

ELITE BREAST PUMP USER GUIDE

NOURRI-SOURCE LAURENTIDES

The contents of the Elite transportation box

The Elite transportation box **ONLY** contains the hospital-grade breast pump and specific breast pump usage sheets. The mother must therefore also obtain a HygieniKit 25 mm dual bottle set to use her breast pump.

The HygieniKit 25 mm dual bottle set comes in a pre-assembled sterile single-patient package with 25 mm breast flanges.

The HygieniKit 25 mm dual bottle set includes:

- a double fitting;
- two tubings;
- two adapter caps;
- two diaphragms;
- two 25 mm breast flanges;
- four valves;
- two 125 ml bottles with caps.



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AVAILABLE ACCESSORIES

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Accessories also available:

The organization also has other Ameda products. These products are breast pump parts or breastfeeding accessories. Here is the detail:

- The Mya Joy breast pump (for purchase)



- CustomFit Medium Large (28.5 mm/30.5 mm) flanges



- Flexishield areola stimulator



- The reduction insert (22.5 mm)



- The contact nipple shield (16, 20, 24 mm)



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AVAILABLE ACCESSORIES (CONTINUED)

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- Storage bottles (pack of 4)



- Valves (2/pack)—***Must be replaced every 6 weeks***



- Silicone diaphragms (2/pack)



- The double connector (2/pack)



- The adapter cap (2/pack)



- Tubings



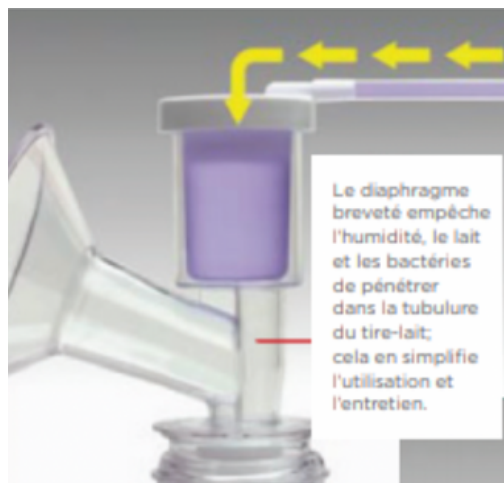
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THE ADVANTAGES OF HYGIENIKIT

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An advantage of the HygieniKit:

The HygieniKit protects breast milk against viruses and bacteria with its patented protective barrier. Without effective barrier, the tubing can be a potential medium for condensation, humidity and mould and this risk can affect breast milk as well as breast pump parts. In contrast, the Ameda tubing is never in contact with anything other than air, which prevents this danger and simplifies the use and maintenance of the breast pump, as the tubing does not require cleaning. Here is how it works with images.



The patented diaphragm prevents moisture, milk, and bacteria from entering the breast pump tubing; this simplifies its use and maintenance.



There is no risk of contamination if the mother is the only one using her device. Moisture and milk fumes cannot enter the tubing during extraction and in any case into the breast pump.

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FINDING THE RIGHT FLANGE SIZE

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How to find the right flange size:

It is important to check the fit of both breasts, as some women need an adjustment on one breast, but not on the other. It is also possible that the breasts change shape and size. It is therefore important to check the fit before use.

- **Good fit:** When using the breast pump, the nipple moves freely in the breast flange tunnel. There is space around the nipple and little of the areola is sucked into the tunnel with the nipple.
- **Flange that is too small:** During the expression, part of or the whole nipple rubs against the sides of the breast flange tunnel.
- **Flange that is too large:** When using the breast pump, a large part of the areola is drawn into the breast flange with the nipple. The areola may rub against the side of the flange tunnel.



NB: The 25 mm HygieniKit (25 mm opening) contains only one flange size which works well for many mothers.

