

Lansinoh.

LANSINOH® MANUAL BREAST PUMP INSTRUCTIONS FOR USE

Congratulations on your decision to give your baby the best possible start in life by breastfeeding. The multitude of health benefits for both you and your baby are well documented. Although breastmilk is always best, providing breastmilk for your baby when you have to be away isn't always easy. It requires a special effort, and you should be very proud of your commitment to provide your baby the perfect nutrition for optimal growth and development. Our manual breast pump was designed to be quick and easy for mothers who have to pump occasionally and who appreciate the convenience of a manual pump.

Instructions for Use:

Please take time to read through this manual before you use your Lansinoh® Manual Breast Pump for the first time.

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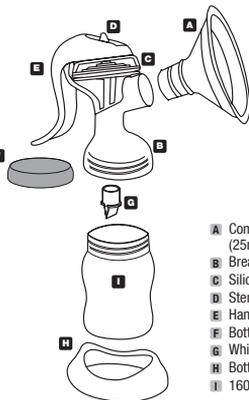
Introducing the Lansinoh® Manual Breast Pump

The Lansinoh® Manual Breast Pump has been designed specifically with the needs of breastfeeding mothers in mind. This breast pump has two separate phases: Let-Down Phase and Expression Phase. You can easily switch between the two phases by adjusting the position of the handle on the stem. The Comfort-Fit™ breast cushion creates a seal providing reliable suction resulting in comfortable and fast milk flow. The wide neck bottle is interchangeable with the entire Lansinoh® pump range. The pump is easy to assemble, easy to use and easy to clean.

Breastfeeding is best. Exclusive breastfeeding is recognised as the best choice for your baby and provides all the nutrients your baby requires for the first 6 months of life. Breastfeeding helps to develop a strong bond between mother and baby and provides numerous long-term benefits for both.

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Lansinoh® Manual Breast Pump Parts



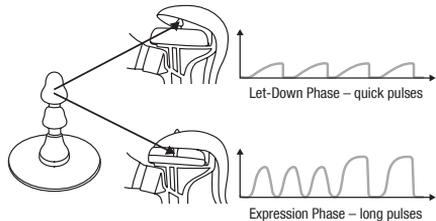
- A Comfort-Fit™ Breast Cushion (25mm)
- B Breast Cushion Body
- C Silicone Diaphragm
- D Stem
- E Handle
- F Bottle Sealing Cap
- G White Valve x 2
- H Bottle Stand
- I 160mL Bottle

2 Phase Technology

This breast pump has two separate phases, Let-Down Phase and Expression Phase. You can easily switch between the two phases by adjusting the position of the handle on the stem.

Let-Down Phase:

This phase gently stimulates the breast. It is designed to mimic the way a baby feeds at the beginning of a feed. It is one of the features that encourages milk let-down and encourages your milk to begin to flow. You can create gentle suction pressure by setting the handle in the first (top) notch in the stem and using quick pulses with the handle.



Expression Phase:

This phase allows you to express breastmilk from the breast. Switch to this phase by setting the handle in the second (bottom) notch in the stem. To get the strongest suction fully depress the handle. For less suction strength depress the handle less.

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How to Clean and Sterilise Your Lansinoh® Manual Breast Pump

Sterilising Before First Use

Always wash and dry hands thoroughly with soap and water before handling the breast pump parts

Disassemble the breast pump and place parts into a large pan.

Cover the parts in water making sure there is room for all of the parts to float freely in the pan.

Bring the water to the boil and boil for 5 minutes to sterilise.

Safely remove all parts from water immediately after boiling and completely air dry all parts on a clean surface before assembly and use.

Before Each Pumping Session

Always wash and dry hands thoroughly with soap and water before handling the breast pump.

Ensure that all of the parts are completely dry.

Visually inspect the individual components for cracks, chips, tears, discoloration or deterioration. These may affect the functionality of the pump.

