



中文 兰思诺®
手动吸奶器
使用说明书

GB LANSINOH
MANUAL BREAST PUMP
INSTRUCTIONS FOR USE



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附录一

APPENDIX A

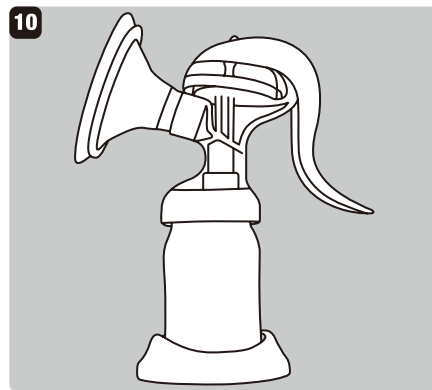
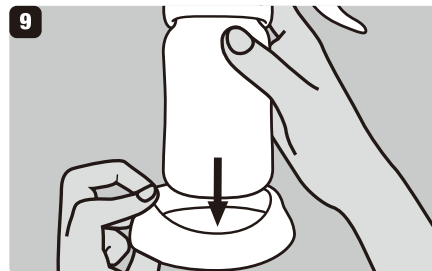
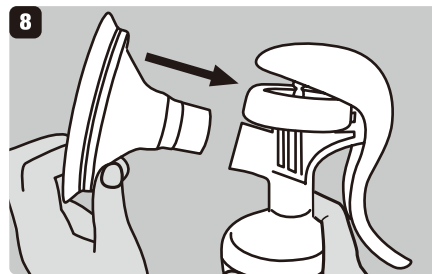
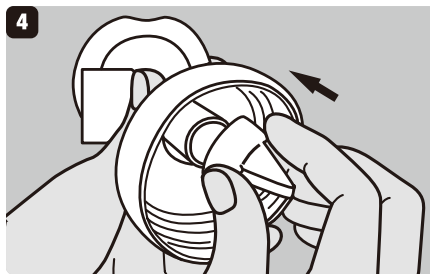
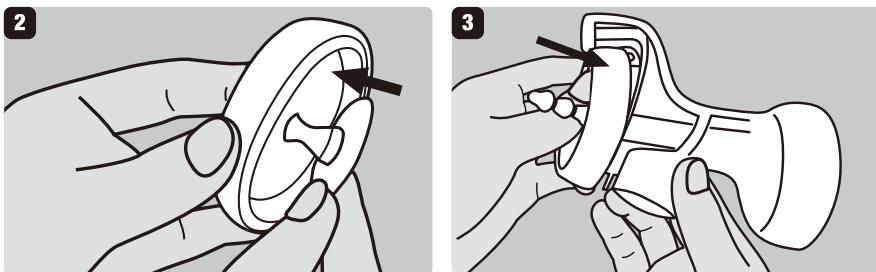


- A ComfortFit舒适贴合乳杯
- B 吸奶器本体
- C 隔膜
- D 活塞
- E 把手
- F 瓶帽和密封垫
- G 吸奶阀
- H 底座
- I 自然波浪奶嘴(S)
- J 瓶盖
- K 160ml奶瓶

附录二

APPENDIX B

1 彻底洗净双手。 Wash your hands thoroughly.





中文 02

**兰思诺
手动吸奶器
使用说明书**

GB 10

**LANSINOH
MANUAL BREAST PUMP
INSTRUCTIONS FOR USE**

中文

兰思诺

手动吸奶器

使用说明书

恭喜您决定通过母乳喂养为您的宝宝提供最棒的人生开端。有充分的证据表明，这将为您和宝宝带来众多健康益处。虽然母乳始终是最好的，但在不得不与宝宝分开时为其提供母乳却不是一件容易的事。这需要特别的努力，但您会因为给宝宝提供了成长和发展所需的最佳营养物质而感到非常自豪。我们的手动吸奶器可为仅需偶尔吸奶和喜欢手动吸奶器便利性的母亲提供简单快速的吸乳体验。

使用说明：

本说明书包含重要信息，请在使用前详细阅读，并妥善保管。

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01

兰思诺手动吸奶器简介

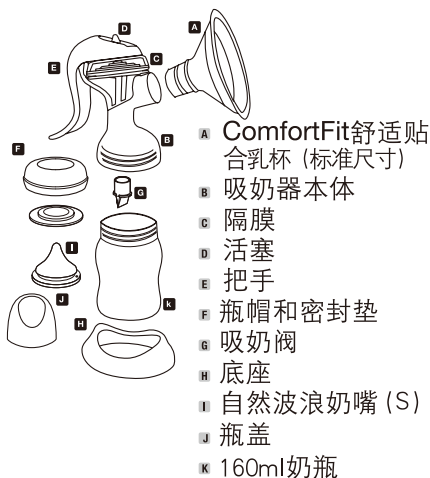
兰思诺手动吸奶器在设计时始终将母乳喂养妈妈的需求铭记于心。本款吸奶器拥有可调节双阶段：吸乳准备阶段和吸乳阶段。通过调节的把手和活塞，可在两种阶段间轻松切换。ComfortFit舒适贴合乳杯可形成密封效果，提供舒适的吸力，有助于

