

Lansinoh®

Compact Single Electric Breast Pump

Instructions for Use



Important Safeguards

The Lansinoh® Compact Single Electric Breast Pump is a personal care item and for hygienic reasons should never be shared between mothers or resold from one mother to another. Either of these actions will void the warranty. If you are a mother who is infected with Hepatitis B, Hepatitis C or Human Immunodeficiency Virus (HIV), pumping breastmilk using the Lansinoh® Compact Single Electric Breast Pump will not reduce or remove the risk of transmitting the virus to your baby through your breastmilk. When using electrical products, especially when children are present, basic safety precautions should always be maintained, including the following:

Read All Instructions Before Using

Danger: To reduce the risk of electrocution:

- Always unplug this product immediately after using.
- Do not use while bathing.
- Do not place or store this product where it can fall or be pulled into a tub or sink.
- Do not spray, wash, place or drop the Pump Motor or AC adapter into water or other liquid.
- Do not reach for an electrical product that has fallen into water. Unplug immediately.

- **This appliance is not for use by children.**
- **This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.**
- **Only use the power adapter supplied with the product.**
- **Before each use, check the breast pump, including the power adapter for signs of damage.**
- **The power cord is irreplaceable. Discard it if it is damaged, including the AC adapter.**
- **There are no user serviceable parts inside the pump. Do not attempt to open, service, or repair the breast pump yourself.**
- **Before you connect the breast pump to the power, make sure that the voltage of the product corresponds to the local power voltage.**

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

- This product should never be left unattended when plugged in.
- Close supervision is necessary when this product is used near children.
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- Keep the product away from heated surfaces.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening or tubing.
- Do not use this product if it is broken or any parts are missing.
- Children should be supervised to ensure that they do not play with the appliance. Place the appliance out of reach from children and pets.
- Do not use outdoors with the AC adapter or operate where aerosol spray products are being used or where oxygen is being administered.

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.

Save these instructions and your receipt for future reference.

Lansinoh's Customer Service team is here to help. If you experience any issues with the product, please call our Customer Service Department at **1800 653 373** or email via www.lansinoh.com.au.

Breast Pumps are for personal use. Use by more than one person may create a health hazard. For hygiene reasons, they cannot be returned once the packaging has been opened only because you changed your mind. However your statutory rights are not affected. Please read these instructions before use.

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1. QUICK START GUIDE

Before first use, follow the Sterilising & Cleaning Instructions on page 3, section 2.2.

DO NOT wash tubing, connector, AC adapter or motor unit.

Assembly

Proper assembly is essential to ensure proper function and suction.



Insert purple diaphragm so that feet align with the cutouts on the breast cushion body



Attach clear cover and twist so tubing connector is at the back



Attach breast cushion



Insert valve



Attach bottle



Attach tubing



Secure connector



Attach to electric pump unit

Only use the Lansinoh® Compact Single Electric Breast Pump Motor Unit with Lansinoh® Breastmilk Expression Set.

Getting Started

Hold the Breastmilk Expression Set to your breast so your nipple will extend straight toward the nipple tunnel of the breast cushion. Make sure the breast completely fills the breast cushion so that a vacuum is formed and no air escapes. Make sure the set is tilted slightly downward to allow milk to flow into the bottle.

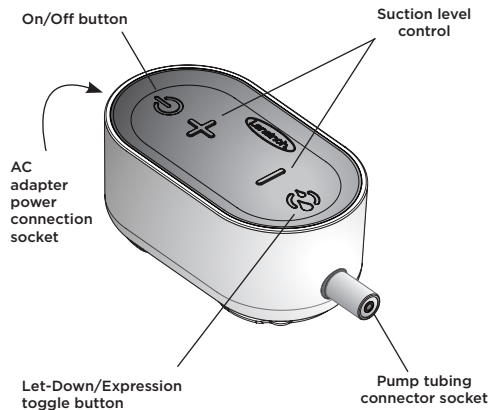
Using Let-Down and Expression Phases

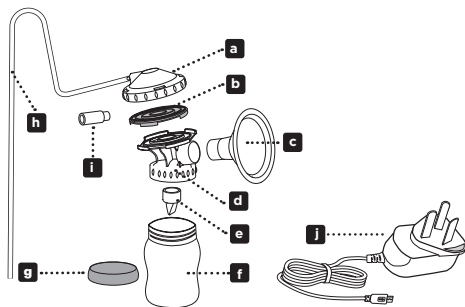
- Press the On/Off button (⏻) to start the pump in Let-Down Phase. Let-Down Phase will run automatically for 2 minutes.
- To begin the Expression Phase sooner, press the Let-Down/Expression toggle button (↻) to move to the Expression Phase. Press (⏻) again at any point to switch back to Let-Down Phase.
- Let-Down Phase is a faster pumping style that mimics the short, rapid sucking your baby uses to initiate milk flow.
- Expression Phase mimics the slower, deeper sucking of feeding and features 5 adjustable suction levels that can be tailored for your comfort.
- The breast pump features LED lights beneath the purple keypad to indicate which setting you are on.