Cleaning After Each Pumping Session

Disassemble all parts and rinse with cold water immediately after use. Place parts in a clean wash basin used only for breastmilk equipment cleaning and hand wash all parts using warm soapy water. Use caution when cleaning the small white valve. It is important for proper suction.

Rinse parts with running clean, warm water, or by submerging in fresh water in a separate basin that is only used for cleaning breastmilk equipment.

Place parts in a pan and cover with water making sure there is room for all of the parts to float freely in the pan.

Bring the water to a boil and boil for 5 minutes.

Safely remove all parts from water immediately after boiling and completely air dry all parts on a clean surface before assembly and use.

Once parts are dry they can be stored in a clean plastic tub with a lid or in a clean plastic zip lock bag.

Parts can be cleaned in a steam or microwave steriliser, or with sterilising chemicals.

Be sure to follow the manufacturer's instructions.

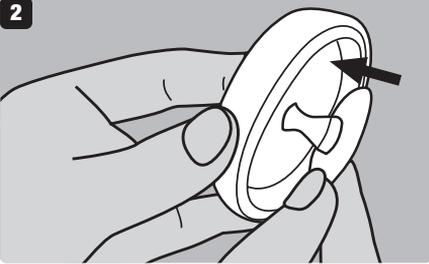
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How to Assemble Your Lansinoh® Manual Breast Pump

Note: Prior to assembling your Lansinoh® Manual Breast Pump, ensure that all parts have been cleaned and sterilised as detailed in section 3 of this manual.

1 Wash your hands thoroughly.

2



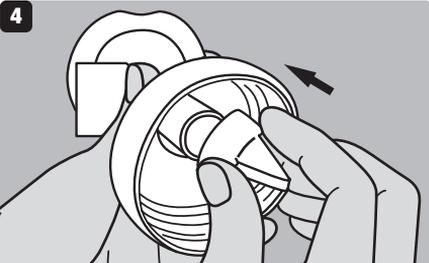
Insert the stem into the silicone diaphragm.

3



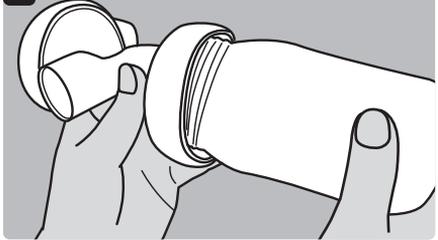
Place the silicone diaphragm and stem on top of the breast cushion body. Make sure it fits securely around the rim by pressing down with your fingers to ensure a perfect seal.*

4



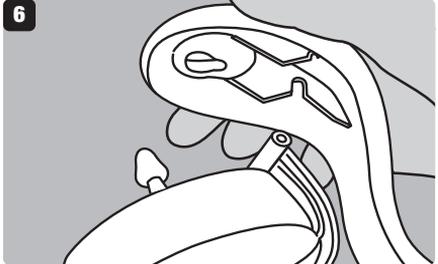
Gently secure the white valve onto the pump from underneath, making sure the white valve is flush with the breast cushion body. It is not necessary to use excess force when applying the white valve. If you find that the white valve is difficult to remove, you have pushed it too far onto the breast cushion body.

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Screw the bottle onto the breast cushion body.

6



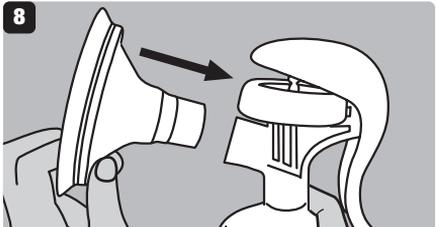
Align the groove in the handle with the stem and gently press the handle down. Push until you hear it click.**

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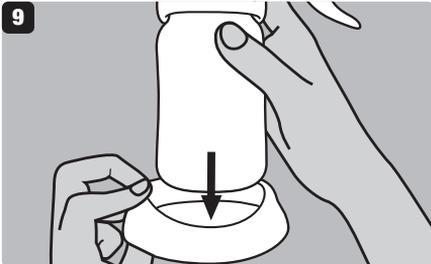


Adjust the stem and handle so that the handle fits the first notch of the stem, known as the Let-Down Phase.**

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Attach the Comfort-Fit™ breast cushion to the breast cushion body.



