

# How to use the Ameda Hospital-Grade Breast Pump



This Ameda hospital-grade breast pump has been recommended by your doctor or lactation specialist to help you make more milk.

## Assembling the disposable kit for single pumping

- Open the disposable Ameda Pump Kit.
- Insert the white connector into the left side of the piston on the breast pump.
- Discard the smaller flange that is inserted in the breast pump kit. It is not needed.
- Remove the Ameda bottle and twist on the milk collection bottle your nurse gives to you.

## Step-by-step directions

### 1. Center your nipple in the tunnel

Make sure your nipple is not rubbing against the sides, top, or bottom. If your nipples rub and it becomes uncomfortable, you may need a breast flange with a larger diameter nipple tunnel. Ask your lactation specialist about getting a larger flange.

### 2. Keep air seal around breast shields

Hold the shield firmly to your breast to form an air seal. Avoid digging the shield into your breast.

### 3. Angle breast shields/flanges downward

Keep tunnels pointing downward so your milk flows into the bottle and not back at you.

### 4. Set the suction / vacuum to a comfortable setting

You want to be able to pump efficiently, but without pain. Set pump suction as high as you can without causing discomfort. Set too high, the pump may injure your nipples. In addition, pain may keep your milk from letting down. If you feel pain, lower the pump's suction/vacuum setting.

## Cleaning

- After pumping, take the Ameda pump kit apart to clean.
- Rinse any milk from pump parts with cool water.
- After rinsing pump parts with cool water, wash them in warm soapy water.
- Rinse with warm water and air dry in a clean, safe area.
- Always keep the tubing, adapter cap and tubing adapter dry.

## Tips for making pumping easier for you

1. Double pump one-handed. Free up one hand by using this simple trick: Center the pump shield on your breast, then keep it in place by holding the shield against your forearm on that side, near your elbow. Use your free hand to place the other pump shield in place. Now you have one hand free! You can use your free hand to do gentle massage and breast compression.
2. Relax and try visualizing your milk flowing and increasing. It works! A study showed that women who listened once a day to a 20 minute relaxation/imagery recording produce 63% more milk than the mothers who didn't listen.
3. Double pumping yields more milk than single pumping each breast at a time. If you want to double pump, ask your nurse for a second pump kit.

## Online resources

Visit [kp.org/mydoctor](http://kp.org/mydoctor) to:

- View most lab results and check your preventive health reminders
- Email your doctor
- Use interactive online tools to help keep you and your family healthy

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.