

# How to use your new Single Pumping Kit with the Medela® Lactina® Breastpump

## HYGIENE

- Wash hands with soap and water.

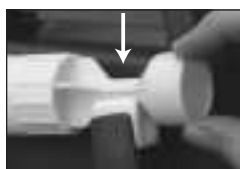
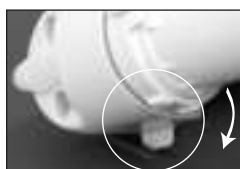
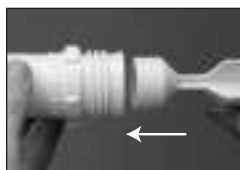
### IMPORTANT:

Kit must be clean before use. See other side.



## PISTON ASSEMBLY

- 1 Slip rubber seal onto piston. The larger side faces the piston handle.
- 2 Push piston into cylinder, small end first.
- 3 Twist cylinder into pump connector.
- 4 Push pump connector into hole on pump.
- 5 Swing cylinder & piston to the right.
- 6 Push end of piston into rubber holder on pump. Push all the way down and twist.



## KIT ASSEMBLY (con't)

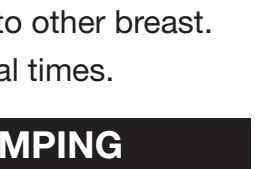
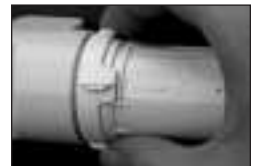
- 5 Push yellow end of tubing into one hole in pump connector.
- 6 Push plug on pump connector into other hole.



**PUMP IS NOW READY TO USE**

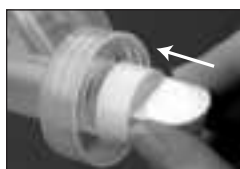
## PUMPING

- 1 Turn pressure regulator to MIN (minimum).
- 2 Center breastshield over nipple.
- 3 Hold breastshield so entire shield is against breast.
- 4 Turn on pump.
- 5 Turn pressure regulator to comfortable level.
- 6 After a few minutes change to other breast.
- 7 Switch back and forth several times.



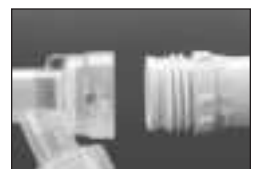
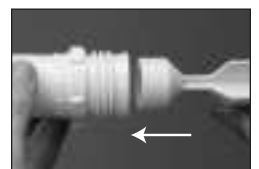
## KIT ASSEMBLY

- 1 Snap membrane onto valve.
- 2 Push valve into bottom of breastshield.
- 3 Screw container onto bottom of breastshield.
- 4 Push hard clear end of tubing into opening in back of breastshield.