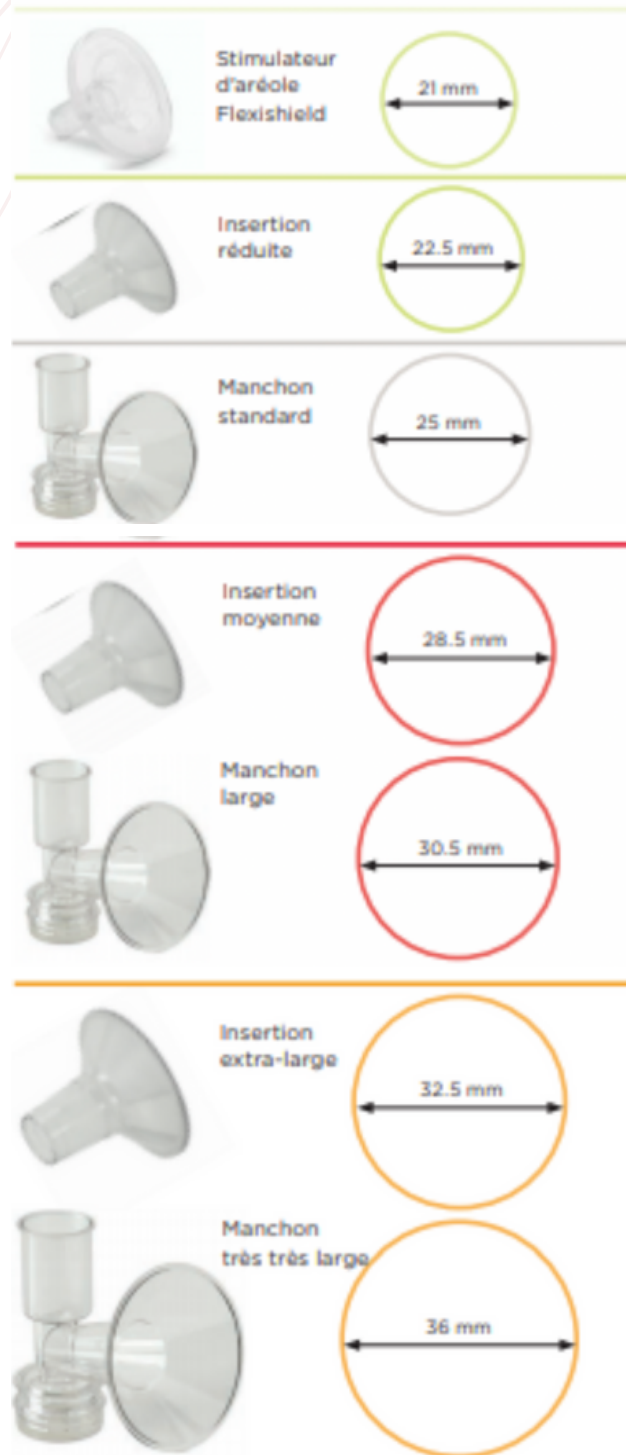
Some will need a larger flange (30.5 mm) or insert (28.5 mm) if expressing milk is uncomfortable or unproductive even with weak suction.

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FINDING THE RIGHT FLANGE SIZE (IMAGES)

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Here are the different combinations with images to better assess the necessary adjustment:



