

# General Instructions

For the Lactina® and Classic™ Breastpumps



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## Breastpumping Tips

Breastpumps come in a variety of styles. It is important that breastpumps are safe, effective and comfortable. Always read the manufacturer's instructions before using your pump.

A healthy infant is far more effective at emptying the breast than any pump. Remember, breastfeeding is a learned process. Be patient. It may take some time before you are comfortable and proficient.

Here are some basic tips to boost your breastpumping know-how:

- Always wash your hands before breastpumping.
- Center your nipple in the tunnel of the breastshield.
- For relaxation purposes, drink water, juice or tea before or during pumping.
- Start pumping on minimum vacuum setting, and gradually increase as needed.
- If pumping is uncomfortable, decrease vacuum.
- If nipple rubs on inside of breastshield, ask your nurse or rental station for a larger breastshield (PersonalFit™ Breastshield) or call Medela at 1-800-435-8316.

Your ideal pumping time will depend on your baby's schedule. If you want to prepare a feeding, try pumping in the morning when milk is most plentiful.

To maintain an adequate milk supply, frequent feedings at the breast and/or pumping are essential. Fatigue, illness, or decreased stimulation can decrease milk supply. As stimulation increases, however, milk production will increase.

Finally, remember to take good care of yourself! Eat well, drink plenty of fluids and get lots of rest.

## Health and Safety Information

Please read this section before using your Medela breastpump.

### Cleaning and Sterilization

Follow these cleaning instructions in the hospital or at home unless you are told otherwise by your physician or another medical professional.

#### IMPORTANT

*This product has been designed for single patient use and should not be shared between patients unless properly sterilized between uses.*

Take apart all parts of your accessory kit prior to cleaning and sterilization. Take special care to remove the valve from the breastshield and separate the membrane from the valve prior to cleaning or sterilization (see parts 2, 3, and 4 on breastpump parts lists).

### 1. Hospital Sterilization

*Prior to first use (if kit is in non-sterile packaging) and before first use in the morning:*

All disassembled parts can be autoclaved to a maximum of 272°F for 3 minutes at 29 PSIG or 250°F for 15 minutes at 15 PSIG.

To avoid damage during and immediately after sterilization:

- Sterilize parts without applying external pressure to them.
- Allow parts to cool before applying external pressure.

Autoclaving the tubing may cause clouding or discoloration which will not affect kit performance.

#### GAS

If gas sterilization is used, residual testing is recommended to determine the proper length of aeration.

### 2. Home Sanitizing

#### **Prior to first use and before first use each day:**

Disassemble, wash and rinse all parts of your kit and breastpump that come in contact with the breast and milk. Tubing, cylinder and piston, including rubber parts, should be washed weekly, at minimum, or when milk or condensation is visible.

**\*If using Classic™ Breastpump parts, DO NOT USE SOAP, ONLY WATER, TO CLEAN BARRIER FILTER.**

*(See item #5 on Classic Breastpump parts list, page 13)*



Barrier Filter

- Place parts in a 4-5 quart pan.
- Fill to within 1 inch of rim with cold water.
- Cover and boil for 20 minutes.
- Remove from stove, drain water off and allow parts to cool in open pan. NOTE: Do not set pan back on hot burner.
- Remove all parts and allow to air dry on a clean surface. Cover parts when not in use.

### 3. Home and Hospital Cleaning

#### **After each use:**

- Take apart and wash all parts that come in contact with the breast and milk (except Classic breastpump barrier/filter) in soapy water.
- Rinse in clear water.
- Air-dry on clean towel and cover parts when not in use.

## Tubing Care:

Inspect tubing after each pumping session for condensation and or milk.

### **If condensation appears in tubing:**

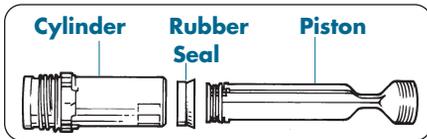
To eliminate condensation after you have completed pumping, continue running the pump with the tubing attached for another 1-2 minutes or until dry.