2. PUMP

2.1 Breast Pump Parts and Accessories

Breast pump motor unit





Breastmilk Expression Set	
a	Diaphragm Cap
b	Diaphragm
c	Comfort-Fit™ Breast Cushion (25mm)
d	Breast Cushion Body
e	White Valve x 2
f	160mL Bottle
g	Bottle Cap
Breast Pump Parts and Accessories	
h	Silicone Tube (800mm)
i	Pump Connector
j	AC Adapter

2.2 Sterilising & Cleaning Instructions

Unless otherwise instructed by your health care provider, follow these instructions.

DO NOT wash tubing, connector, AC adapter or motor unit.

Sterilising Before First Use

- Always wash and dry hands thoroughly with soap and water before handling the Breastmilk Expression Set.
- Disassemble the Breastmilk Expression Set (diaphragm & cap, breast cushion & body, white valve, bottle & cap) and place parts in a large pan. **DO NOT** place the silicone tube, pump connector, AC adapter or motor unit into the 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 the water immediately after boiling and neatly place on a clean surface.

- Allow the parts to completely air dry before assembly and use. Partially dried parts may affect the operation of the pump.
- Once parts are dry they can be stored in a clean plastic tub with a lid or in a clean plastic zip lock bag.

Before Each Pumping Session

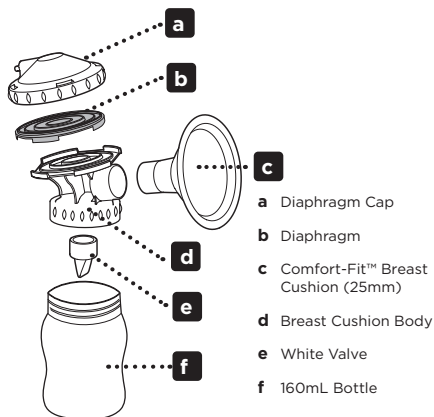
- Always wash and dry hands thoroughly with soap and water before handling the Breastmilk Expression Set.
- Ensure that all of the parts are completely dry.
- Visually inspect the individual components for cracks, chips, tears, discoloration or deterioration. These may affect the functionality of the pump.
- Should you have any questions or concerns about your parts please call **1800 653 373** or email via **www.lansinoh.com.au**.

Cleaning After Each Pumping Session

- Disassemble and clean the Breastmilk Expression Set. Do not clean silicone tube, pump connector, AC adapter or motor unit.
- Rinse the Breastmilk Expression Set parts with cold water immediately after use. Place parts in a clean wash basin used only for washing breastmilk equipment. Do not place parts directly in the sink because germs in sinks or drains could contaminate the pump.
- Hand wash all parts of the Breastmilk Expression Set 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 allow to boil for 5 minutes.
- Safely remove all parts from water immediately after boiling and neatly place them on a clean surface and allow them to air dry. Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.
- Allow the parts to dry completely before assembly and use. Partially dried parts may affect the operation of the pump.
- Once parts are dry they can be stored in a clean plastic tub with a lid or in a clean plastic zip lock bag.
- Clean your wash basin and bottle after each use.
- The pump motor unit should be wiped down with a clean cloth after use and should never be put into water or other liquids for cleaning.

Parts can be cleaned in a steam or microwave steriliser, or with sterilising chemicals. Be sure to follow the manufacturer's instructions.

2.3 Assembling The Breastmilk Expression Set




2.4 Using the Breast Pump

The Lansinoh® Compact Single Electric Breast Pump is very easy to use, offering several settings that you can customise to maximise your milk production and comfort.

Let-Down and Expression Phases








When babies breastfeed, they start with quick sucking to stimulate your milk let-down and flow. Once your milk has let-down, the baby draws the milk out with slower, deeper sucks. To simulate this natural rhythm, the Lansinoh® Compact Single Electric Breast Pump offers 2 phases – the Let-Down Phase and the Expression Phase.

- Let-Down Phase is a faster pumping style which mimics the short, rapid sucking your baby uses to help stimulate milk flow
- Expression Phase mimics the slower, deeper sucking of feeding to maximise milk flow. It features 5 adjustable suction levels that can be tailored for your comfort.

The switch between the 2 phases can be easily operated using the Let-Down/Expression toggle button . Let-Down Phase is identified on the keypad with slowly dimming LED lights. Expression Phase is identified on the keypad with still LED lights.

Operating the Breast Pump

- Ensure that the breast pump has been properly cleaned and sterilised. Wash your hands thoroughly before touching the breast pump and make sure your breasts are clean.

