

## Using and Cleaning the Symphony® Breast Pump

You will have a hospital breast pump to use in your baby's room. If you want to use one of our lactation rooms, we will show you where they are. We will give you a pump kit and storage containers for your milk. You will also get labels to write the date and time that you pumped.

Read all the instructions that go with the Symphony® Breast Pump. Read both the original ones and the simple ones listed here. The names given to the parts may differ between these simplified instructions and the original ones.

### Using the Symphony® Breast Pump



Push the small end of the breast shield into the small (not threaded) end of the connector.



Snap the white membrane onto the yellow valve until the membrane lies flat against the valve.



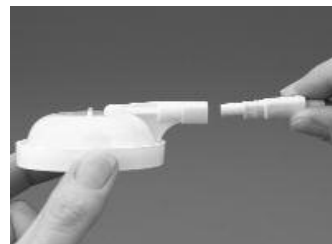
Push the valve with attached membrane onto the breast shield connector.



Screw the bottle onto the breast shield connector.



Push the end of the tubing (with the smaller hard yellow connector) into the opening in the back of the breast shield connector.



Push the end of the tubing (with the longer, triangle-shaped connector) into the small opening in the cap.



To unlock the case, press the oval release button on top of the Symphony® pump. While you press the button, lift the handle to open the case.



Push the cap onto the pumping button. When it is in the right place, the cap should snap on with the tubing connector lying inside the groove on top of the pump housing.



Power the pump by connecting one end of the power cord to a wall outlet and the other end to the back of the pump. If a battery is included, you may charge the battery and use it.

## **Cleaning Your Breast Pump**

It is important that you clean the pump. The parts of the pump that touch your milk must be cleaned after each use. This prevents germs from getting into the milk. Wash your hands with warm water and soap before you touch your clean pump pieces.

## **Which pump pieces should I clean?**

Clean everything that touches the milk.

## **How to Wash the Pump Pieces**

Use hot soapy water that has not been used to wash any other dishes. Follow these steps:

- Rinse each piece in cold water.
- Use hot water, dish soap, and a bottle brush to clean your pump parts.
- Be sure to clean the parts that are hard to reach. These parts include the bottom and sides of the collection bottle (if you are not pumping right into a storage container). The narrow “tunnel” part of the breast shield. The small grooves in the piece that connects to the breast shield, and the spot that holds the tiny white plastic membrane.
- Use warm water to rinse the soap off all the parts.
- Place them on a clean paper towel and let them air dry.

## **How to Sanitize the Pump Pieces**

We will give you a special bag to use in the microwave. Use it in the hospital or at home. The tubing does not need to be cleaned unless milk has gotten into it. If this is the case, the sanitizing directions change a little. Each bag can be used 20 times. Tell your nurse when you need a new bag.

### **Sanitizing Steps**

- Wash your pump pieces.
- Put all the clean pump parts (except the tubing) into the bag.
- Add 2 ounces of water and tightly close the bag.
- Follow the instructions on the Quick Clean™ Micro-Steam™ bag and put it in the microwave.
- When the microwave stops, the Quick Clean™ Micro-Steam™ bag will be hot. Hot steam may come out of a small hole in the side. Use a towel or an oven mitt to take it out. Don't spill hot water on your skin.
- Remove the pump parts and put them on paper towels to air dry.
- Only wash tubing if milk is present or tubing is soiled. You do not need to clean tubing if there is moisture from the air or an earlier washing.

### **Steps to Wash Tubing**

- Wash tubing with warm soapy water.
- Rinse tubing with clear water.
- Hang to air dry.
- Shake drops of water from the tubing and let the pump run with the tubing attached until dry.

We do not suggest micro-steaming the tubing.

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