### **If milk appears in tubing:**

1. Turn off the pump and unplug from power source.
2. Remove and disassemble the tubing, pump connector, piston, cylinder and barrier filter (parts vary by pump used). Except for barrier filter, wash in soapy water then rinse in cold clear water. The barrier filter may be cleaned by rinsing in warm water without soap.
3. Shake water droplets out of tubing and hang to air-dry. For faster drying, attach tubing to pump and run pump 1-2 minutes or until dry, or pour a small amount of isopropyl alcohol through the tubing to dry.

## Care of piston assembly

The inside of the cylinder has to be smooth at all times. If a buildup of mineral deposits or a white film is evident inside the cylinder, such buildups must be removed to prevent wear on the rubber seal. For this purpose, clean cylinder again with lukewarm soapy water or a vinegar and water solution. Rotate the piston in the cylinder every so often to ensure that the rubber seal is worn evenly. Washing the rubber seal and the vacuum regulator ring with warm soapy water will also prolong the life of these parts. Only sterilize/sanitize these parts when milk is evident on them. Be sure the rubber seal is completely dry before using.



## Storing Breastmilk

### **Check with your hospital for specific storage instructions.**

When freezing, do not fill containers more than 3/4 full to allow space for expansion. Label containers with the date of pumping.

### **In a refrigerator:**

- To inhibit the growth of bacteria, breastmilk which is not used immediately should be refrigerated. Milk can be refrigerated 5-7 days or, if longer storage is needed, milk can be frozen.

### **In a refrigerator freezer compartment:**

- In the freezer compartment inside a refrigerator, breastmilk can be stored for approximately six months.

### **In a separate freezer:**

- In a separate -20° C freezer, breastmilk can be stored for approximately 12 months.

### **Thawing frozen breastmilk:**

- Thaw frozen breastmilk by holding the container under warm water. Thawed milk is safe to use for 24 hours. Gently shake the container to blend any fat that has separated.

### **Caution:**

- Do not thaw frozen breastmilk in a microwave or in a pan of boiling water.
- If adding expressed breastmilk to container of already frozen breastmilk, make sure to add a smaller amount than the amount that is already frozen.

## Breastmilk Storage Guidelines

	Room Temperature	39°F Refrigerator	Home Freezer	-20°C Freezer
Freshly expressed breastmilk	4-10 hrs <sup>1,2</sup>	5-7 days <sup>3,4</sup>	3-6 months <sup>5</sup>	6-12 months <sup>5</sup>
Thawed breastmilk (Previously Frozen)	Do not store	24 hrs <sup>5</sup>	Never refreeze thawed milk	Never refreeze thawed milk

<sup>1</sup> Hamosh M, Ellis L, Pollock D, Henderson T, and Hamosh P: Pediatrics, vol. 97, No. 4, April 1996, pp 492-497. (4 hours at 77° F/25° C).

<sup>2</sup> Barger J and Bull P: A Comparison of the Bacterial Composition of Breastmilk Stored at Room Temperature and Stored in the Refrigerator. Int J Childbirth Educ 2:29-30, 1987. (10 hours at 66-72°F/19-22°C).

<sup>3</sup> Sosa, Roberto; Barnes, Lewis: AJDC, Vol. 141, Jan. 1987.

