

DrBrown's
natural flow®



Manual Breast Pump
with SoftShape™ Silicone Shield

EN INTENDED USE

For lactating women to express and collect milk from their breasts to complement breastfeeding. *Unless otherwise advised by your healthcare professional, it is best to wait until your breastfeeding routine is established (approximately 4 weeks) before expressing breast milk. If you are exclusively pumping for a medical or non-medical reason, it is recommended to contact your healthcare provider on when to begin pumping.*

Product Description

Dr. Brown's® Manual Breast Pump is a personal use manual breast pump that includes two modes of expression and is capable of single pumping.

PLEASE DO NOT RETURN THIS PUMP TO THE RETAILER

If you experience any issues with your Dr. Brown's® Manual Breast Pump:
In the US and Canada, contact our dedicated Breast Pump
Customer Service team by calling 1-833-224-7675.
Outside of the US and Canada, please contact your local distributor.

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PLEASE SAVE THESE INSTRUCTIONS

Safety Information

Read all instructions before using this product.

WARNING: Read this ENTIRE Instruction Manual to become familiar with the features of the product before operating. Failure to operate this product correctly and in a safe and responsible manner could result in injury or damage to the product or other property. This product is not intended for use by children.

Do not use with incompatible components. This Manual contains instructions for safety, operation and maintenance. It is essential to read and follow all the instructions and warnings in the manual, prior setup or use, in order to operate correctly and avoid damage or serious injury.

IMPORTANT REMINDERS:

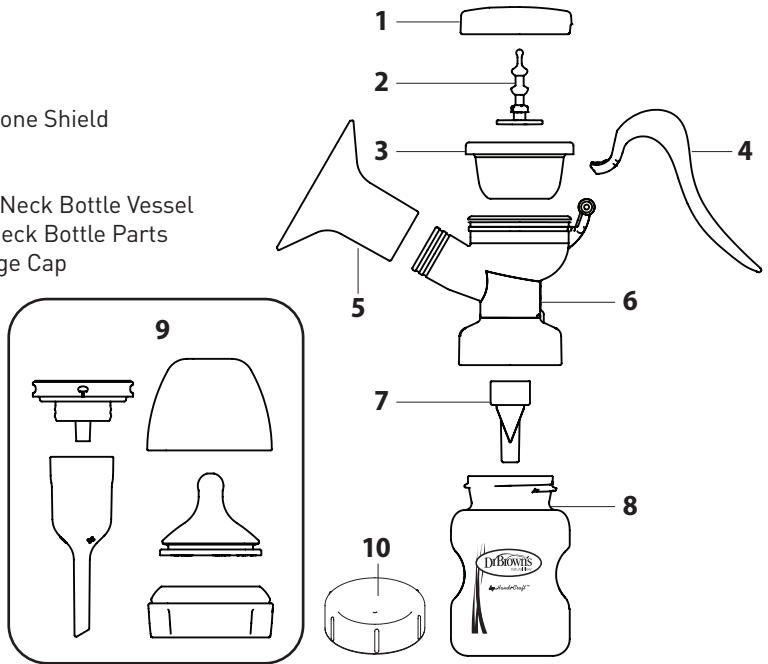
- Plastic bottles and component parts become brittle when frozen and may break when dropped. Handle bottles of frozen milk with care.
- **DO NOT FREEZE GLASS BOTTLES**
- Bottles and component parts may become damaged if mishandled, e.g. dropped, over-tightened, or knocked over.
- Take appropriate care in handling bottles and components.
- Do not use breast milk if bottles or components become damaged.
- Wash hands thoroughly with soap and water before touching breast pump and breasts, and avoid touching the inside of containers or lids.
- Separate and wash all parts that come in contact with breast milk immediately after use to avoid drying of breast milk residue and to prevent growth of bacteria. Always inspect breast shield, connector, valve and membrane prior to use for cleanliness.
- Only use drinking-quality tap or bottled water for cleaning your breast pump and parts.