母乳舒适、快速地流出。宽口径奶瓶通用于所有兰思诺系列吸奶器。产品套件还包含自然波浪慢速流量奶嘴使宝宝在用奶瓶喝吸出的母乳时获得与吸吮妈妈乳房时相同的自然吸吮感受。该吸奶器便于组装、使用和清洁。

母乳是最好的。纯母乳喂养被认为是对宝宝最有益的选择，能够为宝宝前6个月提供所有必需的营养。母乳喂养帮助妈妈与宝宝之间建立非常亲密的联系，并使妈妈和宝宝都能长期受益。

02

部件名称

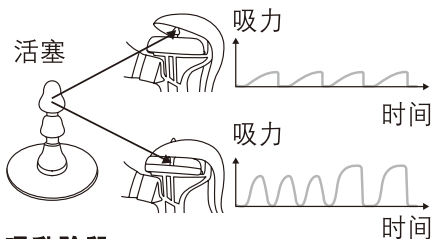


可调节双阶段技术

本款吸奶器拥有两个阶段：吸乳准备阶段和吸乳阶段。通过调节把手和活塞，可在两种阶段间轻松切换。

吸乳准备阶段

在此阶段将轻轻刺激乳房。旨在模仿母乳亲喂的第一阶段（即宝宝在刚开始喝奶时的吸吮动作），有助于母乳分泌和流出。将把手卡入活塞第一个（顶部）凹槽，然后轻轻按压把手可产生轻柔的吸力。



吸乳阶段

该阶段可从乳房吸出乳汁。将把手顶部的孔卡入活塞的第二个（底部）凹槽可切换至该阶段。如需较强的吸力，请将把手按到底。如需较小的吸力，请减小把手的按压幅度。

03

使用注意事项

依据错误操作的结果，以及可能产生的危险和伤害程度，用以下的表示进行说明。

警告：表示的是“如果发生误操作，有可能造成人死亡或者负重伤”的内容。

注意：表示的是“如果发生误操作，有可能会给人造成伤害或者物品损坏”的内容。

依据所需要遵守内容种类，用以下的表示进行说明。（下述仅为图示的一例）

指示使用产品时，请务必按照所标示的内容进行操作。

禁止使用产品时，禁止发生的行为。

警告：请置于婴幼儿无法触及的地方，以免造成误吞食小零件、受伤等意外发生。

注意：

过度使用和连续吸引，有可能会造成乳房的疼痛，请避免这样使用。

因操作手柄而导致手指和手疼痛时，

请中止使用，否则有可能会引发腱鞘炎等。

乳房疼痛时，请中止吸奶，以防情况恶化。

请勿放在火旁，以免造成产品变形或破损。

请勿用于吸奶以外的其他目的。

请避免发生摔落、碰撞等强力冲击，这会导致产品破损或故障。

请勿用稀释剂、汽油和酒精等溶剂擦拭本产品，这会导致产品变形或破损。

吸奶时请勿超过奶瓶瓶身上的最高刻度线（最大刻度160ml），以免吸出的母乳溢出。

请勿使用含研磨剂的清洗剂，这会导致划痕损坏吸奶器。

每次使用前，请事先确认产品是否存在损伤、破损、缺口、变形等异常事项，确认无误后再使用。

吸奶前请务必先将双手洗净。

04

清洗和消毒

注意事项※ 请拆开所有零部件后，再进行洗净、消毒。

清洗

- 在初次使用前，请务必进行洗净、消毒。
- 使用后，请及时清洗，建议配合使用专用的奶瓶清洗剂。
- 洗净后请务必对各零部件进行消毒。
- 吸奶器内含有很多小零件，清洗时请注意不要丢失零部件。
- 清洗时请使用柔软的刷子。
- 硅胶材质的零部件，如果用力清洗

不当有可能会造成破损或划伤，请小心。

注意：清洗吸奶阀时应小心谨慎。吸奶阀对于吸奶器的正常使用十分重要。

奶嘴的清洗方法

- 为保证卫生，在首次使用前，请务必进行清洗，并在沸水中煮沸消毒5分钟。
- 每次使用前，都请进行清洗和消毒。
- 每次使用后，请马上用温水浸泡，建议使用专用的奶瓶清洗剂洗涤。
- 奶嘴的前端处较为脆弱，请勿在清洗过程中用力拉扯，由此所造成的裂痕可能会导致渗漏。
- 奶嘴的前端部分是非常脆弱的，用奶嘴刷等清洗时请将指腹按住奶嘴头进行清洗。
- **※注意：**清洗奶瓶时，请勿使用含研磨或金属等材料的洗具，以免造成磨损。
- 清洗奶嘴时，请务必小心清洗奶嘴前端通气阀。
- 奶嘴底座板上的通气阀为倒三角形结构，请勿在清洗时大力拉扯或用尖锐物体捅穿该通气阀。
- 出于保护作用，在通气阀及奶嘴孔上会添加一些白色粉末。这些白色粉末安全无害，只需在首次使用前洗净即可。