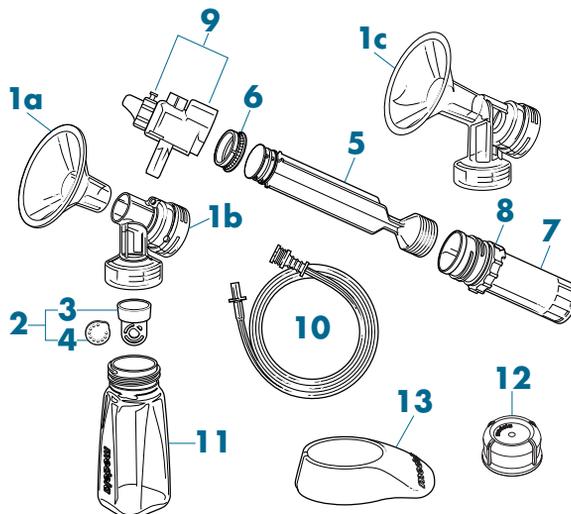
<sup>4</sup> Pardou A et al; Human Milk Banking: Influence of Storage Processes and of Bacterial Contamination of Some Milk Constituents. (8 days in refrigerator). Biol. Neonate 1994 Vol. 65, pp. 302-309.

<sup>5</sup> Williams-Arnold Lois D: Human Milk Storage for Healthy Infants and Children, 2000, p. 9.

<sup>6</sup> Lawrence R, and Lawrence R: Breastfeeding: A Guide For the Medical Profession, 1999, p.894.

**Important Note: If the temperature in the room, car or outdoors exceeds 77° F / 25° C, chill milk immediately to preserve freshness.**

## Lactina® Breastpump Parts



Item	Item #
1a. PersonalFit™ Breastshield, Standard (24mm) .....	87073
1b. PersonalFit Breastshield Connector .....	87071
1c. Breastshield (1-piece) .....	8107089
2. Valve Assembly (2-Part) .....	8000001
3. Valve .....	8100475
4. Membrane .....	8207013
5. Piston .....	8100494
6. Rubber Seal .....	8200078
7. Cylinder .....	8100442
8. Vacuum Regulator Ring .....	8200066
9. Pump Connector with Regulator Ring .....	8007137
10. Tubing with Adapters .....	8007062
11. Milk Collection Container .....	8117009
12. Solid Lid for Collection Container .....	8107057
13. Collection Container Stand .....	8100462
Instruction Manual English/Spanish (not shown) .....	1547433
Instruction Manual English/French (not shown) .....	1547434

**To order Parts, see page 20.**

Breastpump kits come with either 1-piece breastshields or PersonalFit Breastshields, but not both.

# Lactina® Breastpumping

## Full Assembly Instructions

Some pre-assembly may already be completed.

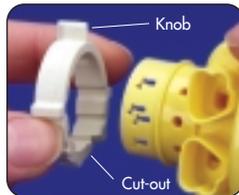
- 1 Slip rubber seal onto piston until it snaps into place. The side with the larger diameter faces the handle. A yellow ridge should be visible above the seal if rubber seal sits properly. After assembly, hold the rubber seal firmly and twist the piston to ensure the seal is seated properly.



- 2 Slide vacuum regulator ring onto cylinder, if not already done. Push handle end of piston into cylinder.



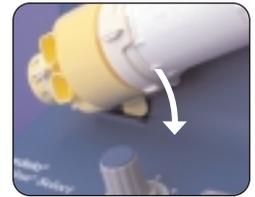
- 3 Slip pumping ring onto the pump connector. The knob on the ring points up and the cut-out faces in.



- 4 Screw cylinder into pump connector **very tightly**.



- 5 Push the pump connector into the opening on the Lactina. Rotate the connector assembly to the right; make sure the tab on the pump connector fits into the slot in the pump housing.



- 6 Push the narrow section of the piston into the rubber clamp of the pumping arm on the Lactina. Rotate the piston until it fits snugly in the clamp.



- 7 Snap white membranes onto yellow valves until membranes lie completely flat. *Be sure to separate membranes and valves when cleaning.*



- 8 Push valves into place on breastshield (if 1-piece breastshield) or on connectors (if 2-piece breastshield).



- 9 *If using the 1-piece breastshield, go to step #10. Insert the small end of the PersonalFit breastshield into the small end of the Connector. (Prior to cleaning, separate these two pieces.)*



- 1 ① Screw containers onto breastshield or use disposable Collection Storage and Freezing (CSF) Bags, article #87010 or #87013 (sold separately).