WARNING! To avoid health risk and reduce chance of injury:

- This product is intended for use by a single user only and should not be shared between users.
- Do not drive while pumping.
- Never use while pregnant, as pumping can induce labor.
- Clean and sanitize all parts that come in contact with your breast and breast milk prior to first use.
- Wash all parts that come in contact with your breast and breast milk after every use.
- Do not store wet or damp parts as mold may develop.
- Inspect all appropriate pump components before each use.
- Do NOT continue pumping for more than 2 consecutive pumping sessions if no results are achieved.
- While some discomfort may be felt when first using a breast pump, using a breast pump should not cause pain.
- If you are experiencing discomfort at the base of the nipple due to rubbing of your breast tissue with the breast shield tunnel, discontinue use and contact your healthcare professional or lactation consultant.
- For assistance with correct breast shield sizing and comfort, please contact a healthcare professional or lactation consultant, or contact customer service at 1-833-224-7675 in the US or Canada. Outside of the US and Canada, please contact your local distributor.
- Contact your healthcare professional or lactation consultant if you can express only minimal or no milk or if expression is painful.
- Do not try and express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.
- Do not thaw frozen breast milk in a microwave or in a pan of boiling water.
- Do not microwave breast milk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. (Microwaving can also change the composition of breast milk.)

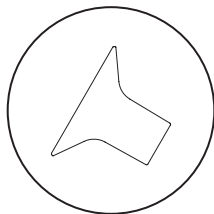
MANUAL PUMP COMPONENTS

- 1. 1x Membrane Cap
- 2. 1x Mode Pin
- 3. 1x Membrane
- 4. 1x Handle
- 5. 1x SoftShape™ Silicone Shield
- 6. 1x Pump Connector
- 7. 1x Duckbill Valve
- 8. 1x 5 oz/150 ml Wide-Neck Bottle Vessel
- 9. 1x Options+™ Wide-Neck Bottle Parts
- 10. 1x Wide-Neck Storage Cap
- 1x Cleaning Brush
- 1x Bottle Instructions

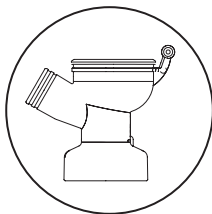


CLEANING

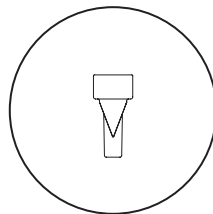
BEFORE FIRST USE, and AFTER EVERY USE clean and sterilize all pump parts that come in contact with milk:



SoftShape™
Silicone Shield



Pump
Connector



Duckbill
Valve



Wide-Neck
Bottle Vessel

1. Disassemble pump following step 8 on page 3.
2. Rinse milk residue from parts under cool running water.
3. Place all parts in warm soapy water to soak for several minutes.
4. Use a cloth or soft brush to clean all parts.
5. Rinse parts under cool running water until all soap has been removed.
6. Alternately, wash all parts in the top rack of the dishwasher.
7. Rest parts on a clean towel or rack to air dry.*
8. Sanitize/sterilize before each use.

*All parts must be completely dry before storing to prevent bacteria and mold growth.
Store clean, dry pump in a bag or container until next use.

- Microwave and electric sterilizers, or boiling water, may be used to sterilize all parts.
- Let parts cool after washing in dishwasher or sterilizing. Handle carefully.

ASSEMBLY

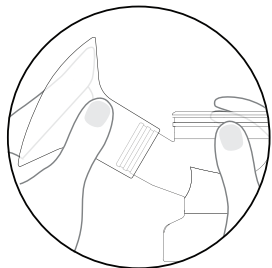
Wash hands before touching & assembling pump.

ENSURE ALL PARTS ARE CLEAN & STERILIZED. LET PARTS COOL AND HANDLE CAREFULLY.

1. Position SoftShape™

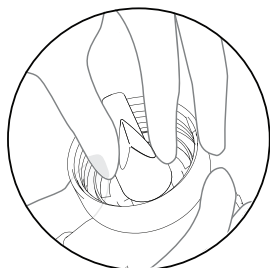
Silicone Shield over the neck of the pump connector.

Check that the shield has been positioned in both rings on the neck of the connector.