消毒：

【煮沸消毒】将清洗干净的部件放入沸水中煮5分钟。

※请将可消毒的部件浸没水中，不要接触到锅壁，以免变形或损坏。

※过度煮沸会影响部件寿命。

【微波炉消毒】请使用专用的微波炉

消毒容器。

※请勿将产品零配件直接放入微波炉中消毒。

※消毒方法请遵照微波炉消毒容器的使用方法。

※请遵照所使用的微波炉使用说明书进行操作。

※加热时请保证容器里有水。

【蒸汽消毒】建议使用电子蒸汽消毒器消毒。

※使用电子蒸汽消毒器时，请遵照其说明书要求进行。

【其他方法】

※请不要采用干式加热、紫外线（UV）或洗碗机/烘干机进行消毒。避免部件变形或损坏。

※刚消毒完的产品温度较高，请注意避免烫伤。

05

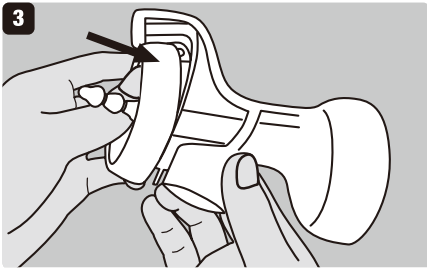
吸奶器的组装方法

注意：组装兰思诺手动吸奶器之前，请确保根据本手册第4部分的内容清洗和消毒所有部件。

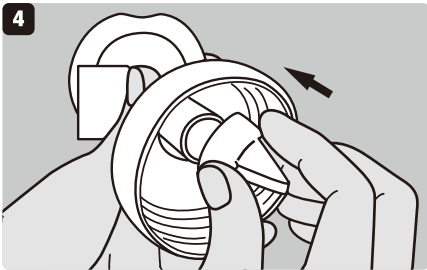
1 彻底洗净双手。



将活塞插入硅胶隔膜。



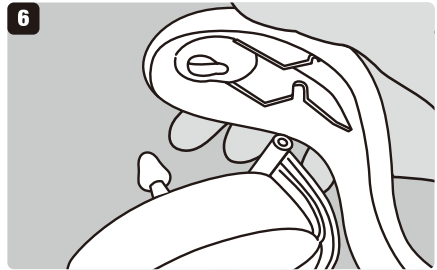
将隔膜组装在吸奶器本体上，确保隔膜下部与吸奶器本体的凹槽充分嵌合好。如嵌合不好，会发生空气泄漏导致无法吸引。



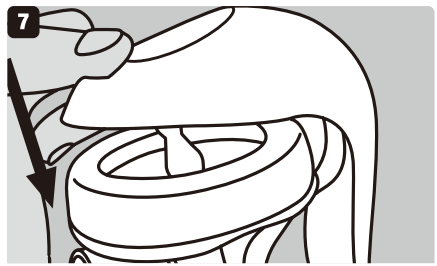
从吸奶器本体下方装入吸奶阀，并轻轻固定，确保吸奶阀与吸奶器本体齐平。装入吸奶阀时无需用力过大。如果发现吸奶阀很难移动，则您将其推入吸奶器本体过多。



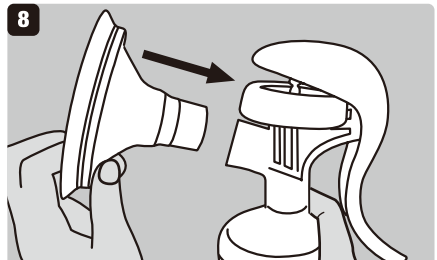
将奶瓶旋到吸奶器本体上。



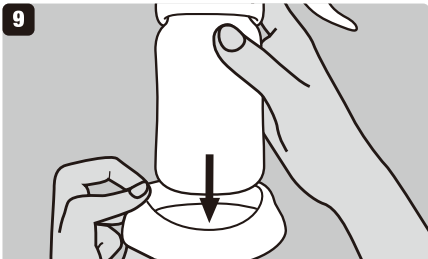
将吸奶器本体的轴部与把手卡槽对齐。轻轻按下把手。直到听到咔嗒声。*



调节活塞和把手，将把手顶部的孔卡入活塞的第一个（顶部）凹槽处。此为吸乳准备阶段。**



将ComfortFit舒适贴合乳杯安装到吸奶器本体上。



为使吸奶器保持稳定，请将奶瓶插入奶瓶底座。



组装完成后，您的吸奶器应如图所示。

- * 此类零件应紧贴安装。为便于组装，可用水将隔膜边缘弄湿。
- ** 此款吸奶器拥有两个阶段：吸乳准备阶段和吸乳阶段。通过调节把手和活塞，可在两个阶段间轻松切换。

06

温馨提示

使用前应先熟悉吸奶器及其部件。

成功吸乳最重要的部分就是刺激奶阵，之后乳汁才能自由流出。以下操作有助于刺激奶阵：在吸乳之前和/或吸乳时，将温热的毛巾敷在乳房上，用手指轻轻地进行画圈按摩，即从乳房外侧朝向乳头按摩。

