1-piece)	8107089
2. Valve and White Membrane.....	8000001
3. Valve.....	8100475
4. Membrane	8207013
5. Collection Connector	8117009
6. Solid Container Lid	8107057
7. Tubing.....	8107168
8. Membrane Cap	8100667
9. Protective Membrane.....	8200094
10. Breastfeeding Information Guide.....	1907200
11. Symphony Instruction Manual	1907533
12. Symphony Program Card - English	8000541
13. Symphony Program Card - French	8000542
14. Symphony Program Card - Spanish.....	8190023
15. Symphony Container Stand	8100552
16. Symphony Protector for Card/Cord.....	6000816
17. Symphony Power Cord	9280043
18. Symphony Vehicle Lighter Adapter	67173

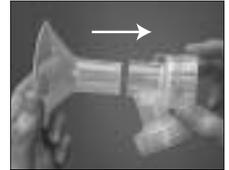
Call for pricing

Breastpump kits come with either 1-piece breastshields or PersonalFit Breastshields.

Symphony® Breastpump Instructions

1 Follow cleaning instructions on pages 2-3.

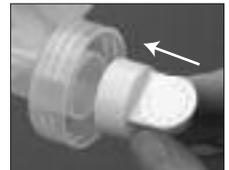
2 Insert the small end of the PersonalFit™ Breastshields into the small end of the connectors. (Prior to cleaning, separate these two pieces.)



3 Snap white membranes onto yellow valves until membrane lies completely flat. (Prior to cleaning, separate these two pieces.)



4 Push assembled valves and membranes onto connectors/breastshields.



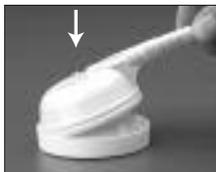
5 Screw containers onto connectors/breastshield.



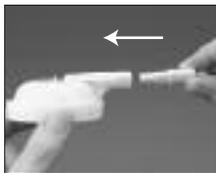
6 Insert clear ends of tubing into openings in connectors/breastshields.



- 7 Assemble protective membranes onto membrane caps.



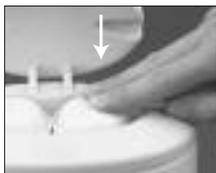
- 8 Push triangular ends of tubing into the small openings in the membrane caps.



- 9 To unlock case, press the oval release button on top of the Symphony® Breastpump. Keeping button depressed, lift up on the handle to open case and access pumping mechanisms.



- 10 Push membranes into place on pumping mechanism. To ensure proper fit, be sure to center the membrane caps' tube ports directly over the crevice on the pump housing. Make sure that protective base clicks into place and is flush with surrounding surface.



- 11 Power the Symphony Breastpump (or charge its battery if included) by connecting the power cord to a wall outlet and the socket in the back of the pump.



- 12 Center breastshields over nipples. Switch the breastpump on to begin Stimulation/Let-down phase by pressing the power button. Vacuum may be adjusted to your comfort level by turning the vacuum regulator knob.



After two minutes, the Stimulation/Let-down phase will automatically change to the Expression phase and you may wish to adjust the vacuum level for comfort.

- 13 If let-down occurs before the Expression phase begins, you may pump more efficiently by pressing the  button to begin the Expression phase.



- 14 If you need to return to stimulation for another let-down or did not achieve let-down after 2 minutes, simply press the  Let-Down button to return to stimulation for another 2-minute cycle.



When your pumping session is over, seal and safeguard your milk and follow tubing care and cleaning instructions on pages 2-3.

Important Note: If you experience discomfort, contact your lactation professional as you may need a larger breastshield or other advice. To locate Medela products or a breastfeeding specialist in your area call 1-800-TELL YOU.

Important Battery Care

Charge Symphony® pump batteries for 12 hours upon receipt.

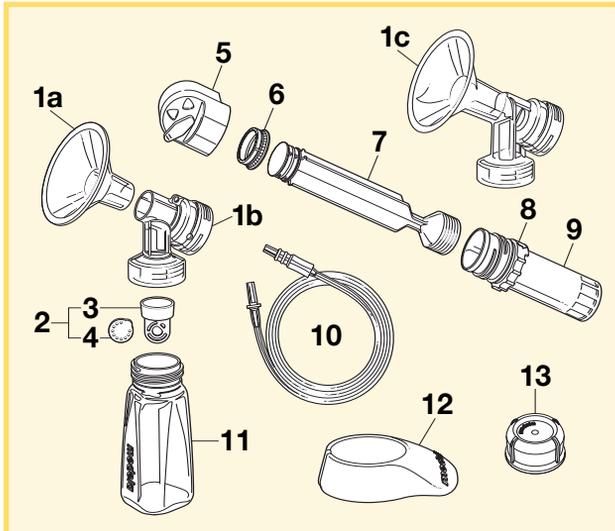
Pump may be used while charging.

