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One-Hand Manual Breast Pump



Dual HygieniKit® Milk Collection System

with One-Hand Breast Pump Adapter
and Flexishield™ Areola Stimulators

HygieniKit Milk Collection Systems and One-Hand Manual Breast Pump Instructions

Englishpage 2

Mode d'emploi du tire-lait manuel d'une main et des systèmes de collecte de lait HygieniKit

Françaispage 14

Instrucciones para sistemas de recolección de leche HygieniKit y bomba de extracción manual para una sola mano

Españolpágina 26

Contents

Instructions for the Ameda® HygieniKit®		Converting to an Ameda One-Hand	
Milk Collection System	2	Manual Breast Pump	7
Intended Use	2	Assembly	7
Set Up and Assembly	2	Using the One-Hand Manual	
Parts Diagram	2	Breast Pump	8
Cleaning	3	Pumping Made Simple	8
Before First Use	3	Removing Ameda One-Hand	
After Every Use	3	Breast Pump from Breast	8
Using the Ameda HygieniKit Milk		Troubleshooting	8
Collection System	4	Milk Storage and Handling	9
Attaching to Any Ameda Electric		Containers	9
Breast Pump	4	Guidelines for Storing Human Milk	9
Single and Dual Pumping	4	Thawing/Warming Milk	9
Putting Ameda HygieniKit to the Breast	4	Flexishield™ Areola Stimulator	9
Checking Flange Fit	4	Replacement Parts	10
Pumping Made Simple	5	Limited Warranty	11
Removing the Ameda HygieniKit			
from Breast	6		
Troubleshooting	6		

SAVE THESE INSTRUCTIONS

If your Ameda HygieniKit Milk Collection System is marked “STERILE”, contents are sterile unless package is opened or damaged. Do not use if package is damaged.

Before Every Use



Always wash hands well with soap and water before handling the Ameda HygieniKit Milk Collection System or other Ameda products. Do not use solvents or abrasives.

If parts need replacing due to defects, please call:

In USA: 1.866.99.AMEDA(26332)

In Canada: 1.800.263.7400

In other countries: Call your local distributor or the location where you purchased your pump. For a list of distributors in your country, visit www.ameda.com.

For Your Health and Safety

The Ameda HygieniKit Milk Collection System is a personal care item. For hygienic reasons, this product should never be shared between mothers or resold from one mother to another.

Instructions for the Ameda HygieniKit Milk Collection System

Intended Use

The HygieniKit Milk Collection System is intended to facilitate the expression and collection of breast milk from a lactating woman for the purpose of feeding the collected milk to a child. The Ameda HygieniKit has a patented silicone diaphragm that creates a barrier protecting the pump and tubing from penetration of bacteria^{1,2} and viruses (Hepatitis B and C and Human Immunodeficiency Virus HIV^{2,3} from contaminated liquids inside the collection bottle system.

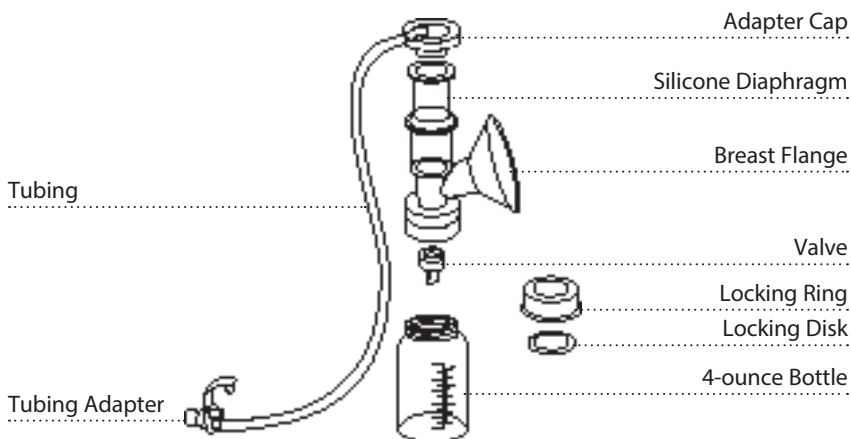
The diaphragm in this product creates a barrier protecting liquids collected in the collection bottle system from penetration of bacteria^{1,2} and viruses (Hepatitis B and C and Human Immunodeficiency Virus HIV)^{2,3} from the pump and tubing in the event of contamination of these components during a prior use or by a prior user.