- 1 1 Push ends of the tubing into small round openings in the backs of the breastshields. (Location varies by breastshield used.)



- 1 2 Grasp the yellow ends of the tubing. Align and push into each of the openings on the pump connector.



- 1 3 *To double pump:*  
Turn the pumping ring to point between the tubing.  
The ring will also point to the double pumping symbol. ↑↑



- 1 4 *To single pump:*  
Turn the pumping ring to point at the desired tubing.  
The ring will also point to the single pumping symbol. ↑



- 1 5 Set vacuum regulator ring on the cylinder to "Min".



- 1 6 Center breastshield(s) over nipple(s). Switch on the Lactina® Breastpump. Once pumping begins, you may adjust the vacuum to meet your personal comfort level.



*Important Note: If you experience discomfort, contact your lactation professional as you may need a larger breastshield or other lactation advice.*

*To locate a Breastfeeding Specialist in your area, call 1-800-TELL YOU.*

### **If condensation appears in tubing:**

To eliminate condensation after you have completed pumping, continue running the pump with the tubing attached for another 1-2 minutes or until dry.

### **If milk appears in tubing:**

1. Turn off the pump and unplug from power source.
2. Remove and disassemble the tubing, pump connector, piston and cylinder. Wash in soapy water then rinse in cold clear water.
3. Shake waer droplets out of tubing and hang to air-dry. For faster drying, attach tubing to pump and run pump 1-2 minutes or until dry, or pour a small amount of isopropyl alcohol through the tubing to dry.

## Power Supply

The Lactina® Breastpump can be plugged into a standard electric 110 V outlet.

With an optional Vehicle Lighter Adapter (article #67153), the Lactina can be powered using the lighter in your motor vehicle.

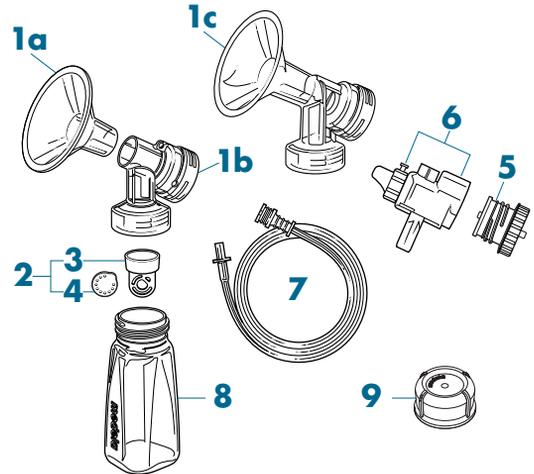


With an optional PowerPak™ (article #67032), the Lactina will run on battery power. The PowerPak provides 1 hour of pumping time and needs to be fully recharged overnight after every 1 hour of use. Refer to the card provided with the PowerPak for charging instructions. Vehicle Lighter Adapters and PowerPaks are available from

your Medela Rental Station.

If you lose electric power, you have all the parts necessary to continue pumping manually. Simply remove the cylinder/piston assembly from the Lactina and the pump connector. Remove the tubing from the back of the breastshield and tightly screw the cylinder/piston assembly into the back of the breastshield. The kit will now work as a manual breastpump. If you need further instruction on manual pumping, refer to page 18 in this booklet.

## Classic™ Breastpump Parts



### Item

### Item #

1a. PersonalFit Breastshield, Standard 24mm .....	87073
1b. PersonalFit Breastshield Connector .....	87071
1c. Breastshield (1-piece) .....	8107089
2. Valve Assembly (2-Part) .....	8000001
3. Valve .....	8100475
4. Membrane .....	8207013
5. Barrier/Filter for Classic .....	8007064
6. Pump Connector with Regulator Ring .....	8007137
7. Tubing with Adapters .....	8007062
8. Milk Collection Container .....	8117009
9. Solid Lid for Collection Container.....	8107057
Instruction Manual English/Spanish (not shown) .....	1547433
Instruction Manual English/French (not shown) .....	1547434

### To order Parts, see page 20.

Breastpump kits come with either 1-piece breastshields or PersonalFit Breastshields, but not both.