- Ensure the breast pump motor unit and the Breastmilk Expression Set have been correctly assembled and the silicone tube is securely attached to the pump motor unit via the tubing connector and to the diaphragm cap.
- Hold the Breastmilk Expression Set to your breast with the centre of your nipple extending towards the tunnel of the Comfort-Fit™ breast cushion.
- Make sure the breast completely fills the Comfort-Fit™ breast cushion so that a vacuum is formed and no air escapes.
- The Breastmilk Expression Set and nipple tunnel must tilt slightly downward to allow milk to flow naturally toward the bottle.
- Press and hold the On/Off button  for a few seconds to turn the pump on.
- The breast pump will always start in Let-Down Phase Level 3 and will automatically switch to Expression Phase after 2 minutes. If your milk starts flowing before the 2 minute transition, you can switch to Expression Phase at any point by pressing the  button. You can always return to the Let-Down Phase when needed by pressing the  button again.
- You can increase the suction level by pressing the  button. You can decrease the suction level by pressing the  button. A maximum of 5 LED lights will illuminate depending on the selected suction level.
- **Note: If at any time the suction becomes uncomfortable, reduce it by pressing the  button.**
- When a pumping session is finished, turn the pump off with the On/Off Button .

Ensure there is no suction on the nipple before removing the Comfort-Fit™ breast cushion from the breast. If necessary, break the suction by inserting a finger between the breast cushion and the breast. Once the suction is broken, the Comfort-Fit™ breast cushion can be removed safely.

- Carefully remove the bottle from the breast cushion body and close the bottle with the sealing cap provided. Please follow the breastmilk storage guidelines as outlined in Section 3.
- **Note: If the pump unit is left on and unattended for more than 60 minutes, it will automatically power off.**

Power Options

The pump may be operated using the following power supply modes:

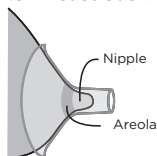
- AC adapter
Connect the adapter to the power connector socket, which is located on the same side of the pump as the On/Off button. Plug the AC adapter into an available electrical outlet. Electrical safety can only be achieved when the breast pump is connected to the AC adapter supplied with the product (See "Technical Data" section).

- Power bank (**not included**)
Connect the power bank USB cable to the power connector socket (USB 2 Mini type), which is located on the same side of the pump as the On/Off button. Electrical safety can only be achieved when the breast pump is connected to the power bank specified power supply. (See “Technical Data” section)

We recommend using your pump with the AC adapter provided.

Do not use your breast pump with a powerbank when it is being charged.

2.5 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**.

2.6 Pumping Tips

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® Thera®Pearl® 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.

- If baby is with you, skin-to-skin contact and scent will help to trigger let-down. You may pump one breast while nursing baby on the other. This allows you to maximize pumping effectiveness by using the let-down reflex stimulated by your baby's sucking.
- Give yourself sufficient time to pump. Stress can negatively impact milk production.
- Stay hydrated; having a glass of water before and during each session is important for milk production.
- Many mums find that they have a high milk supply in the morning after sleeping, so you may find it helpful to try a morning pumping session.
- Some mums can achieve more than one Let-Down during a pumping session. You may be able to achieve a second by returning to the Let-Down Phase by pressing the Let-Down/Expression toggle button.
- Track the date, time, and duration of your feeding and pumping sessions as well as the amount of milk expressed from each breast. Keeping these records can help you identify trends or patterns so you can establish your optimal feeding and pumping routine. If you're having any difficulties, it can be helpful to share this information with your healthcare professional.
- You can save time and prevent messy milk transfers or spills by pumping directly into Lansinoh® Breastmilk Storage Bags. Just ensure that your Lansinoh® Breastmilk Storage Bag has white and purple flowers and a white line above the logo. If your bag does not have this design, it is not compatible with pumping directly into the bag. NOTE: Pumping directly into bags requires two hands to safely remove milk storage bags. Visit www.lansinoh.com.au to learn more.

2.7 Troubleshooting

Issue	Solution
The pump does not turn on	<p>If you experience an interruption in the normal operation of the electrical and/or mechanical functioning of the pump, simply do the following:</p> <ul style="list-style-type: none"> ● Check to confirm the AC adapter or power bank is securely connected to the pump. ● If you are using the AC adapter, unplug it from the electrical outlet, wait a few seconds, and then plug it back into the electrical outlet. ● If you are using a power bank, unplug it from the pump, wait a few seconds, and then plug it back in. <p>If you encounter further problems, please call 1800 653 373 or email via www.lansinoh.com.au.</p>