Optimal battery life is achieved when:

- Batteries are not fully drained on a regular basis
- Pump is allowed to charge when not in use
- If unable to charge regularly, charge for 12 hours every 2 months at minimum

Pumping time using a completely charged battery is approximately 60 minutes.

Lactina® Breastpump Kit Parts



Item **Order Number**

1a. PersonalFit™ Breastshield, Standard (24mm).....	87073
1b. PersonalFit Breastshield Connector	87071
1c. Breastshield (1-piece)	8107089
2. Valve Assembly (2-Part)	8000001
3. Valve	8100475
4. Membrane	8207013
5. Pump Connector with Plug	8000649
6. Rubber Seal	8200078
7. Piston.....	8100494
8. Vacuum Regulator Ring	8200066
9. Cylinder	8100717
10. Tubing.....	8007179
11. Collection Container	8117009
12. Container Stand	8100462
13. Solid Lid for Collection Container	8107057
14. Instruction Manual English/Spanish (not shown)	1547477
15. Instruction Manual English/French (not shown)	1547476

Call for pricing

Breastpump kits come with either 1-piece breastshields or PersonalFit Breastshields.

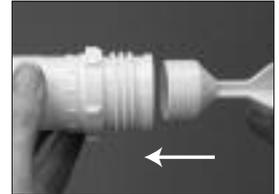
Lactina® Electric Breastpump Kit Instructions

1 Follow cleaning instructions on pages 2-3.

2 Slip rubber seal onto piston until it snaps into place—the larger side faces the handle. To ensure proper seal, hold rubber seal firmly and twist piston.



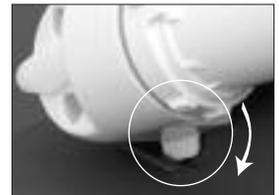
3 Slide vacuum regulator ring onto cylinder, if not already done. Push handle end of piston into cylinder.



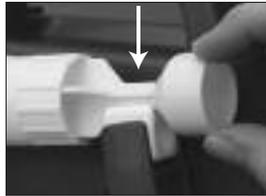
4 Screw cylinder tightly into pump connector.



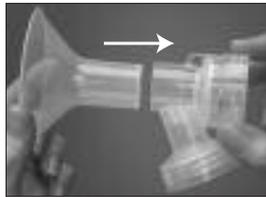
5 Attach pump connector to Lactina, and rotate until tab is secure.



- 6 Push piston into pumping arm, and rotate until snug in clamp.



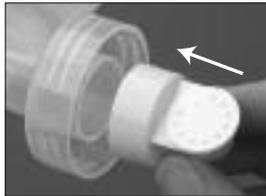
- 7 If 2-piece breastshield assembly: Make sure breastshields and connectors are securely attached.



- 8 Snap membranes onto valves until membranes lie completely flat.



- 9 Push assembled valves & membranes onto connectors/breastshields.



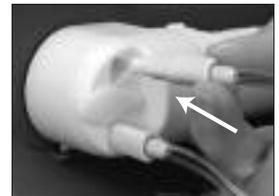
- 10 Screw containers onto connectors/breastshields.



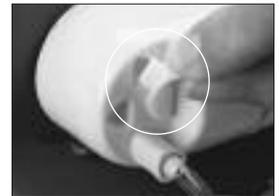
- 11 Insert clear ends of tubing into openings in connectors/breastshields.



- 12 Insert other ends of tubing into ports on pump connector.



- 13 If single pumping: insert plug into unused port.



- 14 Set vacuum regulator ring to "MIN." Adjust for comfort once pumping begins.



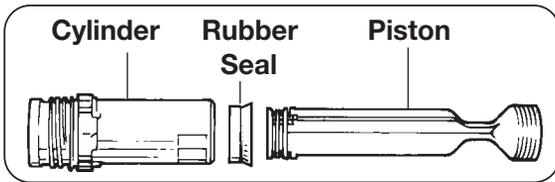
- 15 Center breastshields over your nipples and start pumping.



Important note: If you experience discomfort, contact your lactation professional as you may need a different size breastshield or other device. To locate Medela products or a breastfeeding specialist in your area, call 1-800-TELL-YOU or visit www.medela.com.