Flexishield areola stimulator
21 mm

Reduced insertion
22.5 mm

Standard flange
25 mm

Medium insertion
28.5 mm

Wide flange
30.5 mm

Extra large insert
32.5 mm

Very, very wide flange
36 mm

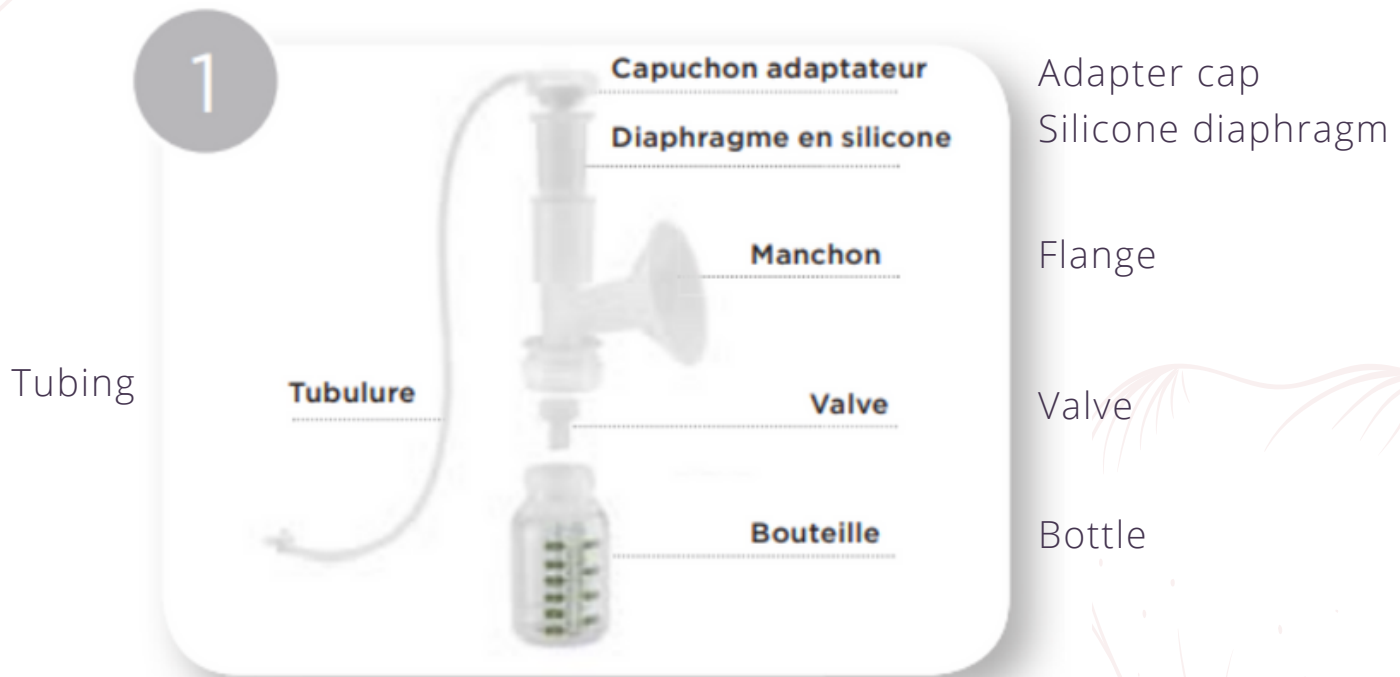
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ELITE QUICK START GUIDE

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Elite Quick Start Guide:

Ameda has developed a sheet that explains how to start the Elite breast pump in 8 simple steps. The first step is to assemble the HygieniKit 25 mm dual bottle set. Here is a larger image of the assembly.



Then, you can connect your HygieniKit 25 mm dual bottle set to the Elite breast pump and adjust it. It is important to follow the steps correctly to avoid injuries to the nipples.

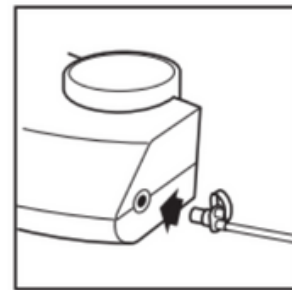
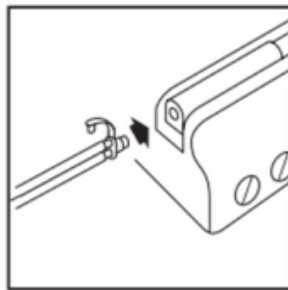
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HOW TO USE THE ELITE BREAST PUMP

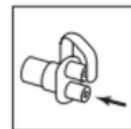
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How to use the Elite breast pump:

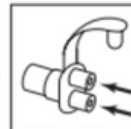
The Elite breast pump can be used for single or dual pumping. The HygieniKit can be used with all Ameda breast pumps (Elite for rental or Mya Joy for purchase). Before using the breast pump, it is important to wash your hands with soapy water.



