

Liquid Kit

Quick Start Guide

pumpables

Welcome to Pumpables

Congratulations on becoming the owner of a Pumpables breast pump! We are so happy to welcome you to the Pumpables family.

If you're in a hurry



If you've used a breast pump before, or you're in a hurry, then feel free to go straight to the 'Getting started' section within this manual to set up your pump and get started. This contains basic information on prepping your pump for use and operating the pump.

If you're new to breast pumps or ready to learn more



We really encourage you to check out the full manual to get lots more information. We've included information on suggested pump routines, cleaning and sterilising and lots more to give you a good grounding in using your breast pump.






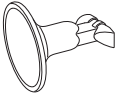

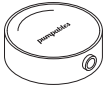

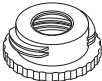

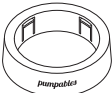

Check for updates



We release new features, make improvements and update manuals all the time! To make sure you have the latest version, go to **pumpables.co/news**

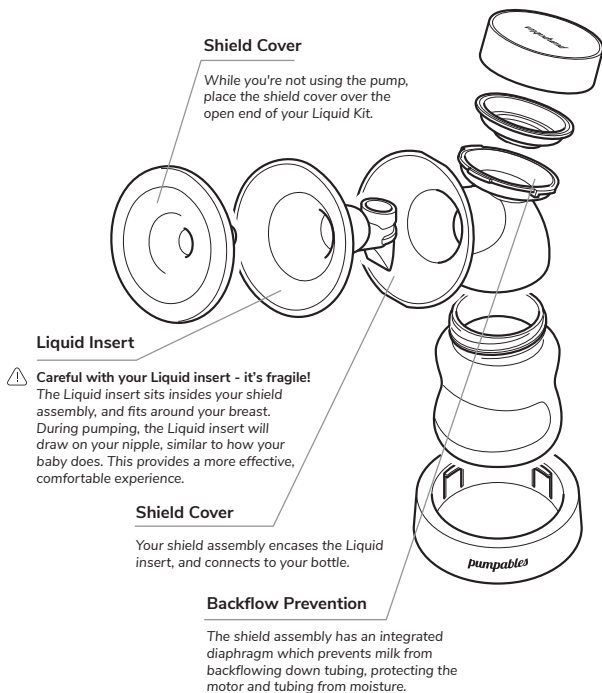
What's in the box

We'll guide you through assembling your Liquid Kit in this manual, but for now, here's a list of everything that's included in the box.

		
Shield Assembly x1	Shield Cover x1	Seal Diaphragm x1
		
Liquid Insert x1	Bottle Lid x1	Seal Cap x1
		
Bottle Cap x1	Neck Adaptor x1	Tubing x1
		
Bottle Stand x1	Bottle x1	

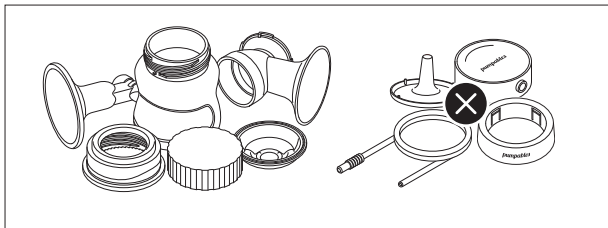
Get to know your Liquid kit

Getting to know the parts of your Liquid kit will help you get the most out of them. It can be confusing the first time you assemble the kit, so let us know if you need help.



Getting started

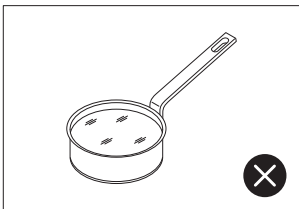
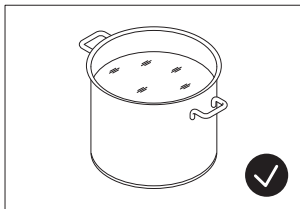
Sterilising your accessories before first use



Sterilise everything on left. You can sterilise the bottle stand and shield cover if you like but it's not necessary. **Never sterilise or immerse tubing or seal cap**

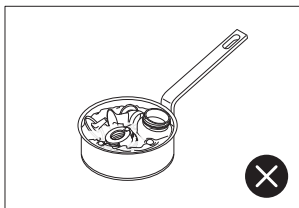
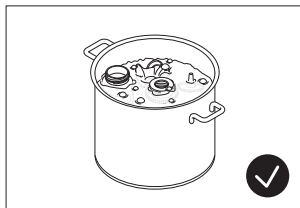
You can use any sterilising method that you prefer. Here are instructions for sterilising using the boiling method:

1. Choose a big pot

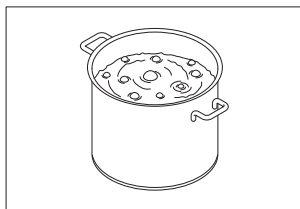


Make sure the pot you choose is large so accessories don't 'bump' into each other. Parts can warp if they bump into each other during sterilising.