Note that the Ameda HygieniKit neither removes bacteria and viruses (Hepatitis B and C and Human Immunodeficiency Virus HIV) from the breast milk being collected into the collection bottle nor does the Ameda HygieniKit make it safe for infected mothers to feed their infants with milk collected using this device.

^{1,3}Testing performed in situ using actual HygieniKits and SMB Piston Breast Pump with suspension of Phi-X174 bacteriophage and Escherichia coli, Staphylococcus pneumoniae and Pseudomonas aeruginosa. Procedure was adapted from ASTM 1671-97b Standard Test method Resistance of materials Used in Protective Clothing to Penetration by Blood-borne Pathogens Using Phi-X174 Bacteriophage as a test System

²The use of this product neither guarantees or warranties against the transmission of Hepatitis B and C and Human Immunodeficiency Virus HIV.

Set Up and Assembly



Cleaning



Unless told otherwise by a healthcare provider, follow these cleaning instructions: Always wash hands well with soap and water before handling the Ameda HygieniKit and other Ameda products. Do not use solvents or abrasives.

Before First Use

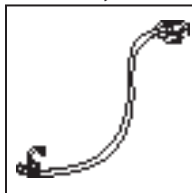


If your Ameda HygieniKit is marked “STERILE,” open and use.

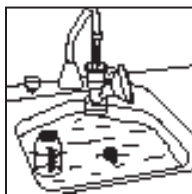
If your Ameda HygieniKit is NOT marked “STERILE,” before first use:

- Boil all parts—except tubing, adapter cap, and tubing adapter—for 20 minutes.
- Remove all parts from water right after boiling.
- Allow to air dry on a clean, dry surface before assembly and use.

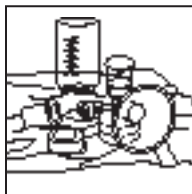
After Every Use



- Take apart the Ameda HygieniKit to clean.
- Rinse any milk residue from pump parts with cool water.
- Wash all parts—except tubing, adapter cap, and tubing adapter—in 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.



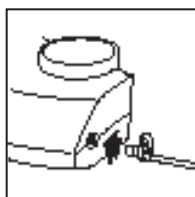
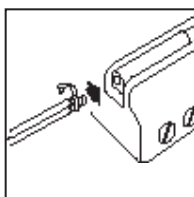
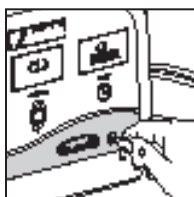
Breast flanges and bottles can be washed on the upper rack of a standard household dishwasher away from heating elements. Wash diaphragms and valves gently by hand. Do not insert anything into valve while cleaning.



Using the Ameda HygieniKit Milk Collection System

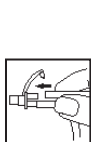
ALWAYS WASH HANDS WELL WITH SOAP AND WATER BEFORE PUMPING.

Attaching to Any Ameda Electric Breast Pump



The HygieniKit may be used to single or dual pump with any Ameda electric breast pump. Simply insert the tubing adapter into the tubing adapter port.

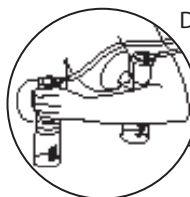
Single and Dual Pumping



To single pump:
Remove one tube and
close tubing adapter.



To dual pump:
Both tubes should be
attached to tubing adapter.



Dual pumping
with one hand
gives you a
free hand for
other things.

Putting Ameda HygieniKit to the Breast

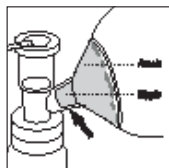
To begin pumping:

- Center the nipple in the breast flange.
- Fill the breast flange with the breast to create an air seal.
- Angle breast flange down a bit so milk flows into bottle.

Checking Flange Fit

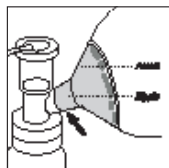
Some Ameda HygieniKits include one size breast flange, with an opening of 25mm. Other Ameda kits include three flanges sizes (25, 28.5, and 30.5mm). Many mothers do well with the 25mm standard size breast flange, but you may need a larger flange (30.5mm) or insert (28.5mm) if pumping is uncomfortable or unproductive, even on low suction. If the standard flange is too tight, a larger flange or insert may feel better and pump more milk. Flange fit can change as the breast changes after birth and with pumping. Use the size that feels best and gives the best results. If the 30.5mm size is not large enough, contact your Ameda retailer for the Ameda Custom Breast Flanges 32.5/36mm.

To check your flange fit, watch your nipple during pumping.



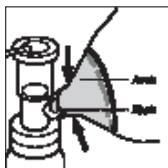
Good Fit

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.

