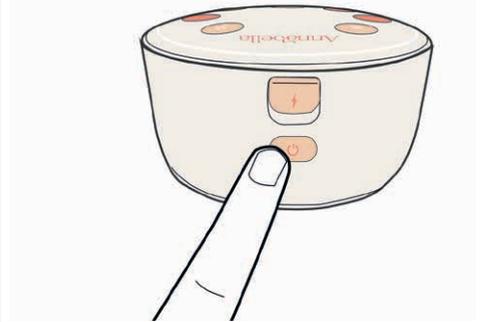


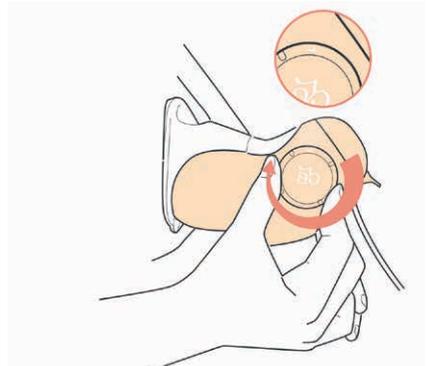
7 | Pumping Session

How to start the pumping session:

1. Press the power button to switch on the breast pump.



2. Make sure that when you start pumping, the tongue height level is set to 1.

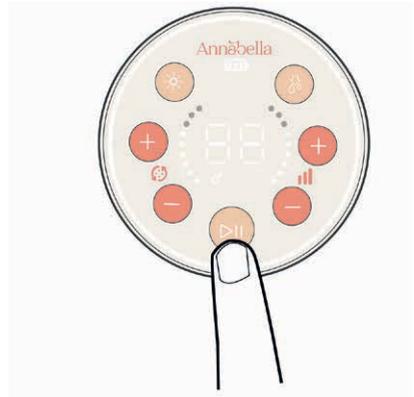


3. Place the breast shield on your nipple, and make sure that the nipple is properly centered in the middle of the adjustable breast shield (see Chapter 6 for more information on the right position for your nipple).

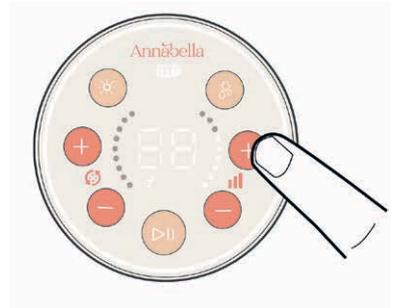


4. Keep the breast shield pressed against your breast, (as presented in Chapter 8)

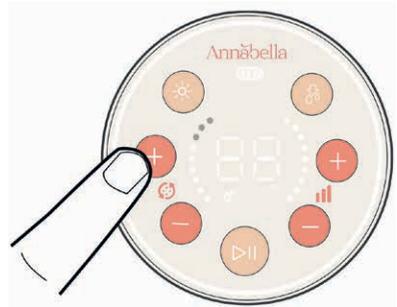
5. Press the resume button to start the pumping session.



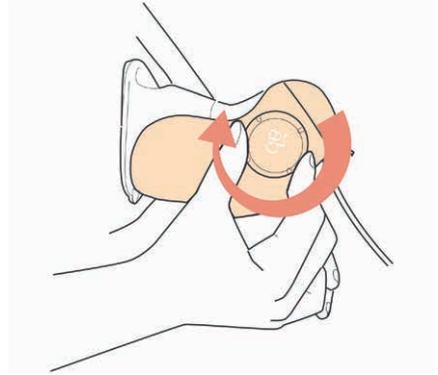
6. Increase the vacuum gradually to the maximum comfort level. The small lights on the right hand of the device indicate the intensity of the vacuum. Please note that pumping should not be painful or uncomfortable.