- Here is the connection for a **simple pump**



- Here is the connection for a **dual pump**



To start the pump:

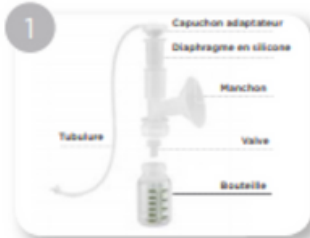
1. Place the HygieniKit on the breast.
2. Centre the flanges on each nipple.
3. Make sure you properly fill the flange with the breast to create a seal.
4. Tilt the flange down a little so that the milk flows into the bottle.

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HOW TO USE THE ELITE BREAST PUMP (IMAGES)

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Comment utiliser le tire-lait Elite (en images) :



Assemblez le système de collecte de lait Ameda.



Insérez le connecteur double dans le cylindre à piston du tire-lait.



Centrez le(s) manchon(s) sur le(s) mamelon(s) pour bien sceller.



Tournez le bouton VACUUM pour mettre en marche et augmentez la succion vers la droite jusqu'au réglage confortable le plus élevé. Commencez vers le milieu et ajustez au besoin.



Tournez le bouton de CYCLES vers la droite au maximum.



Lorsque le lait commence à couler, retournez le bouton vers la gauche. Commencez vers le milieu et ajustez au besoin.



Lorsque le débit de lait commence à ralentir, répétez l'étape 5, puis tourner à gauche pour ralentir quand le débit augmente, répétez au besoin.



Tourner le bouton VACUUM jusqu'au bout à gauche pour arrêter le tire-lait.

Image 1:

Assemble the Ameda milk collection system

Image 2:

Insert the double connector into the breast pump's piston cylinder.

Image 3:

Centre the flange(s) over the nipple(s) to seal properly.

Image 4:

Turn the VACUUM knob to turn on and increase suction to the right to the highest comfortable setting. Start around the middle and adjust as needed.

Image 5:

Turn the CYCLES knob to the right as far as possible.

Image 6:

When the milk begins to flow, turn the knob to the left. Start around the middle and adjust as needed.

Image 7:

When the milk flow begins to slow, repeat step 5, then turn left to slow down as the flow increases, repeat as needed.

Image 8:

Turn the VACUUM knob all the way to the left to stop the breast pump.