To make the pump completely stable, insert the bottle into the bottle stand.



When fully assembled, this is what your pump should look like.

*These parts are designed to fit snugly. For easier assembly, just dampen the rim of the silicone diaphragm with water.

**This breast pump has two separate phases, Let-Down Phase and Expression Phase. You can easily switch between the two phases by adjusting the position of the handle on the stem.

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Tips About Pumping

Breastmilk is produced on a supply and demand basis. Expressing your breastmilk regularly will stimulate your body and help you maintain your milk supply. If you have any breastfeeding or breast pump related questions, consult an International Board Certified Lactation Consultant, breastfeeding counsellor, or other healthcare provider such as your midwife.

Top Tips for Pumping Sessions

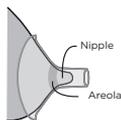
- Before a pumping session, make yourself comfortable and ensure the breast pump is close to you.
- Sit in an upright position, making sure your shoulders and arms are well supported.
- The most important part of successful pumping is the ability to trigger the let-down reflex. This is when your milk begins to flow freely. Warm compresses applied to the breasts and gentle, circular massaging of the breasts prior to and/or during a pumping session can help encourage this natural reflex. Heated Lansinoh® TheraPearl® 3-in-1 Breast Therapy Packs fulfil this function well.
- If you and baby are apart, look at their pictures or videos, or have something with your baby's scent on it. These cues will help to trigger let-down.

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How to Use Your Lansinoh® Manual Breast Pump

If possible, wait to begin pumping until your breastmilk supply and breastfeeding schedule are well established. This is normally at least 3-4 weeks after birth, unless advised otherwise by your health professional.

1. Wash your hands thoroughly and make sure your breasts are clean.
2. Make sure you have sterilised and carefully assembled your pump exactly as described in the sections "How to Clean and Sterilise Your Lansinoh® Manual Breast Pump" and "How to Assemble Your Lansinoh® Manual Breast Pump."
3. Place the Comfort-Fit™ breast cushion over the breast, making sure the nipple is centred in the tunnel. Press it firmly against your breast making sure the seal is secure so that no air can escape. You can create a good seal by using your other hand to support your breast from underneath.*



Breast Cushion Sizing

When you are pumping only your nipple and a small amount of your areola should be pulled into the breast cushion tunnel. If a large amount of areola is being pulled into the tunnel, this indicates that the breast cushion is too large. When you are pumping your nipple should move in and out of the tunnel

- freely. If you notice that your nipple is touching or rubbing along the sides of the tunnel, this indicates that the breast cushion is too small. The breast cushion you received with the pump is 25mm. A 30.5mm Comfort-Fit™ breast cushion is available for purchase. Simply visit www.lansinoh.com.au, or call 1800 653 373.
4. As you gently push down on the pump handle you will feel the suction on your breast. You do not need to depress the handle fully to create a vacuum: only as much as is comfortable.
 5. You can create gentle suction pressure in preparation for expressing by setting the handle in the first (top) notch of the stem. Confirm that your nipple is moving and squeeze and release the handle until you find your preferred pace.
 6. To start with the Let-Down Phase, set the stem in the top (first) notch of the handle and squeeze the handle. Your breastmilk will soon start flowing even though you may not use all the suction the pump can generate.
 7. Once breastmilk is flowing (1 – 2 minutes) change to the Expression Phase. To switch to Expression Phase, gently press the "PUSH" part at the tip of the handle to set the handle to the second (bottom) notch of the stem. Continue to squeeze and release the handle to find the appropriate suction pressure.

If the suction pressure feels weak when expressing your breastmilk, squeeze the handle all the way. The suction pressure changes based on how hard you squeeze the handle. Expressing in comfort is more important than setting a strong suction pressure. Please express milk at a suction pressure that feels appropriate for you.