Care of Piston/Cylinder Assembly:

The inside of the cylinder must be smooth and free of buildup to ensure long-lasting performance of the rubber seal. Clean the cylinder, rubber seal, and vacuum regulator ring every few pumpings with lukewarm soapy water or a vinegar and water solution to keep these parts working efficiently. In addition, rotate the piston in the cylinder every few pumpings to ensure even wear. Only sterilize/sanitize these parts when the presence of milk is evident. Be sure the rubber seal is completely dry before using.



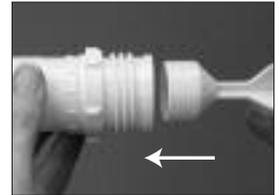
Manual Breastpumping

1 Follow cleaning instructions on pages 2-3.

2 Slip rubber seal onto piston until it snaps into place—the larger side faces the handle. To ensure proper seal, hold rubber seal firmly and twist piston.



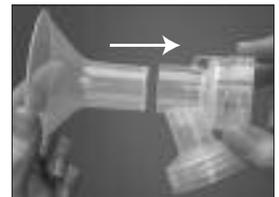
3 Slide vacuum regulator ring onto cylinder, if not already done. Push handle end of piston into cylinder.



4 Screw cylinder into back of connector/breastshield.



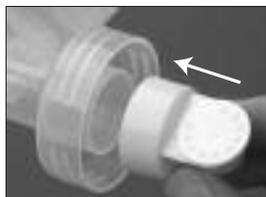
5 If 2-piece breastshield assembly: Make sure breastshield and connector are securely attached.



- 6 Snap membrane onto valve until membrane lies completely flat



- 7 Push assembled valve & membrane onto breastshield assembly.



- 8 Screw container onto connector/breastshield.



- 9 Center breastshield over your nipple and start pumping.



Important note: If you experience discomfort, contact your lactation professional as you may need a different size breastshield or other device. To locate Medela products or a breastfeeding specialist in your area, call 1-800-TELLYOU or visit www.medela.com.

Storing Breastmilk

Check with your hospital for specific storage instructions.

When freezing, do not fill containers more than 3/4 full to allow space for expansion. Label containers with the date of pumping.

Breastmilk Storage (For Healthy Term Babies)					
	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Refrigerator Freezer Unit	Deep Freezer
Freshly expressed breastmilk	4 hours at 66-72°F (19-22°C) ¹	24 hours at 59°F (15°C) ¹	5 - 7 days at 32-39°F (0°-4°C) ²	3-4 months ³	6-12 months at 0°F (-19°C) ³
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours ⁴	Never refreeze thawed milk	Never refreeze thawed milk

¹ Hamosh M, Ellis L, Pollock D, Henderson T, and Hamosh P; Pediatrics, Vol. 97, No. 4, April 1996. pp 492-497. (4 hours at 77° F/25° C).

² Sosa, Roberto; Barnes, Lewis; AJDC, Vol. 141, Jan. 1987.

³ Lawrence R, and Lawrence R: Breastfeeding: A Guide For the Medical Profession, 1999, p.894.

⁴ Arnold L; Recommendations for Collection, Storage and Handling of a Mother's Milk for Her Own Infant in the Hospital Setting, 3rd Edition. The Human Milk Banking Association of North America, Inc. 1999, p. 18.

Important Note: If the temperature in the room, car or outdoors exceeds 77° F / 25° C, chill milk immediately to preserve freshness.

Defrosting

- Thaw milk overnight in the refrigerator, or hold the bottle under warm running water to quickly thaw. You can also place the sealed container in a bowl of warm water for 20 minutes to bring it to body temperature.
- Thawed milk is safe in the refrigerator for 24 hours. **Do not refreeze.**

Caution:

- Do not thaw frozen breastmilk in a microwave or in a pan of boiling water.
- Never microwave breastmilk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. Microwaving can also change the composition of breastmilk.
- If adding expressed breastmilk to container of already frozen breastmilk, make sure to add a lesser amount than the already frozen amount.

Troubleshooting

If There Is Low or No Suction

- Make sure all connections of kit and breastpump are secure.
- Make sure membrane is lying flat against valve head. Refer to the assembly instructions.
- Make sure the clear ends of the tubing fit securely into breastshield assemblies and the other ends into the ports on the pump connector or membrane caps.
- In the US, call Medela at 800-435-8316 or 815-363-1166. In Canada, call Medela at 800-435-8316 or 905-608-7272. In other countries, contact your local distributor or the location where you purchased your pump. Visit us on the internet at www.medela.com.