6

请选择在不赶时间，且不会被打扰的时间进行吸乳。吸乳时让身心放松，想着宝宝或者看着宝宝的照片也会有帮助。

整个吸乳过程可能持续20—30分钟，具体取决于您的身体。请记住，成功吸乳是通过不断练习实现的。最开始的时候，练习时间可能比本手册中所述的时间更长或更短，而且也可能只能收集非常少量的母乳。但这并不意味着您的乳汁不够或者您做错了什么。母乳是按需产生的，在哺喂宝宝之外定时吸奶有助于刺激和维持您的母乳供给。

如若碰到任何母乳喂养方面的问题，请咨询您的健康专家。您还可以在宝宝吸吮一侧乳房的时候，对另一侧乳房吸乳。这样可通过宝宝的吸吮刺激奶阵，从而获得最佳吸乳效果。

确保将乳杯通道稍微向下倾斜，使母乳自然流入奶瓶内。

哺喂吸出母乳时的注意事项：

1. 切勿用微波炉加热母乳！微波加热会改变母乳的成分，还会导致母乳局部过热，从而会烫到宝宝。
2. 在喂养宝宝之前务必检查液体的温度。
3. 切勿让儿童喝着奶入睡或者长时间自行喝奶。
4. 为防止窒息危险，应拉动奶嘴的球形部分，测试其强度。若有任何裂缝或裂纹，请立即停止使用。

07

吸奶器的使用方法

如果可以，请在母乳分泌后之后和母乳喂养机制已经建立之后再开始吸乳。通常为宝宝出生后3—4周，除非您的健康专家提出其他建议。

1. 请彻底洗净双手并保证乳房的清洁。
2. 确保根据“清洗和消毒”和“吸奶器的组装方法”部分的内容对吸奶器进行仔细消毒和组装。
3. 将吸奶器本体的开口对准乳头中心，轻轻按到乳房上，确保乳头对准乳杯的中心位置。将ComfortFit舒适贴合乳杯紧贴乳房，确保达到密封状态、无空气溢出。可用另一只手从下面托住乳房，以获得良好密封效果。如乳头过大，会触碰到标准尺寸ComfortFit舒适贴合乳杯中心边缘时，推荐换用加大尺寸的ComfortFit舒适贴合乳杯，请另行购买。
4. 在轻轻按下把手时，您的乳房将感受到吸力。无需将把手按到底也可能产生真空，只要您感觉到舒服。
5. 将把手顶部的孔卡入活塞的第一个（顶部）凹槽处。以产生轻柔的吸力，做好吸乳准备。确认您的乳头在伸缩，然后轻轻按压和释放把手，以找到最适合您的节奏。
6. 以吸乳准备阶段开始时，将把手顶部的孔卡入活塞的第一个（顶部）凹槽处。然后按压把手。即使您没有使用到吸奶器可以产生的全部吸力，您的乳汁也很快就会流出。
7. 一旦母乳开始流出（1–2分钟），请切换至吸乳阶段。
切换至吸乳阶段时，轻轻按压把手的前端“PUSH”部分，将把手顶部的孔卡入活塞的第二个（底部）凹槽。继续按下和释放把手，以找到最佳的吸力。

如果您在吸乳时感觉吸力过弱，请将把手按到底。吸力大小随您挤压把手的力度而定。舒适吸乳比达到强大的吸力更为重要。请使用最适合您的吸力吸乳。

※如需从吸乳阶段返回吸乳准备阶段，(1) 朝您身体的方向拉动活塞前端；(2) 轻轻按压把手，使之卡入活塞第一个（顶部）凹槽。

警告：如果没有乳汁流出，请勿持续吸乳超过 5 分钟。请尝试在当天的其它时间吸乳。

请记住：如果吸乳过程感觉非常疼痛或不适，应停止使用吸奶器并咨询健康专家。

08

母乳保存

适用于正常足月婴儿的母乳保存与解冻指南。

请咨询您的健康保健专家、助产师或保健随访人员，以获取具体的保存说明。

冷冻母乳时，储存容量不得装满 3/4 以上，以防冷冻时乳汁会膨胀。

在储乳袋上标注吸乳时间，以便将来参考。并优先使用吸乳时间靠前的母乳。

室温	(<26°C)	6 小时
冰箱	(>4°C)	3 天
冰箱	(<4°C)	5 天
冰箱冷冻室		2 周
家用冰柜	(<-18°C)	6 个月

*国际母乳会 (2012)

注意：请勿将母乳保存在冰箱或冰柜门内侧。由于门会频繁开关，因此门内侧的温度是冰箱或冰柜内温度最高的部分。

解冻

将冰冻后的母乳放在冷藏室，或放在流动的冷水下冲洗解冻，慢慢使水变暖，以解冻母乳。

解冻后的母乳可放在冰箱冷藏室保存，保存时间不能超过24小时。

注意：请勿重新冷冻已解冻的母乳。用解冻后的母乳哺喂宝宝前，请轻轻摇晃奶瓶，以混合分层的母乳，母乳不均匀，“乳脂”会出现分层，浮到表面。母乳的颜色和浓度因吸乳时间、您的饮食，以及吸乳时宝宝的月龄存在个体差异。

