

# Ameda® Elite™ Breast Pump **QUICK START**

With suggested start-up settings

1



Assemble HygieniKit®.

2



Insert tubing adapter into pump piston.

3



Center flange on breast to create seal.

4



To turn on, turn VACUUM dial to right to highest comfortable setting. Try half-way, adjust as needed.

5



Turn CYCLES dial to right to MAX.

6



Once milk flows, turn CYCLES dial to left to help drain milk. Try half-way, adjust as needed.

7



If milk flow slows, try for another let-down. Turn CYCLES to MAX, then turn to left to slow speed when milk is flowing. Repeat as needed.

8

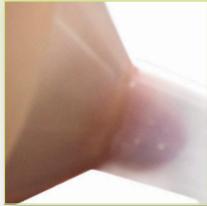


To turn off, turn VACUUM dial to left.

# FINDING A GOOD BREAST FLANGE FIT

## GOOD FIT -

During pumping, your nipple moves freely in the breast flange tunnel. You see space around the nipple. Not much areola is drawn into the tunnel with the nipple.



## TOO SMALL -

During pumping, some or all of your nipple rubs against the sides of the breast flange tunnel.



## TOO LARGE -

During pumping, more areola is drawn into the breast flange with your nipple. Your areola may rub against the side of the breast flange tunnel.



## AMEDA® ELITE™ CLEANING INSTRUCTIONS

### For At-Home/End-Users:

After each pumping, wipe the pump with clean, damp cloth.

### For Hospitals/Rental Stations:

Clean between users. Wearing disposable gloves, wipe the pump with damp disposable cloth, using hospital approved antibacterial cleaner such as CaviCide™.

## AMEDA HYGIENIKIT® CLEANING INSTRUCTIONS

- Take apart the Ameda HygeniKit to clean. Set aside tubing, adapter cap and tubing adapter. These can be wiped with a clean, damp cloth, but should not be washed.
- Rinse any milk residue from remaining pump parts, flange, diaphragm, valve (and bottle), with cool water.
- Wash these remaining parts with warm, soapy water. Rinse well with warm, clean water.
- Allow parts to air dry on clean towel or drying rack before assembly and next use.
- Cover parts with clean towel if not planning to use again right away. Breast flanges and bottles can be washed on the upper rack of a standard household dishwasher away from heating elements. Wash diaphragms and valves gently by hand. Do not insert anything through valve while cleaning.