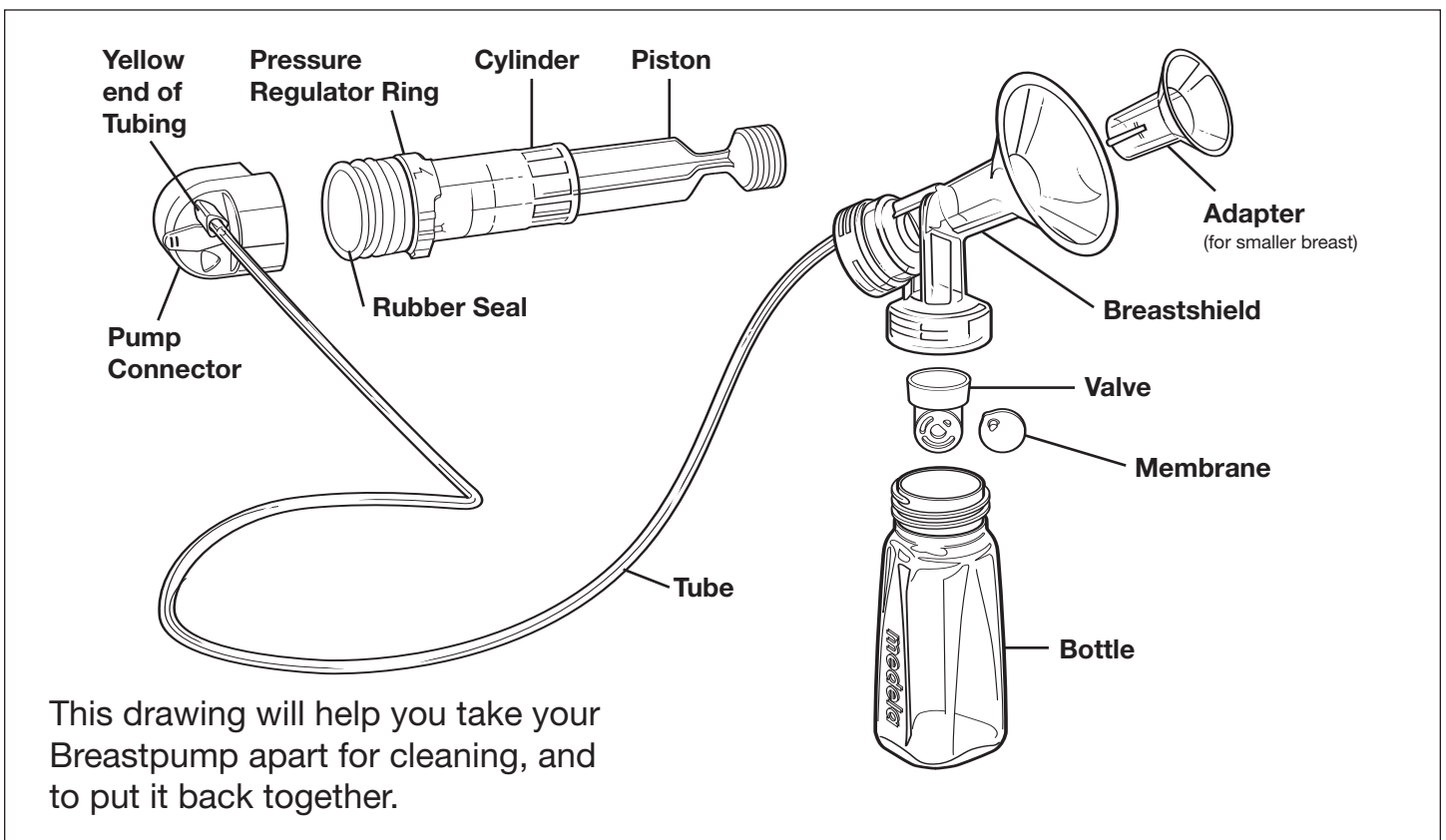
## FOR MANUAL PUMPING

- 1 First follow steps 1-3 of KIT ASSEMBLY.
- 2 Slip rubber seal onto piston. The larger side faces the piston handle.
- 3 Push piston into cylinder, small end first.
- 4 Screw cylinder into back of breastshield.
- 5 Follow all of STEP 4.



***If you have questions call Medela at 1-800-453-8316, or your local WIC office.***

# How to clean and put together your new Medela® Lactina® Single Breastpump Kit



## Clean kit in dishwasher or in boiling water before using the 1st time, and one time each day.

- Pull off tubing.
- Take off bottle.
- Unscrew Cylinder from Pump Connector.
- Push Piston out of Cylinder.
- Wash in dishwasher or boil.

### To Boil:

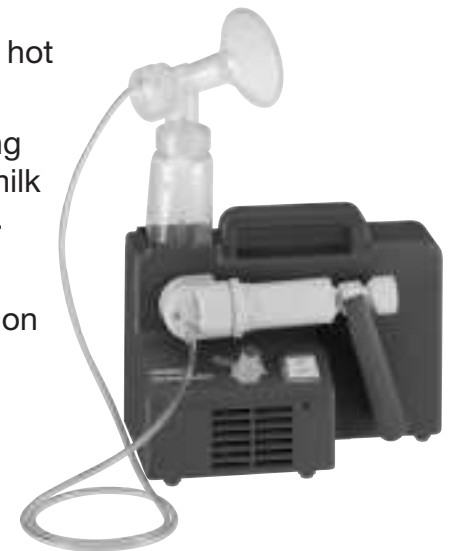
- Place parts in large pot.
- Fill pot with enough water to cover all parts.
- Boil for 20 minutes.
- Drain water.
- Let parts air dry on a clean surface.
- When parts are dry, put kit together using drawing on top of page as a guide.

## Clean after each use in hot soapy water.

- Take pump apart.
- Remove Membrane from Valve.

**IMPORTANT:** Do not lose Membrane or pump won't work.

- Wash parts with hot soapy water.
- Only wash Tubing and Cylinder if milk is in those parts.
- Rinse well.
- Let parts air dry on a clean surface.



## BREASTMILK HANDLING AND STORAGE

- Wash hands with soap and water.
- Always pump and save breastmilk in a clean container, such as a bottle.
- Write date on container.

### IMPORTANT – It is safe to save breastmilk as follows:

At Room Temperature for: 4 hours  
 In a Refrigerator for: 5 to 7 days  
 In a Freezer for: 3 to 4 months

### THAWING AND WARMING BREASTMILK

- Place container of breastmilk in **warm** water.
- Gently swirl container and check temperature of breastmilk
- **NEVER** microwave breastmilk.
- **NEVER** refreeze breastmilk.

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