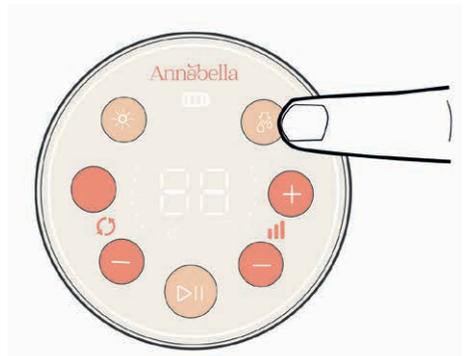
7. Gradually increase the tongue pace level in the maximum comfort level. The small lights on the left hand of the device indicate the tongue pace level.



- Adjust the height level of the tongue to the maximum comfort level.

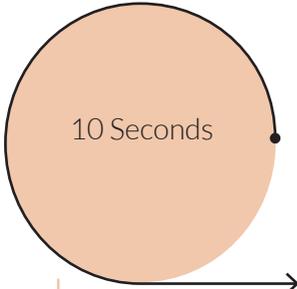


- When the milk starts to flow, press on the let down button to switch to the expression mode. If you do not press on the let down button the pump will automatically switch to expression mode within 2 minutes.



Timeline

The Annabella breast pump is unique, it relies on a massage unit and the tongue-like motion that stimulates milk production. The pump has two different modes that need to be operated at different times for optimal milk expression.



● **LATCHING ON**

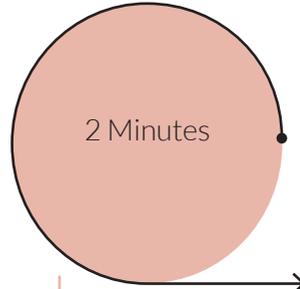
Follow the “Checking Your Fit” guidelines (in Chapter 6) to ensure the breast pump will latch on properly. Make sure the nipple is aligned (see nipple alignment in Chapter 6).

● **Tongue Height Level**

Before you start make sure the height of the tongue is set to level 1.

● **Tongue Pace**

The tongue pace should be on 0. Make sure the adjustable breast shield is properly latched on before turning on the tongue pace.



● **STIMULATION MODE**

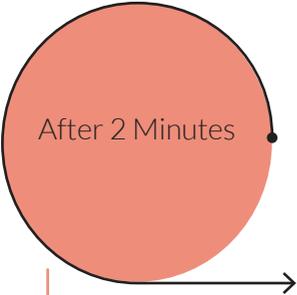
This is the first mode you should use to start pumping. Once you have started to express milk, you can change to expression mode. The pump automatically switches to expression mode after two minutes.

● **Tongue Height Level**

You can control the tongue height to find the right intensity necessary for the pumping session (note that pumping should not be painful or uncomfortable).

● **Tongue Pace**

Decrease or increase the pace of the tongue movement to ensure a steady expression of milk.



After 2 Minutes

● **EXPRESSION MODE**

This is the second stage of the pumping session.

Adjust the vacuum and suction to a level that you feel most comfortable with.

● **Tongue Height Level**

Once you switch to expression mode, you might want to readjust the height of the tongue for maximum comfort.

● **Tongue Pace**

If at any point during the pumping session you feel any discomfort, you can adjust the tongue pace as well as the vacuum level or the tongue height.

Ending the Pumping Session

1. To end your pumping session properly, press the pause\resume button.
2. Return the tongue height level back to level 1.
3. Gently place a finger between your breast and the breast shield to unlatch the vacuum.
4. Unplug the pump from the massage unit, reassemble all the pump parts, clean, or sanitize before the next use (see more instructions in Chapter 5).



Please note that the Annabella pump will automatically shut down after a 40 minute pumping session without a pause.

Long Term Storage:

- Make sure to fully charge the pump with the charger provided in the package.
- Make sure you are storing the pump in a dry place, away from direct sunlight.



Warning: Storing the breast pump parts before they are fully dry may cause molding and damage the pump.

- When taking out of storage wash all the parts and charge the pumping unit before first use.