注意：请勿用微波炉加热母乳。微波加热会改变母乳的成分。还会导致母乳局部过热，烫伤宝宝。

注意：请勿在热水或沸水中解冻母乳。请勿使用奶瓶冷冻保存母乳，有可能会造成奶瓶破裂。

09

故障排查

吸力不足/吸力下降

如果感到吸力下降，请尝试以下步骤：

1. 确保吸奶器所有部件已完全干燥并正确组装。
2. 检查吸奶阀是否有裂缝或小孔。该组件对于获得适当的吸力而言十分关键。必要时请使用产品随附的备用吸奶阀替换。
3. 确保隔膜和活塞牢牢固定至吸奶器本体，达到密封状态。
4. 确保ComfortFit舒适贴合乳杯牢牢贴合至吸奶器本体，达到密封状态。
5. 如乳头过大，会触碰到标准尺寸ComfortFit舒适贴合乳杯中心边缘时，推荐换用加大尺寸的ComfortFit舒适贴合乳杯，请另行购买。

无法吸出乳汁

如果感到吸力下降，请尝试以下步骤：

1. 确保吸奶器所有部件已完全干燥并正确组装。
2. 检查吸奶阀是否撕裂或有小孔。该组件对于获得适当的吸力而言十分关键。必要时请使用产品随附的备用吸奶阀替换。
3. 确保硅胶隔膜和活塞牢牢固定至主体，达到密封状态。
4. 确保ComfortFit舒适贴合乳杯牢牢贴合至吸奶器本体，达到密封状态。

吸乳时感到疼痛

如果您在吸乳时感到疼痛，请尝试以下方法：

1. 可能吸乳用力过大。您不需要使用吸奶器能够产生的全部吸力。尝试按压到一半就放松把手，保持2-3秒的吸乳频率。
2. 您可能需要更大的乳杯，请另行购买，也可咨询您的健康专家。

10

采用自然波浪奶嘴喂养母乳

基于对婴儿吮吸运动的研究，

总结了“婴儿吮吸”的三个步骤



1. 紧贴乳房含住乳头(吸附) 嘴唇向外开，将乳晕部分完全覆盖。



2. 利用舌头的运动将乳汁吸出(吮吸)。

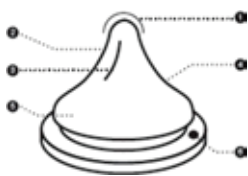


3. 吞食饮入(吞咽) 借助舌头如波浪般的蠕动运动，挤压乳头以吸出乳汁。

3. 吞食饮入(吞咽) 将舌根向上抬，将乳汁往食道流入。

自然波浪奶嘴是研究婴儿吮吸运动而制成的奶嘴，主要有以下几个特点：

1.不流出超过所需量的乳汁，让宝宝能轻松地慢慢饮用。



2.柔软且有韧性的硅胶。

3.竖线加工不易扁塌，让舌头顺畅运动。

4.抑制粘腻的表面加工，含住时不易粘住嘴唇。

5.宽且带有纹理的奶嘴底部——便于吸住和有效的吸吮。

6.通气阀（AVS 空气流动系统）—可帮助宝宝顺畅吮吸。

建议宝宝出生后6个月内采用纯母乳喂养。兰思诺的母乳喂养支持产品帮助您延长母乳喂养时间。吸乳、储乳、喂乳，一瓶多用。就算您需要外出或者工作时，选用兰思诺系列的产品可以帮助您继续进行母乳喂养。

兰思诺自然波浪系列奶嘴共有3款型号的奶嘴以供选择。

奶嘴推荐使用月龄示意图：



其余型号请根据需求另行购买。

为了您孩子的安全与健康

警告！应在成人监护下使用本产品。不能将该奶嘴用作安

抚奶嘴。连续不断地长期吸吮将会导致龋病。喂食前应检查奶汁的温度。每次使用前先检查，在各个方向拉伸奶嘴，一旦出现破损或缺陷应立即丢弃。

保持所有不使用的部件在儿童可触及范围之外。不得将奶瓶及奶瓶任何部件作为玩具使用，不用时请将所有的部件放在孩子不能接触到的地方。

组装：

请务必在组装前洗净双手以免造成二次污染。请按照下

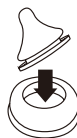


瓶盖

奶嘴

瓶帽

瓶身



组装奶嘴时，请从上到下组装。

图所示，依次从上到下组装奶瓶部件

请注意：奶嘴是从上向下组装。

保管方法：1.不使用时，请将奶瓶以及配件放置于清洁卫生干燥通风良好处，不应与有毒有害物质共存。2.不要将奶嘴置于阳光直射处，直接置于热源处或长期置于消毒剂中，这样做将导致奶嘴老化。