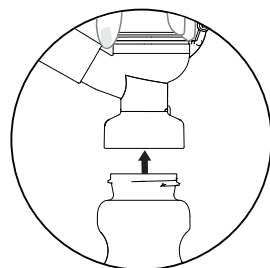


2. Secure duckbill valve

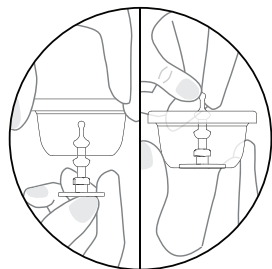
onto underside of pump connector, making sure that it has been pushed on all the way. Check that slit on valve can open completely.



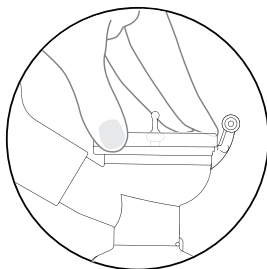
3. Screw on vessel to connector.



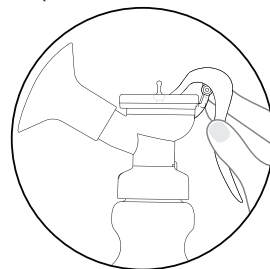
4. Pull mode pin up through bottom of membrane until it snaps into place.



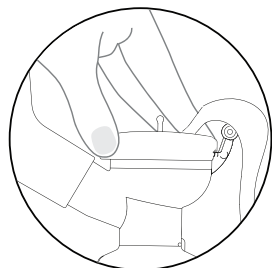
5. Fit membrane onto top of pump connector, ensuring that the lip lays flatly over the edge, all the way around.



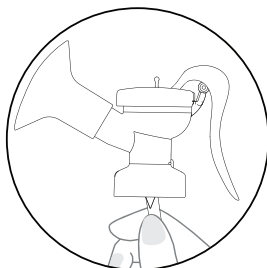
6. Hook the end of the handle onto the mode pin and press the middle of the handle firmly onto the hinge on the pump connector.



7. Place the membrane cap over the membrane, and snap into place to secure the membrane.



8. To disassemble, follow all steps in opposite order. When removing duckbill valve, use tab to pull valve free. DO NOT PULL ON VALVE.

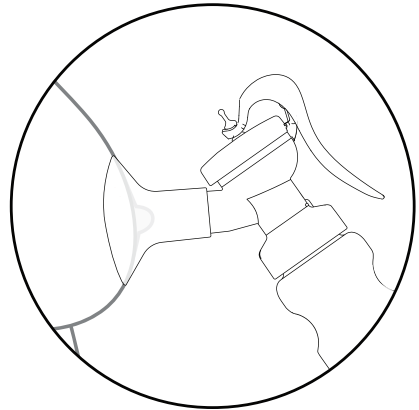
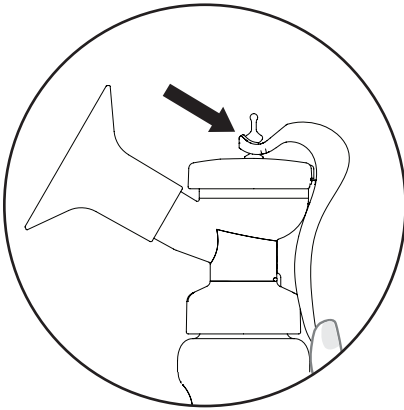


USING THE PUMP

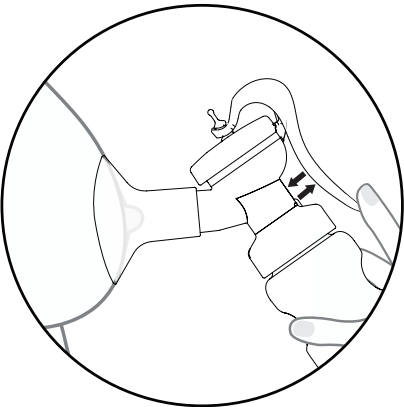
Before pumping, wash hands thoroughly with warm soapy water. Inspect all breast pump parts for cleanliness – IF UNWASHED, FOLLOW INSTRUCTIONS ON PAGE 3. Look closely at the silicone shield, membrane, and duckbill valve to inspect for any signs of wear or damage. Suction may decrease if parts are damaged or not properly assembled. Contact Dr. Brown's Customer Service or your local distributor to inquire.