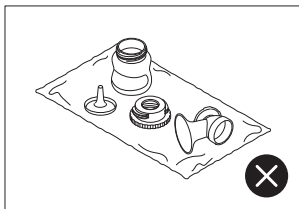
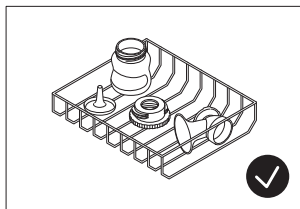
2. Place in accessories



3. Bring to boil, then boil for 5 minutes

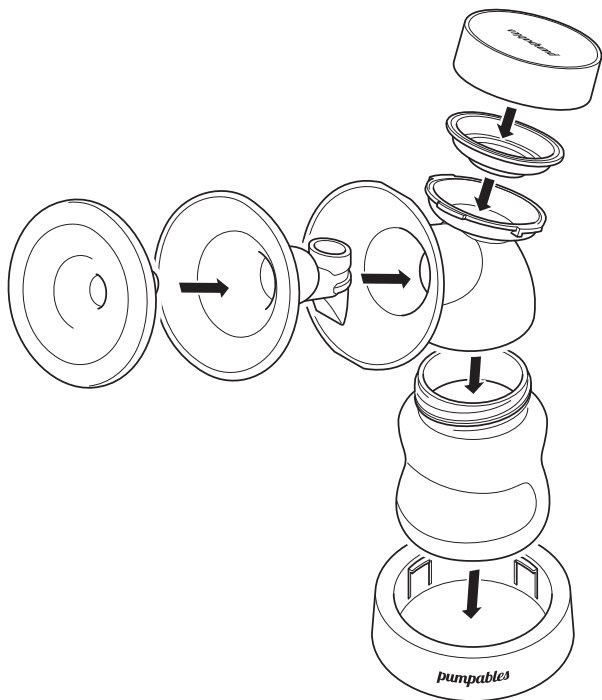


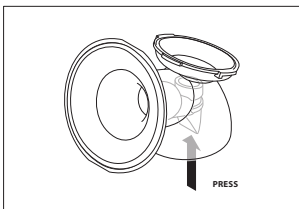
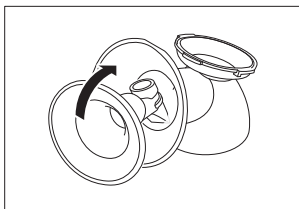
4. Air dry on a clean surface



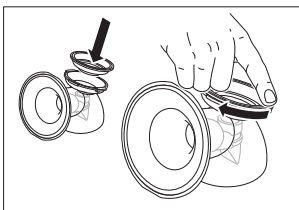
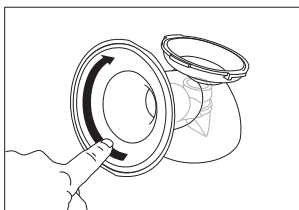
Getting started

Assembling your Liquid Kit

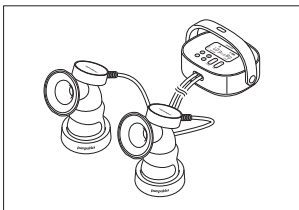
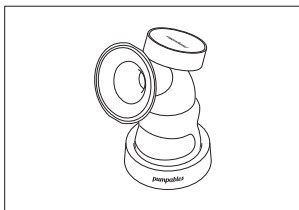




Slide the Liquid insert inside the shield assembly and ensure it is attached firmly. Make sure the valve is secure.



Ensure insert is flush with shield. Place seal diaphragm on the shield assembly. Tip - use your finger to ensure the edge is flush. This is important so the kit is airtight.




Attach your seal cap & then use your tubing to connect your accessory kit to the pump motor. Don't forget to cover the unused air port if you're single pumping!

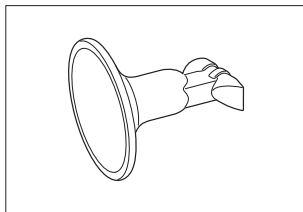
Replacing parts

Some parts of your kit need replacing regularly, depending on how often you pump. This is important! Worn out parts are the most common reason for a decrease in output. Here's an overview of what to replace when:


 **Occasional Pumping**
i.e. a few times a week

 **Exclusive Pumping**
i.e. 8 times a day

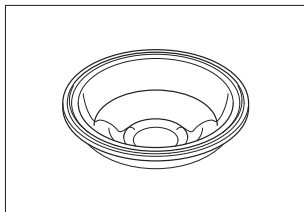
Liquid Insert




 2-3 Months

 2-4 Weeks

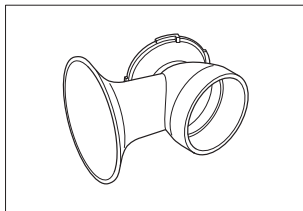
Seal Diaphragm





 3-4 Months

 Every Month

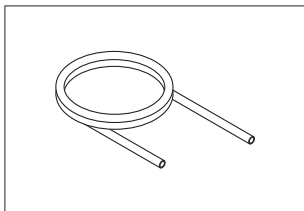
Breastshield Assembly



 Check regularly
replace as
needed

 Every 6 months Replace if moisture has entered the tubing, it slips off the pump or parts from stretching or shows signs of wear and tear.

Tubing



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Need help? Just ask the Pumpables team!

 pumpables.co

 hello@pumpables.co

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