使用注意：请勿使用尖锐物体捅穿奶嘴孔和通气阀。为保持奶瓶奶嘴的最佳使用性能，请间隔2个月进行更换。如在使用中发现奶瓶或奶嘴发生破损，请立即更换。习惯了一种奶嘴后，更换其他品牌的奶嘴可能会让宝宝感到不适。出牙期的宝宝，会咬扯奶嘴使其破损，请注意。奶瓶上的刻度为调乳时的大致标准。若需要更精确的计量，请使用计量工具。喂乳前，请确认奶瓶各个部件是否组装得当。

警告： 外包装材料不属于产品。为了你孩子的安全，请在使用前去除或丢弃所有外包装材料，但保留使用说明书以备今后使用。

产品部件表

部件	材质	材质耐热温度	材质执行标准	消毒方法	
ComfortFit 舒适贴合乳杯-乳杯部分	PP(CAS号: 9010-79-1)	120°C	GB4806.7		食品接触用 ^{III}
ComfortFit 舒适贴合乳杯-紫色贴合圈	热塑性弹性体		—		非食品接触用
吸奶器本体	PP(CAS号: 9010-79-1)	120°C	GB4806.7	煮沸 蒸汽 微波炉	食品接触用 ^{III}
瓶盖					
瓶帽					
160ml奶瓶	PP(CAS号: 9010-79-1)	110°C			
活塞	PP(CAS号: 9003-07-0)	120°C			
隔膜	硅橡胶	120°C	GB4806.11		
吸奶阀					
密封垫					
自然波浪奶嘴(S)	硅橡胶	120°C	GB4806.2		
把手	聚丙烯 (PP)	—	—	—	非食品接触用
底座	聚丙烯 (PP)				

原产国：土耳其

进口商：尔儿诗(上海)商贸有限公司

地址：中国(上海)自由贸易试验区富特北路456号南楼五层533室

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**LANSINOH
MANUAL BREAST PUMP
INSTRUCTIONS FOR USE**

Congratulations on your decision to give your baby the best possible start in life by breastfeeding. The multitude of health benefits for both you and your baby are well documented. Although breastmilk is always best, providing breastmilk for your baby when you have to be away isn't always easy. It requires a special effort, and you should be very proud of your commitment to provide your baby the perfect nutrition for optimal growth and development. Our manual breast pump was designed to be quick and easy for mothers who have to pump occasionally and who appreciate the convenience of a manual pump.

Instructions for Use:

Please take time to read through this manual before you use your Lansinoh Manual Breast Pump for the first time.

Contents:

1. Introducing the Lansinoh Manual Breast Pump
2. Lansinoh Manual Breast Pump Parts
3. How to Sterilise and Clean Your Lansinoh Manual Breast Pump
4. How to Assemble Your Lansinoh Manual Breast Pump
5. Tips About Pumping
6. How to Use Your Lansinoh Manual Breast Pump
7. How to Store Your Expressed Breastmilk
8. Troubleshooting for the Lansinoh Manual Breast Pump
9. Feeding breastmilk with the NaturalWave Peristaltic Teat

1

**Introducing the Lansinoh
Manual Breast Pump**

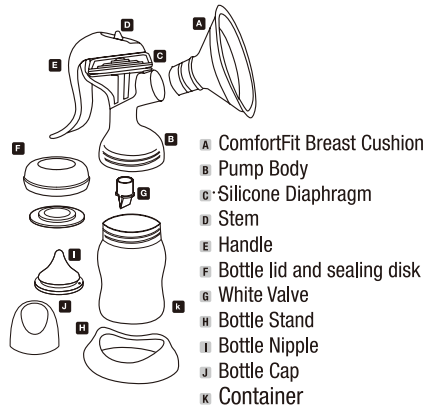
The Lansinoh Manual Breast Pump has been designed specifically with the needs of

breastfeeding mothers in mind. This breast pump has two separate phases: Let Down Phase and Expression Phase. You can easily switch between the two modes by adjusting the position of the handle on the stem. ComfortFit breast cushion creates a seal providing reliable suction resulting in comfortable and fast milk flow. The wide neck bottles are interchangeable with the entire Lansinoh pump range. The pack includes the NaturalWave slow flow Teat which enables baby to replicate natural sucking actions learned at the breast when drinking expressed breastmilk through a bottle. The pump is easy to assemble, easy to use and easy to clean.

Breastfeeding is best. Exclusive breastfeeding is recognised as the best choice for your baby and provides all the nutrients your baby requires for the first 6 months of life. Breastfeeding helps to develop a strong bond between mother and baby and provides numerous long term benefits for both.

2

**Lansinoh Manual Breast
Pump Parts**

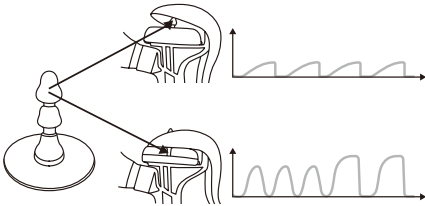


2 Phase Technology

This breast pump has two separate phases, Let Down Phase and Expression Phase. You can easily switch between the two modes by adjusting the position of the handle on the stem.