If your kit includes larger flanges, to use them:

- Replace standard flange with larger flange
- Move valve to larger flange
- See instructions to assemble other parts
- Try the larger flange with and without the insert on each breast until you find the size that feels better and/or pumps more milk

If your kit does not include larger flanges, contact your Ameda retailer for Custom Breast Flanges 28.5/30.5mm (Ameda Stock No. 17148PM) or Custom Breast Flanges 32.5/36mm (Ameda Stock No. 17358M).

Visit www.ameda.com for more information.

Pumping Made Simple

Does a pump need to be set at the strongest suction to get more milk? No. Set your pump at the highest suction that feels good...and no higher.

Milk Release or 'Let-Down':

Pumping milk is not like sucking liquid through a straw. With a straw, the stronger you suck, the more liquid you get. When pumping, the milk comes only when a milk release (otherwise known as a "let-down") happens. Without a milk release, most milk stays in the breast.

What is a milk release?

- Hormones cause muscles in the breast to squeeze and milk ducts to widen, pushing the milk out.
- Some mothers feel tingling. Others feel nothing.
- A milk release can happen with a touch at the breast, hearing a baby cry, or even by thinking about your baby. Feeling your baby's soft, warm skin against yours can cause a milk release.
- Feelings of stress, anger, or upset can block milk release.

Using Your Senses:

While breastfeeding, most mothers have three or four milk releases without knowing it. To get more milk with your pump, you need more milk releases. But, you may need some help at first until your body learns to respond to your pump like a baby.

To trigger more milk releases, use your senses. One or two senses may work better than the others, so try them all to find out which work best for you.

- **Mind/Feelings:** Close your eyes, relax, and imagine your baby breastfeeding. Think about how much you love your baby.
- **Sight:** Look at your baby or your baby's photo.
- **Hearing:** Listen to a tape of your baby cooing or crying. If you're away, call and check on your baby. Or, call someone you love to relax and distract you.
- **Smell:** Smell your baby's blanket or clothing.
- **Touch:** Apply a warm cloth or gently massage your breasts.
- **Taste:** Sip your favorite warm, non-alcoholic drink to relax you.

Using Pump Controls:

Check to see if your pump has both **SUCTION/VACUUM** and **CYCLE** controls. If so, use your senses as you adjust the controls during pumping to get more milk faster. Watch your milk flow as you pump. Use it as your guide.

1. Set **SUCTION/VACUUM** to the highest setting that feels good.
2. Set **CYCLE** on the fastest setting.
3. When milk flows, turn **CYCLE** down close to the slowest setting.
4. When the milk flow slows to a trickle, return to fast **CYCLE** and use your senses.
5. Repeat, using fast **CYCLE** to trigger milk releases and slow cycles to drain.

Pumping Length:

Talk to your healthcare provider about how long you should pump. In most cases, 10 to 15 minutes per breast is long enough.

- If single pumping, 20 to 30 minutes total.
- If dual pumping, 10 to 15 minutes total.

Removing the Ameda HygieniKit from Breast

After pumping:

- Turn off pump.
- Insert a finger into breast flange(s) to break suction.
- Remove Ameda kit from breast(s).

Troubleshooting

If milk drips too slowly into bottle:

- If pump has a **CYCLE** control, set pump to faster **CYCLE** setting.
- Replace silicone diaphragm(s) and valve(s).

If pumping causes discomfort:

- Set pump to lower **SUCTION/VACUUM** setting.
- Check pump fit. Larger flanges may be needed.

If suction is low:

- Check that valve(s) is/are pushed onto breast flange(s).
- Check valve(s) for tears or stretches. Replace if needed.
- If single pumping, check tubing adapter to be sure side not in use is closed.
- Check tubing adapter for cracks. If seen, replace.
- Set pump to higher SUCTION/VACUUM setting.

The valves are vital for proper suction. To work well, they must be intact and look closed when pump is not in use.

To prolong valve life:

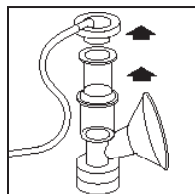
- When removing from breast flange, pull gently from thick sides, not thin edge.
- Do not stick anything into valves during cleaning. Just swish them around in warm, soapy water, rinse well in warm water, and air dry.

Converting to an Ameda One-Hand Manual Breast Pump

ALWAYS WASH HANDS WELL WITH SOAP AND WATER BEFORE PUMPING.