Do not try to express milk if the level of vacuum is painful. This may lead to nipple and/or breast trauma and cause difficulties with expression. Contact your healthcare professional if you can only express minimal amounts of milk, or if expression is painful in any way.

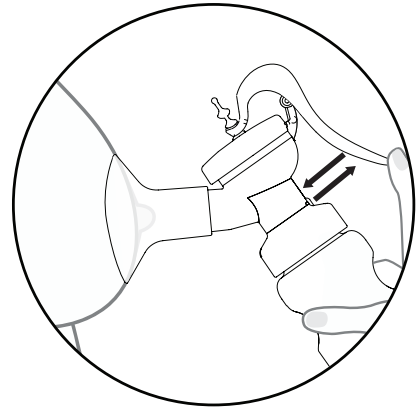
1. Start with pump in Letdown Mode –with the handle resting in the top notch of the mode pin.
2. Center nipple in the SoftShape™ Silicone Shield and place shield against breast.



3. Begin pumping with short quick strokes. This mimics baby's way of rapidly sucking to stimulate letdown.

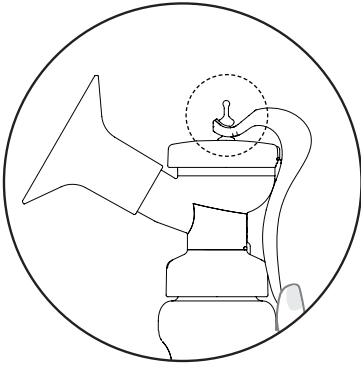


4. Once letdown has begun and milk is visibly flowing, switch to Expression Mode (see page 6). Use longer, slower strokes to mimic baby's more relaxed feeding. Continue pumping until breast is empty.

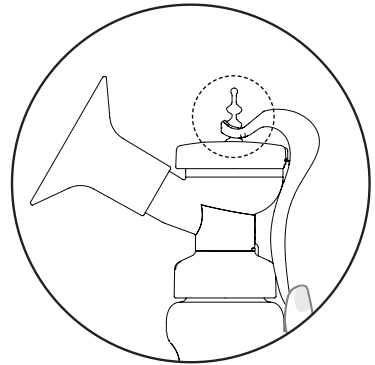


USING THE PUMP

Letdown Mode Position



Expression Mode Position

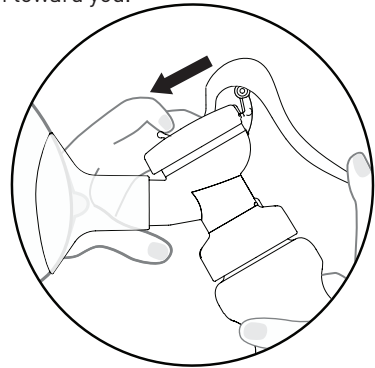
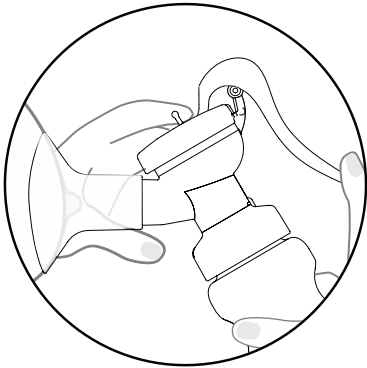


Letdown & Expression Mode

Letdown Mode operates from the top notch on the mode pin; Expression Mode operates from the bottom notch of the mode pin. To switch to Expression Mode while pumping:

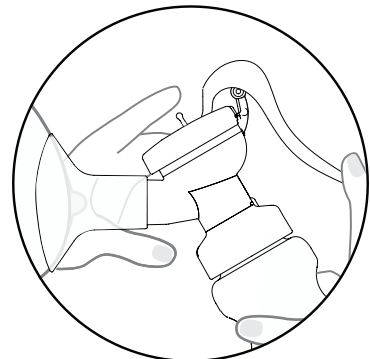
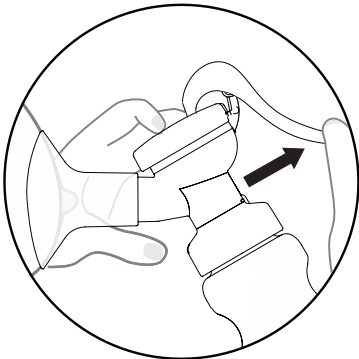
1. Leave pump on breast and release handle.