# Classic™ Breastpumping

## Assembly Instructions

Some pre-assembly may already be completed.

- 1 Snap white membranes onto yellow valves until membranes lie completely flat. Be sure to separate membranes and valves when cleaning.



- 2 Push valves into place on the Connectors.



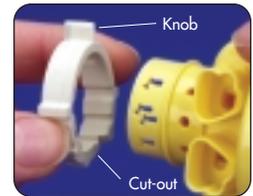
- 3 If using the 1-piece breastshield, go to step #4. Insert the small end of the PersonalFit breastshield into the small end of the Connector. (Prior to cleaning, separate these two pieces.)



- 4 Screw Containers onto breastshield or use disposable Collection Storage and Freezing (CSF) Bags, article #87010 or #87013 (Sold separately).



- 5 Slip pumping ring onto the pump connector. The knob on the ring points up and the cut-out faces in.



- 6 Screw barrier/filter into pump connector until snug.



**NOTE:** The barrier/filter is designed to inhibit overflow into the Classic™ Electric Breastpump. The filter is hydrophobic; air will pass through the filter, but liquid will not. If liquid comes in contact with the filter, it will become impermeable and will work again only after it has been washed and dried. You may clean the filter by rinsing it in warm water. **DO NOT USE SOAP TO CLEAN THE FILTER. DO NOT USE ANYTHING ABRASIVE. DO NOT TOUCH THE WHITE FABRIC PART OF THE FILTER.** Air drying the filter will take approximately 2-3 hours. A hair dryer reduces drying time to approximately 10 minutes.

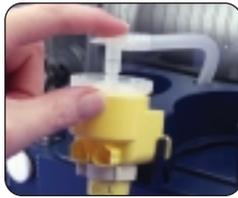
- 7 Push the pump connector into the opening on the container holder. If your pump does not have a container holder, go to step #9.



- 8 Rotate the pump connector to the right, making sure the tab on the pump connector fits securely into the container holder slot.



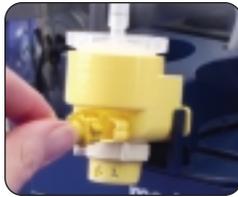
- 9 Connect the angled piece from the breastpump onto the barrier/ filter.



- 10 Push the ends of the tubing into the small round openings in the backs of the breastshields. (Location varies by breastshield used.)



- 11 Grasp the yellow ends of the tubing. Align and push into each of the openings on the pump connector.



- 12 *To double pump:*  
Turn the pumping ring to point between the tubing. The ring will also point to the double pumping symbol. ↑↑



- 13 *To single pump:*  
Turn the pumping ring to point at the desired tubing. The ring will also point to the single pumping symbol. ↑



- 14 Set the suction regulator on the breastpump to MINIMUM.



- 15 Center breastshield(s) over your nipple(s). Switch on the Classic Breastpump. Once pumping begins, you may adjust the vacuum of the breastpump to meet your personal comfort level.



*Important Note: If you experience discomfort, contact your lactation professional as you may need a larger breastshield or other lactation advice.*

*To locate a Breastfeeding Specialist in your area, call 1-800-TELL YOU.*



## Manual Breastpumping

This kit includes everything you need to manual breast-pump. Follow the instructions and assemble as shown below for Lactina Pumping System.