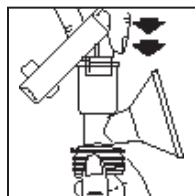
Assembly

Use this section if your One-Hand handle assembly is part of an Ameda HygieniKit or has been purchased separately.

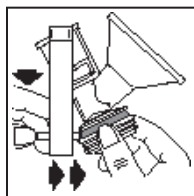


1. Unsnap and remove adapter cap.
2. Remove diaphragm from upper chamber of breast flange.

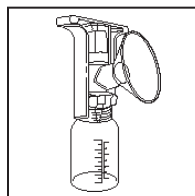
Remove plastic covering on handle assembly.



3. Push piston into upper chamber of flange.



4. Pull handle down and snap handle collar around bottom of flange. (See shaded area in diagram above.)



5. Screw flange onto bottle.
Handle is on correctly if top of handle is a straight line.

Using the One-Hand Manual Breast Pump

Pumping Made Simple

Use both fast and slow squeezes. Watch your milk flow as you pump. Use it as your guide.

1. Use a few minutes of fast, light squeezes to trigger milk flow.
2. When milk flows, use slower, stronger squeezes. (Never so hard that it hurts.)
3. For easier pumping, while milk is flowing “squeeze and hold.”
4. When milk flow slows, use faster squeezes again.
5. When milk flows again, use slower, stronger squeezes.
6. Repeat fast then slow squeezes to pump more milk faster.
7. Change breasts every 5-7 minutes for a total of 20 to 30 minutes.

Pumping with fast and slow squeezes is like a baby at the breast. Baby starts fast, then slow, and repeats. This two-speed action may help you pump more milk faster.

Removing Ameda One-Hand Breast Pump from Breast

After pumping:

- Insert a finger into breast flange to break suction.
- Remove One-Hand Breast Pump from breast.

Troubleshooting

If milk drips into bottle too slowly:

- And you're using “squeeze and hold,” release the handle.
- If not using “squeeze and hold”, release handle more often.

If pumping causes discomfort:

- Use gentler handle squeezes.
- Check flange fit. A larger flange may be needed.

If suction is low:

- Check that valve is on fully.
- Check valve for tears or stretches. Replace if needed.
- Remove piston seal, stretch out on flat surface, and replace on piston.

The valves are vital for proper suction. To work well, they must be intact and look closed when pump is not in use.

To prolong valve life:

- When removing from breast flange, pull gently from thick sides, not thin edge.
- Do not stick anything into valves during cleaning. Just swish them around in warm, soapy water, rinse well in warm water, and air dry.

Milk Storage and Handling

Containers

– ALWAYS DATE CONTAINERS –

Human milk should be stored in a dated, clean, sealed container. Glass or hard plastic containers can be used.

Guidelines for Storing and Thawing Human Milk

Storage Time for Human Milk*	Deep Freeze (0°F/-18°C)	Refrigerator Freezer (variable 0°F/-18°C)	Refrigerator (39°F /4°C)	Cooler with Frozen Ice Packs (59°F/15°C)	Room Temperature (66°F – 72°F) ; (72°F – 79°F) (19°C – 22°C) ; (22°C – 26°C)	
Fresh	12 Months	3–4 Months	8 Days	24 Hours	6–10 Hours	4 Hours
Frozen, Thawed in Fridge	Do Not Refreeze	Do Not Refreeze	24 Hours	Do Not Store	4 Hours	4 Hours
Thawed, Warmed, Not Fed	Do Not Refreeze	Do Not Refreeze	4 Hours	Do Not Store	Until Feeding Ends	Until Feeding Ends
Warmed, Fed	Discard	Discard	Discard	Discard	Until Feeding Ends	Until Feeding Ends

* Storage times may vary for premature or sick babies. Sources: Jones, F. and M.R., Tully, Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes and Child Care Settings. Raleigh, NC: Human Milk Banking Association of North America, 2006; Mohrbacher, N. Breastfeeding Answers Made Simple. Amarillo, TX: Hale Publishing, 2010.

Thawing/Warming Milk

Thaw frozen milk in refrigerator. Or, thaw or warm milk by placing container in cool then warm water.

– Do Not Microwave Human Milk –

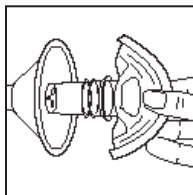
Microwaving changes the milk. It also creates hot spots in the milk that can burn the baby.