Let Down Phase

This phase gently stimulates the breast. It is designed to mimic the first phase of a breastfeed (the way a baby feeds at the beginning of a feeding). It is one of the features that encourages milk let-down and encourages your milk to begin to flow. You can create gentle suction pressure by setting the handle in the first (top) notch in the stem and using quick pulses with the handle.



Expression Phase

This phase allows you to express breastmilk from the breast. Switch to this mode by setting the handle in the second (bottom) notch in the stem. To get the strongest suction fully depress the handle. For less suction strength depress the handle less.

3

How to Clean and Sterilise Your Lansinoh Manual Breast Pump

Prior to using your pump for the first time, disassemble it (remove silicone diaphragm and stem, ComfortFit breast cushion, white valve and separate bottle, cap and sealing disk).

Cleaning:

The breast cushion, bottles, handle and bottle stand may be cleaned in the upper compartment of your dishwasher or hand washed with dish soap and hot water. Do not use solvents or abrasives. Rinse with hot, clean water. The white valve, silicone diaphragm and stem, and the ComfortFit breast cushion can be washed in the dishwasher; however, we

recommend washing them by hand to prevent loss and to extend their life. Completely air-dry all parts on a clean towel or drying rack.

NOTE: Use caution when cleaning the small white valve. It is important for proper suction. Do not use excessive force and do not clean with a baby bottle brush or a nipple brush. Gently wash by hand in hot, soapy water and rinse under hot running water.

Sterilise:

To sterilise by boiling: Place all parts in a pan of boiling water, ensuring no air is trapped in any parts, cover the pan with a lid and boil for at least 10 minutes. Keep the pan covered until the equipment is needed. Note: It is essential that you use enough water to keep the parts freely floating while boiling.

To sterilise with chemicals: Make up the solution using tablets or liquid. Submerge all parts in the solution, ensuring no air is trapped in any parts. Leave in the solution for at least 30 minutes. Make up a fresh solution every 24 hours.

To use steam or microwave sterilisers:

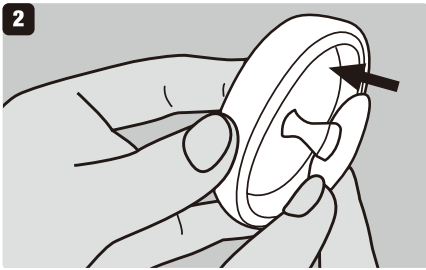
Follow the manufacturers instructions. Ensure all openings are face down in the steriliser. Ensure you wash your hands before removing equipment from the steriliser.

4

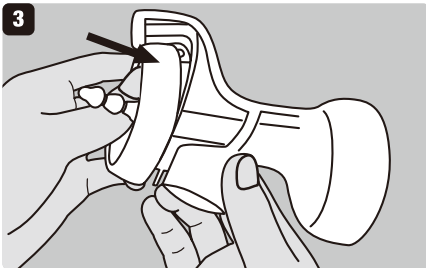
How to Assemble Your Lansinoh Manual Breast Pump

Note: Prior to assembling your Lansinoh Manual Breast Pump ensure that all parts have been cleaned and sterilised as detailed in section 3 of this manual.

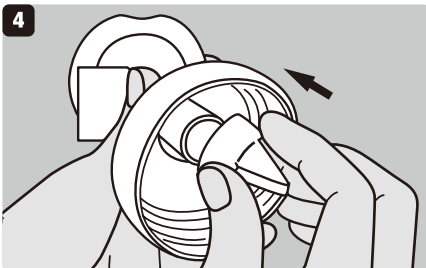
1 Wash your hands thoroughly.



Insert the stem into the silicone diaphragm.



Place the silicone diaphragm and stem on top of the pump body. Make sure it fits securely around the rim by pressing down with your fingers to ensure a perfect seal.*



Gently secure the white valve onto the pump from underneath, making sure the white valve is flush with the pump body. It is not necessary to use excess force when applying the white valve. If you find that the white valve is difficult to remove, you have pushed it too far onto the pump body.



Screw the bottle onto the pump body.



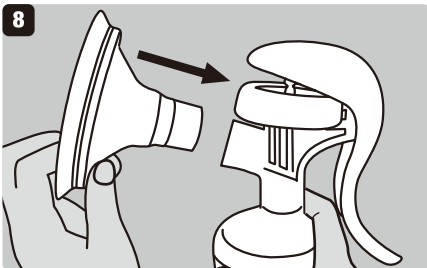
Align the groove in the handle with the stem and gently press the handle down. Push until you hear it click.*



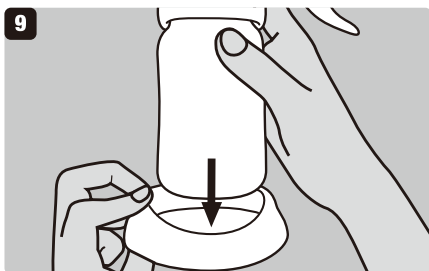
Adjust the stem and handle so that the handle fits the first notch of the stem, known as the Let Down Phase.**

**These parts are designed to fit snugly. For easier assembly, just dampen the rim of the silicone diaphragm with water*

***This breast pump has two separate phase's, Let Down Phase and Expression Phase. You can easily switch between the two phases by adjusting the position of the handle on the stem.*



Attach the ComfortFit breast cushion to the pump body.