2. Use non-pumping hand to pull mode pin toward you.



3. While holding pin, use pumping hand to push handle away from pump.

4. Release pin, catching bottom notch onto handle. Resume pumping.



STORING, THAWING & FEEDING

Guidelines Are for Home Use and Not for Hospital Use.

Use the following guidelines for the storage of breast milk. By following recommended storage and preparation techniques, nursing mothers and caretakers of breastfed infants and children can maintain the safety and quality of expressed breast milk for the health of the baby. These are general guidelines for storing breast milk at different temperatures. Various factors (milk volume, room temperature when milk is expressed, temperature fluctuations in the refrigerator and freezer, and cleanliness of the environment) can affect how long breast milk can be stored safely.

	Storage Location and Temperatures		
Type of Breast Milk	Countertop 77° F (25° C) or colder (room temperature)	Refrigerator 40° F (4° C)	Freezer 0° F (-18° C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	Never refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

*Breast Milk Storage Guidelines Center for Disease Control and Prevention ("CDC");
https://www.cdc.gov/breastfeeding/recommendations/handling_breast_milk.htm*

STORE

- Label milk with date and baby's name if delivering to childcare.
- Do not store milk on the door of the refrigerator or freezer.
- Freeze milk in small amounts of 2 to 4 ounces (60-120 ml) to avoid waste when warming.
- Breast milk expands when frozen. Leave a little space at the top of your container.
- If you do not plan on using freshly expressed milk within four days, freeze it right away.

THAW

- Always thaw and use the oldest milk first.
- Thaw milk under warm running water, in a container of warm water, in the refrigerator overnight, or in a breast milk warming machine.
- Never thaw milk in the microwave. Microwaving destroys nutrients baby needs, and hot spots created in the microwave can burn baby's mouth.
- Use milk within 24 hours of thawing.
- Use thawed or warmed milk within two hours.
- Never refreeze thawed milk.

FEED

- To heat milk, place the sealed container under warm running water, in a container of warm water, or in a breast milk warming machine.
- Do not heat milk on the stove or in the microwave.
- Test the temperature before feeding it to your baby by putting a few drops on your wrist.
- Swirl the milk, mixing the fat back into the milk.
- Leftover milk should not be used after two hours.
- For more information on feeding with the Dr. Brown's® Options+™ bottle, see included bottle instructions.

TIPS & TROUBLESHOOTING

TIPS

Breastfeeding and pumping are unique experiences for breastfeeding moms.

Please review the tips below before pumping.

- Moms are more likely to successfully pump if they are relaxed and thinking about baby.
- Avoid pumping if you are rushed.
- Efficient pumping usually takes patience and practice for moms.
- Moms that pump frequently become accustomed to it and are more likely to have faster letdown and more milk flow.
- All moms are different. Some experience letdown quickly and some moms do not. Some express on their first try and some moms do not.
- Do not be discouraged if you are unable to express milk on your first try. Simply take a break and try again later.
- Do not be discouraged if you express only a small amount of breast milk. This is common especially on the first few attempts.
- Pumping consistently, in addition to breastfeeding, can help sustain your milk supply over time.
- A warm compress or a warm bath/shower can help encourage milk flow.
- Most importantly, pumping should be a comfortable experience. If you feel pain or discomfort during pumping, contact a lactation consultant or your healthcare provider.

TROUBLESHOOTING

- For your pump to work as designed, all parts must be properly assembled. Make sure all parts are snugly fit.
- When applying to your breast, make sure the shield is centered around your nipple.
- Hold the pump firm enough to your breast for a complete seal all around, but not too firm as this could inhibit milk flow.
- When the handle is squeezed, make sure that you feel a light suction on your breast.
- If you require personal assistance about your pump, or have lost or broken parts, please contact Dr. Brown's Customer Service or your local distributor. e stored safely.