Flexishield Areola Stimulator

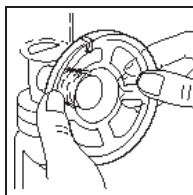
The Flexishield Areola Stimulator:

- Is a flexible silicone breast flange insert.
- Gives a soft feel against the skin while pumping.
- Compresses the breast while pumping to help trigger milk release.
- Is optional with the Ameda One-Hand Breast Pump and the Ameda HygieniKits.
- Can be bought separately.
- Narrows the breast flange, so works best with mothers with small nipples.
- Fits only the standard 25mm breast flange (see “Checking Flange Fit”).

To use the Flexishield areola stimulator:

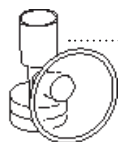


1. Insert Flexishield stimulator into breast flange. Flexishield stimulator's rings should touch inside walls of flange.



2. Attach Flexishield stimulator to flange by pushing edge over rim of flange. Use palm or thumb and forefinger.

Replacement Parts



Breast Flange



Piston



Piston Seal



Valve



Locking Ring



Locking Disk



4 oz. Bottle



Adapter Cap



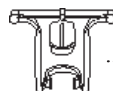
Silicone Diaphragm



Tubing



Tubing Adapter

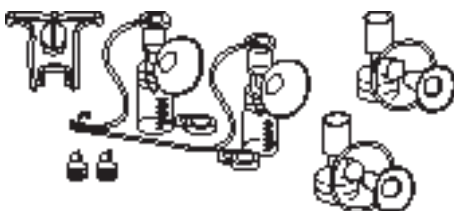


17145 One-Hand
Handle Assembly

17152 Dual HygieniKit Milk Collection System
with One-Hand Breast Pump



17449 Dual HygieniKit with CustomFit Flange System™
and One-Hand Breast Pump Adapter



Products not shown

17148PM Custom Breast Flanges (28.5/30.5mm)

17150 Single HygieniKit Milk Collection System
with One-Hand Manual Breast Pump
Adapter

17151 Single HygieniKit Milk Collection System

17153 Dual HygieniKit Milk Collection System
with One-Hand Manual Breast Pump
Adapter & Flexishield Areola Stimulator

17155 Dual HygieniKit Milk Collection System

17212 Flexishield Areola Stimulator (1 Pr)

17242M Store'N Pour™ Breast Milk Storage Bags
(20 Bags + 2 Adapters)

17243M Store'N Pour Breast Milk Storage Bag
Refills (40 Bags)

17358M Custom Breast Flanges (32.5/36.0mm)

17448 Single HygieniKit CustomFit Flange System™
with One-Hand Breast Pump Adapter

Limited Warranty:

The Ameda HygieniKit Milk Collection System ("Product") is warranted to the original user ("Customer") only. Use of the Product by more than one person will void this express limited warranty.

Ameda, Inc. ("Ameda") warrants that it will convey to the Customer good title to the Product. For ninety (90) days from the date of original purchase of this Product, Ameda warrants the Product to the Customer against defects in material or workmanship. Ameda's sole obligation under this express limited warranty shall be to repair or replace, at Ameda's option, any Product that is determined to be defective by Ameda and determined to be covered by this limited warranty. Repair or replacement under this limited warranty is the sole and exclusive remedy of the Customer. Proof of purchase in the form of a receipted invoice or bill of sale evidencing that the product is within the warranty period must be presented to obtain warranty service. This express limited warranty is extended by Ameda ONLY to the Customer and is not assignable or transferable to subsequent purchasers or end users of the Product. For warranty service contact Ameda at 1.866.99.AMEDA (26332).

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Caution Consult Documents
Mise en garde : consulter les documents
Documentos de consulta de precaución



Waste Electrical and Electronic Equipment
Déchet d'équipements électrique et électronique
Desecho de equipos eléctricos y electrónicos



Fragile
Fragile
Frágil



Protect from sunlight
Protéger des rayons du soleil
Proteja de la luz del sol



Keep Dry
Maintenir au sec
Mantenga seco



Temperature Limitation For Transport/Storage
Limites de température pour le transport et l'entreposage
Límite de temperatura para transporte/almacenamiento



Humidity Limitation For Transport/Storage
Limites d'humidité pour le transport et l'entreposage
Límite de humedad para transporte/almacenamiento



Temperature Limitation For Operation
Limites de température pour l'utilisation
Límite de temperatura para el funcionamiento



Humidity Limitation For Operation
Limites d'humidité pour l'utilisation
Límite de humedad para el funcionamiento



Manufacturer
Fabricant
Fabricante



Lot Number
Numéro de lot
Número de lote



Catalogue Number
Numéro de catalogue
Número de catálogo



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