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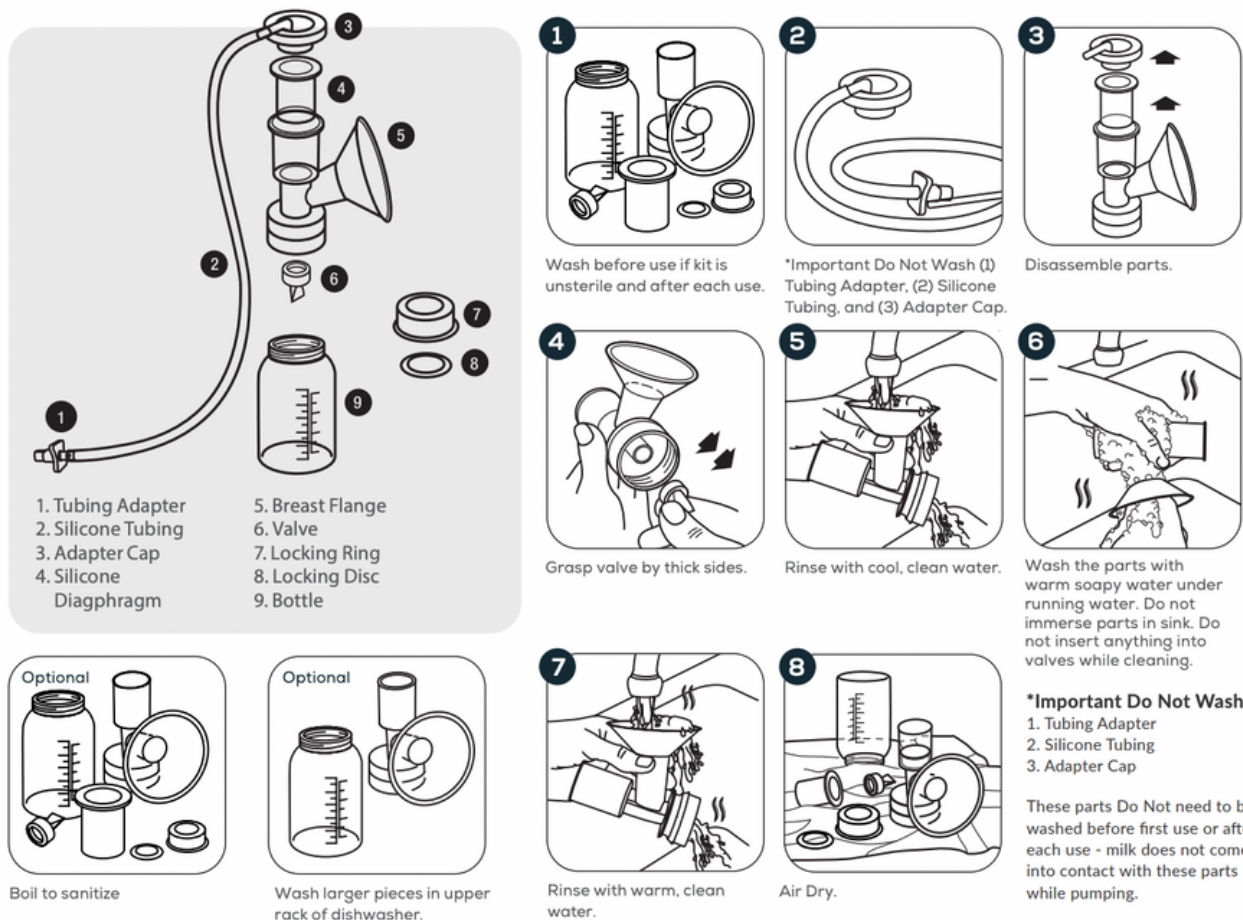
HOW TO CLEAN THE HYGIENIKIT

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How to clean the HygieniKit:

It is important to wash your hands with soapy water before handling the breast pump or Ameda accessories. It is also important not to use any solvent or abrasive agent. Here are images of the different steps to clean the breast pump.

Cleaning the Ameda HygieniKit Milk Collection Kit



** This image is available in your breast pump box

Therefore, do not wash the double connector, tubing, and adapter cap. You can see the different parts listed in the blue image.

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BREAST MILK STORAGE & THAWING

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Storing and thawing breast milk:

	REFRIGERATOR 39 °F/4° C	REFRIGERATOR/FREEZER 0 °F/-18 °C	FREEZER 0 °F/-18 °C
FRESH	8 days	3 to 4 months	12 months
PREVIOUSLY FROZEN, THAWED IN THE FRIDGE	24 hours	Do not refreeze	Do not refreeze
PREVIOUSLY FROZEN —REHEATED BUT NOT USED	4 hours	Do not refreeze	Do not refreeze
REHEATED AND PARTLY USED	Discard	Discard	Discard

* The shelf life may vary for premature or sick babies. Please check with your healthcare professional.

	COOLER WITH ICE BAGS 59 °F/15 °C	ROOM TEMPERATURE 66 °F/-72 °F 19 °C/-22 °C	ROOM TEMPERATURE 72 °F/79 °F 22 °C/-26 °C
FRESH	24 hours	6–10 hours	4 hours
PREVIOUSLY FROZEN, THAWED IN THE FRIDGE	Do not store	4 hours	4 hours
PREVIOUSLY FROZEN —REHEATED BUT NOT USED	Do not store	Until the end of the feed	Until the end of the feed
REHEATED AND PARTLY USED	Discard	Until the end of the feed	Until the end of the feed

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Source: Ameda Resource Guide