To return to the Let-Down Phase from the Expression Phase, (1) Pull the tip of the stem towards you, (2) gently squeeze the handle, and set it in the first (top) notch.

Warning: Do not continue pumping for more than five minutes at a time if no result is achieved. Try expressing at another time during the day.

Please remember: Should pumping become very painful or uncomfortable, you should stop using the pump and consult with your healthcare professional.

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Troubleshooting for the Lansinoh® Manual Breast Pump

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Breastmilk Storage and Thawing Guidelines for Healthy Term Babies

Check with your healthcare professional for specific storage instructions. When freezing breastmilk, store in the freezer section. Do not store breastmilk in the freezer door as the temperature can fluctuate when the door is opened and closed. Before storing, date all breastmilk and use the oldest breastmilk first.

Try our Lansinoh® Breastmilk Storage Bags:

- Ideal for storing & freezing breastmilk
- Leak proof with secure double seals
- Pre-sterilised

Length of time breastmilk can be stored			
Breastmilk	Room temperature (26°C or lower)	Refrigerator	Freezer
Freshly expressed	6–8 Hours	Up to 3 days	<p>2 weeks in freezer section inside fridge (-15°C)</p> <p>3 months in freezer section of fridge with separate door (-18°C)</p> <p>6–12 months in deep freeze (-20°C)</p>
Previously frozen (thawed)	4 hours or less – that is the next feeding	24 hours	Do not refreeze
Thawed outside refrigerator in warm water	For completion of feeding	4 hours or until next feeding	Do not refreeze

- **DO NOT refreeze thawed breastmilk.**
- **DO NOT store breastmilk in freezer door.**
- **DO NOT heat breastmilk using boiling water or a microwave.**
- **Date breastmilk and use the oldest first.**
- **Transport breastmilk in an insulated container (i.e. a cooler box with a freezer brick) and place in fridge on arrival.**

Thawing

To preserve the quality of your breastmilk defrost as gently as possible – either in the fridge or at room temperature. Do not use boiling water or a microwave. If needed you can defrost breastmilk under running cold or lukewarm water or in a bottle heater (max 37°C). Unopened, the bag containing breastmilk can be kept in the fridge for 24 hours if defrosted in the fridge, or for 4 hours (or until next feed) if defrosted outside the fridge. After warming, any remaining milk must be discarded. If the milk settles into different layers, you can mix it by carefully shaking the bag.

Lack of Suction / Decreased Suction / No Breastmilk Expressed

If it feels like the suction has decreased, try the following:

1. Make sure that all pump parts have been properly dried and properly assembled.
2. Inspect the white valve for a tear or pinhole. This component is critical to achieving proper suction. If necessary, replace the white valve with the spare valve provided with the pump.
3. Ensure that the silicone diaphragm and stem is fitted securely to the breast cushion body and a perfect seal is created.
4. Ensure that the Comfort-Fit™ Breast Cushion is fitted securely to the breast cushion body and a perfect seal is created.
5. If your nipple is unable to be centred within the tunnel of the breast cushion without rubbing, you may need a larger size Comfort-Fit™ Breast Cushion. Refer to Breast Cushion Sizing information.

Pain When Pumping

If you are experiencing pain when expressing breastmilk, try the following:

1. You may be pumping too hard. It may not be necessary to use all of the suction that the pump can generate. Try depressing the handle half way using a 2-3 second pumping rhythm.
2. You may need a different size breast cushion. Simply call 1800 653 737 or email via www.lansinoh.com.au. For further advice consult your healthcare professional.

Precautions: When not in use, store in a dry and covered place. Always use this product with adult supervision. Do not clean, store or allow to come into contact with solvents or harsh chemicals. Damage could result. Do not leave the product in direct sunlight or heat, or leave in disinfectant ("sterilising solution") for longer than recommended.

WARNING: Packaging materials are not part of the product. For your child's safety, please remove and discard all packaging materials prior to use but read and retain the instructions for future reference.

Breast Pumps are for personal use. Use by more than one person may create a health hazard.

Distributed by:

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