



# Symphony PLUS<sup>®</sup>

provides two programs to help Initiate.Build.Maintain™ milk supply

## Assembly for Double & Single Pumping



**CAUTION**  
Wash hands thoroughly with soap and water before touching breast pump set and breasts and avoid touching the inside of containers or lids.



Carefully push the white membrane onto the yellow valve head until it engages.



Push the breast shield onto the connector.



Push the yellow valve head and white membrane onto the connector.  
• Position valve head sideways.



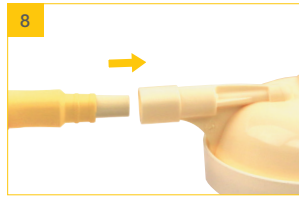
Screw the bottle into the connector.



Insert the tubing into the corresponding opening in the connector.



Place the protective membrane onto a flat surface and carefully push the membrane cap down until it engages.



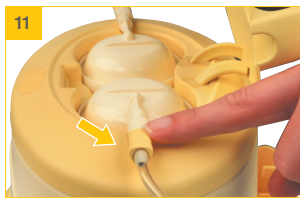
Insert the tubing adapter into the opening in the membrane cap.



Open the lid of the breast pump.  
• Press the oval button on the top of the Symphony and lift the handle.



Position the membrane cap firmly on the breast pump membrane to form a seal.



Center the tubing connector in the recess in the pump housing.  
• Make sure that the membrane cap engages and lies flush to the surface.



Close the lid.

**NOTE**  
• **For step 12:**  
Always close the lid when pumping. The lid keeps the membrane cap pushed down to prevent a loss of vacuum that could occur if the membrane cap came off.

## Helpful Resources to Get Started Using Symphony PLUS:

Scan the QR code for helpful videos on how to set up, use, and clean the Symphony Breast Pump.



## Step 1: Choose your program


Use **INITIATE** immediately after birth:








- Within the first 5 days, **OR**;
- Until you've pumped at least 20 mL in each of your last 3 sessions

Use **MAINTAIN** after milk comes in:

- Once you've pumped at least 20 mL in each of your last 3 sessions, **OR**;
- Beginning day 6, whichever comes first

## Step 2: Select program and get started

Press  to start the breast pump.

<b>INITIATE program</b>	<b>MAINTAIN program</b>
<p>To select the <b>INITIATE</b> program, press  while the screen displays:</p>   <p>After selecting the <b>INITIATE</b> program, the screen will display:</p>	<p>To select the <b>MAINTAIN</b> program, <b>wait 5-10 seconds</b>, while the screen displays:</p>   <p>The <b>MAINTAIN</b> program will start automatically. The screen will then display:</p>
<p>The <b>INITIATE</b> program alternates between the stimulation and expression phase, with several pauses and turns off automatically when the session is completed. Complete the entire program.</p>	<p>While pumping in the <b>MAINTAIN</b> program, the stimulation phase will last 2 minutes. If your milk starts flowing before the expression phase begins, press  to begin the expression phase.</p>
<p>To achieve Maximum Comfort Vacuum™, adjust knob to optimum suction level.</p>	

## Operating Tips

- Make sure all connections of the breast pump and set are secure.
- Check that the white membrane is lying flat against the yellow valve head.
- The pale yellow ends of the tubing should fit securely into the breast shields, and the tips with the darker yellow grips go into the ports of the membrane caps.
- Fully assemble the membrane cap and protective membrane and seat it securely onto the pumping mechanism.
- Always close the lid when pumping. The lid keeps the membrane cap pushed down to prevent a loss of vacuum that could occur if the membrane cap came off.
- If the vacuum is low, try switching off the pump and reassemble the caps and membranes. Re-fit the assembled membrane cap and protective membrane securely onto the pumping mechanism.
- Maximum Comfort Vacuum is achieved by increasing the vacuum just to the point of discomfort and then turning it down a notch.
- Do not try and express with vacuum that is too high and uncomfortable (painful). Pain, along with potential breast and nipple trauma, may decrease milk output.
- Pumping should not hurt, using a correctly fitted breast shield is not only important for comfort but also efficiency. **For information on breast shield fitting visit [MedelaBreastshields.us](https://www.MedelaBreastshields.us).**