I experience pain when I express	If you feel any discomfort, you may need a different size breast cushion. Simply call 1800 653 373 or email via www.lansinoh.com.au .
I do not feel any suction or the suction is very low	<p>If it feels like the suction has decreased, try the following:</p> <ul style="list-style-type: none"> While pump is on, remove the tubing from the diaphragm cap and place a finger over the tubing connector. If you feel suction, the pump is operating properly, but the Breastmilk Expression Set may not be correctly assembled or the white valve may be damaged. If you don't feel any suction, try unplugging the pump, wait a few seconds, and plug it back into the electrical outlet. Make sure the Breastmilk Expression Set has been properly assembled. Check the assembly information in Section 2.3, page 4. Confirm that all connections (especially the tubing) are secure. Make sure the breast cushion forms a complete seal around the breast. Inspect the white valve for a tear or pinhole. This component is critical to achieving proper suction. Replace the white valve with the spare one provided with the product.
I accidentally washed the tubing	If you notice any condensation or anything that may be mould, discard the tubing and contact our customer service team by calling 1800 653 373 to purchase a replacement.

3. BREASTMILK STORAGE GUIDELINES

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 Breastmilk

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.

4. TECHNICAL DATA

4.1 Power Supply

AC adapter operation: 100V/240V wall plug type AC adapter, galvanically isolated with 5V DC output voltage.

Pump power dissipation: 10 watts maximum

Voltage regulation: Linear voltage regulator with low dropout voltage and short circuit protection.

Power bank operation: 5V/2A power bank can be used.

4.2 Control System

Control unit: Microcontroller with integral program memory

Program memory: 8K flash ROM, 1K RAM memory

There are 2 phases: Let-Down and Expression selectable from keypad. Adjustable suction level: 5 suction levels are selectable and controlled from keypad.

Suction vacuum level: Minimum 50 mmHg, maximum 250 mmHg

5. CUSTOMER CARE

Lansinoh is here to support you in your breastfeeding journey, so if you have any questions, please visit www.lansinoh.com.au, or call **1800 653 373**.

6. WARRANTY

Limited Consumer Product Warranty

1. This warranty is given by Lansinoh Laboratories, Inc., a Delaware corporation, with its principal place of business located at 99 Canal Center Plaza, Suite 550, Alexandria, VA 22314 USA ('Lansinoh', 'our' 'us' or 'we').
2. This warranty is given to the original consumer who purchased this product (referred to as 'you'). Warranty coverage terminates if you sell or otherwise transfer this product to another person. This warranty gives you specific legal rights and you may also have other rights and remedies available, which may vary by location. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement

or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

3. The parts comprising this product are warranted to be free from defects in material and workmanship which are not commercially acceptable:
 - (a) for the period of two years from the date of purchase on the Breast Pump Motor Unit; and
 - (b) for the period of 90 days from the date of purchase on all other product components.
4. **NOTE:** This warranty does not apply to any product that has been subjected to misuse, abuse, or alteration. Only Lansinoh replacement parts and accessories are recommended for use with Lansinoh breastfeeding products. Improper or incorrectly performed maintenance or repair or use of non-Lansinoh replacement parts or accessories may invalidate this warranty.
5. If a defect appears in the product within the applicable warranty period specified above, to make a claim under this warranty you must (before the applicable warranty period specified above expires):
 - (a) either call the Key Pharmaceuticals Pty Ltd (**Our Distributor**) customer service line on **1800 653 373** (as they may be able to help you over the phone), email or contact Key Pharmaceuticals via www.lansinoh.com.au to report the problem with the product;
 - (b) one of Our Distributor's representatives will then contact you to conduct product troubleshooting with you to determine the source of the problem and whether any replacement parts are required;
 - (c) if having conducted the troubleshooting procedures, Our Distributor's representative is unable to resolve the problem and determines, acting reasonably, that you require a replacement part (or parts), you will be required to provide Our Distributor's representative with the following information via email to otc@keypharm.com.au:

- i. proof of your purchase of the product (a copy of an invoice or receipt will suffice);
 - ii. the lot & serial numbers located on the base of the breast pump motor; and
 - iii. any other information reasonably required by Our Distributor's representative; and
- (d) If the pump motor mechanism is deemed defective by Our Distributor, you will also need to send the defective pump motor mechanism to **Our Distributor at Key Pharmaceuticals, PO Box 1033, North Ryde BC NSW 1670**. A reply-paid shipping label will be sent to the customer for collecting defective parts.
6. Following receipt of all items under clause 5(c) and 5(d)(if applicable), Our Distributor will arrange for the replacement part(s) to be posted to you at no additional cost to you.

NOTE: Failure to comply with any of the steps set out in clause 5 above may invalidate this warranty.

You may contact Lansinoh Laboratories, Inc. by calling +1 800 292 4794 or by emailing us at customerservice@lansinoh.com

7. DISPOSAL

The product should not be disposed with other household wastes.

Waste equipment disposal via collection point for recycling is solely users' responsibility. Recycling will preserve the natural resources and have a positive affect on the environment. For further information about the recycling collection points, please contact your local authority.







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