- 1 Snap white membranes onto yellow valves until membranes lie completely flat. Be sure to separate membranes and valves when cleaning.
- 2 Push valves into place on breastshield (if 1-piece breastshield) or on connectors (if 2-piece breastshield).
- 3 If using the 1-piece breastshield, insert the small end of the PersonalFit breastshield into the small end of the Connector. (Prior to cleaning, separate these two pieces.)
- 4 Screw containers onto breastshield or use disposable Collection Storage and Freezing (CSF) Bags, article #87010 or #87013 (sold separately).



- 5 Slip rubber seal onto piston until it snaps into place. The side with the larger diameter faces the handle. A yellow ridge should be visible above the seal if rubber seal sits properly. After assembly, hold the rubber seal firmly and twist the piston to ensure the seal is seated properly.



- 6 Slide vacuum regulator ring onto cylinder, if not already done. Push handle end of piston into cylinder.



- 7 Screw the cylinder into the back of the connector.



- 8 Center breastshield(s) over nipple(s) and start pumping.



## Troubleshooting

All Medela breastfeeding products are carefully designed for the highest standards of effectiveness and safety. If you have any questions about the use or assembly of your Medela breastfeeding accessory product:

1. Check the instructions in this booklet for your type of pumping. Make sure you have assembled the accessory kit properly.
2. Call for assistance. Medela Customer Service is available at 1-800-435-8316 or 1-815-363-1166, Monday-Friday from 7:30AM-6:00PM Central Time. Visit us on the web at [www.medela.com](http://www.medela.com). You may also try calling the location where you obtained your breastfeeding accessory product.

## To Order Parts

Your local retailer may stock piece parts. To find retailers in your area, call 1-800-TELL-YOU or call 1-800-435-8316 or 1-815-363-1166 and order with VISA, MasterCard, American Express, or Discover Card. Prices subject to change without notice.

## Your Hospitalized Infant

Your milk is more than food. It contains special immunologic factors that protect your baby's health. Premature or sick babies should be allowed to breastfeed if they are medically stable. They get tired easily, however, and may fall asleep before finishing feedings. It can be difficult for them to stimulate a full milk supply.

To protect your milk supply until your baby is stronger:

- Begin pumping within the first 24 hours after birth with a hospital grade rental pump.\*

- Begin kangaroo care (skin-to-skin holding) as soon as possible.
- Pump at least 6 times each 24 hours; pumping 8 times or more gives the best results.
- Pump 15 minutes on each breast, or double pump for 15 minutes total.
- Use a comfortable pressure setting.
- Choose a breastshield that comfortably fits your nipple size.\*\*

\*Call 1-800-TELL YOU to locate a Breastfeeding Specialist in your area.

\*\*To locate a larger breastshield, call your rental agent or Medela's Customer Service at 1-800-435-8316.

## A Critical Time for Establishing Milk Supply

Sometimes mothers are told to delay pumping until they recover from giving birth. Health care providers and families need to know that there is a critical time for establishing a milk supply. Studies show that the best way to protect future milk production is to bring in a generous milk supply in the first two weeks. Because human milk is so important for the recovery of the baby, helpers should do all they can to enable mothers to begin pumping early and often. If there is more milk than your baby needs at first, freeze the extra milk for later use or contact the nearest milk bank about donation.

## Increasing Your Milk

Separation from your baby may cause decreases in your milk supply. To increase production, increase pumping frequency. Pumping for longer than 30 minutes at a time is generally not useful. Your doctor, midwife, or International Board Certified Lactation Consultant (IBCLC) will have other helpful ideas to increase your milk production if you have concerns. La Leche League and the Nursing Mothers Council can offer support, information, and encouragement as you work through this challenging time.

## ***After Baby Comes Home***

Until they reach their due date, many preterm babies continue to need extra help to grow well. Frequent feeding and skin-to-skin holding are still important. You may need to continue to pump for 5-10 minutes after breastfeeding to obtain hindmilk that baby might miss. This high-calorie milk should be fed to your baby to ensure good weight gain. As the baby grows stronger, pumping can be tapered off. Many experts now recommend weighing the baby frequently. This reassures parents that their baby is growing well.

