Electric Breast Pump— *Training and Safety Guidelines*

There are different types of breast pumps. Electric pumps provide variable suction and are used in conjunction with a kit that can also serve as a manual pump.

For your safety

Following these safety guidelines will help reduce potential risks. Refer to the manufacturer website if you would like further information about your equipment.

- To avoid the risk of electrical shock, do not use pump in or near water.
- The pump should not be left unattended while plugged in.
- Keep the cord and all components away from heated surfaces.
- Device is intended for indoor use.
- The kits are personal care items and are not to be shared between mothers without proper sterilization, to prevent the risk of cross contamination.
- Always start each session on the minimum setting and slowly adjust to appropriate suction and comfort.
- If breast milk overflows into the tubing or the cylinder/piston assembly, turn off the pump, disassemble all parts and wash as directed in the cleaning instructions.
- Unused breast milk should be put in the refrigerator. If you do not intend to use expressed milk within a few days, freeze it immediately in the coldest section of your freezer. Do not place it next to self-defrosting sides of a freezer.

Why should I use a breast pump?

Breast pumps can be helpful in allowing a mother to breast feed, in cases where without the pump she would have to stop. Listed below are some of the reasons for using a breast pump:

- To have milk on hand for the occasional separation from baby (once or twice a week).
- Pumping at least twice a day due to mother working.
- Pumping for a preemie baby (This means pumping many times over a 24-hour period to build up and maintain milk supply).
- Temporary interruption in breast feeding due to hospitalization, medication, travel, etc.
- Relieving engorgement, or oversupply of breast milk.
- Weaning Increasing the milk supply.
- Relactation; premature weaning .
- Lactation for an adopted baby.
- Cleft Palate. In most cases, it is possible to nurse a cleft lip or cleft palate baby, but if not, the large electric pump will build up and maintain the supply so that baby can still receive the benefits of breast milk.

How do I setup and operate my breast pump?

- 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.
- Slide vacuum regulator ring onto cylinder, if not already done. Push handle end of piston into cylinder.
- Screw cylinder tightly into pump connector.
- Attach pump connector to pump and rotate until tab is secure.
- Push piston into pumping arm and rotate until snug in clamp.
- If 2-piece breastshield assembly: make sure breastshield and connector are securely attached.
- Snap membranes onto valves until membranes lie completely flat.
- Push assembled valve and membrane onto connector/breastshields.
- Insert clear ends of tubing into opening in connector/breastshields.
- Insert other ends of tubing into ports on pump connector.
- If single pumping: insert plug into unused port.
- Set vacuum regulator ring to "Min." Adjust for comfort once pumping begins.
- Center breastshields over your nipples and start pumping.

How do I clean my breast pump

- Disassemble all parts of the kit that come in contact with the breast or milk and boil for 10 minutes to completely sanitize.
- It is recommended that the kit be disassembled and wash all parts that come into contact with the breast and milk in 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.
- To eliminate condensation in the tubing after you have completed pumping, continue running the pump with the tubing attached for another 1–2 minutes or until dry.

Call Intermountain Homecare if...

- You experience any problems with your breast pump.

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