To make the pump completely stable, insert the bottle into the bottle stand.



When fully assembled, this is what your pump should look like.

5

Tips About Pumping

Familiarise yourself with the pump and parts prior to use.

The most important part of successful pumping is the let-down reflex. This is when your breastmilk begins to flow freely. The following can help this natural reflex occur: A warmed Lansinoh Therapearl Breast Therapy Gel pack applied to the breast and light, circular movements of the finger tips working from the outside of the breast towards the nipple prior to and/or during a pumping session.

Try to choose a time to pump when you are not rushed and will not be interrupted. Trying to relax while you are thinking of your baby or looking at a photo of your baby can also be helpful when pumping your breastmilk.

Overall a pumping session can last about 20-30 minutes but it depends on your body. Remember, successful pumping is a learned art. Early practice sessions may be shorter or longer than stated here and may result in a small amount of breastmilk collected but that does not mean that your body is not making enough milk or that you are doing anything wrong. Milk is produced on a supply and demand basis and pumping your breasts regularly in addition to nursing your baby stimulates and maintains your breastmilk supply.

If breastfeeding problems occur, consult with your health professional.

You may pump one breast while nursing the baby on the other. This allows you to maximise pumping effectiveness using the let down reflex stimulated by your baby's suckling.

Make sure the tunnel of the breast cushion is tilted slightly downward to allow your breastmilk to flow naturally toward the bottle.

Precautions when feeding expressed breastmilk:

1. DO NOT MICROWAVE BREASTMILK!
Microwaving alters the composition of the milk and may also create “hot spots” in the milk that could burn the infant.
2. Always test the temperature of any liquid before feeding your baby.
3. Do not let a child take a bottle to bed or self feed for long periods.
4. To prevent possible choking hazard, test strength of the teat by pulling on the bulb portion.
Discontinue use if any tear or crack appears.

6

How to Use Your Lansinoh Manual Breast Pump

If possible, wait until your breastmilk supply and breastfeeding schedule are well established. This is normally at least 3-4 weeks after birth, unless advised otherwise by your health professional.

1. Wash your hands thoroughly and make sure your breasts are clean.
2. Make sure you have sterilised and carefully assembled your pump exactly as described in the sections “How to Clean and Sterilise Your Lansinoh Manual Breast Pump” and “How to Assemble Your Lansinoh Manual Breast Pump.”
3. Centre the pump opening over your nipple and gently press it against your breast ensuring that your nipple is centred in the tunnel of the breast cushion. Press the ComfortFit breast cushion of the pump firmly against your breast; making sure the seal is secure so that no air can escape. You can create a good seal by using your other hand to support your breast from underneath.

If your nipple is unable to be centred within the tunnel of the breast cushion without rubbing, you may need the larger size ComfortFit breast cushion.

4. As you gently push down on the pump handle you will feel the suction on your breast. You do not need to depress the handle fully to create a vacuum; only as much as is comfortable.
5. You can create gentle suction pressure in preparation for expressing by setting the handle in the first (top) notch of the stem. Confirm that your nipple is moving and squeeze and release the handle until you find your preferred pace.
6. To start with the Let Down Phase, set the stem in the top (first) notch of the handle and squeeze the handle. Your breastmilk will soon start flowing even though you may not use all the suction the pump can generate.
7. Once breastmilk is flowing (1 – 2 minutes) change to the Expression Phase. To switch to Expression Phase, gently press the “PUSH” part at the tip of the handle to set the handle to the second (bottom) notch of the stem. Continue to squeeze and release the handle to find the appropriate suction pressure.

If the suction pressure feels weak when expressing your breastmilk, squeeze the handle all the way. The suction pressure changes based on how hard you squeeze the handle. Expressing in comfort is more important than setting a strong suction pressure. Please express milk at a suction pressure that feels appropriate for you.

*To return to the Let Down Phase from the Expression Phase, (1) Pull the tip of the stem towards you, (2) gently squeeze the handle, and set it in the first (top) notch.

Warning: Do not continue pumping for more than five minutes at a time if no result is achieved. Try expressing at another time during the day.

Please remember: Should pumping become very painful or uncomfortable, you should stop using the pump and consult with your health professional.

How to Store Your Expressed Breastmilk

Breastmilk should be stored in a clean, sealed container.

Do not store your breastmilk in a fridge or freezer door. The door tends to be the warmest part of the fridge or freezer because of opening and closing. Date all stored breastmilk and use the oldest breastmilk first.

Try our Lansinoh Breastmilk Storage Bags:

- Ideal for storing & freezing breastmilk
- Patented double click seal zipper prevents leaks or spills
- Strongest bag available

Room temperature	(<26°C)	6 hours
Fridge	(>4°C)	3 days
Fridge	(<4°C)	5 days
Freezer section in fridge		2 weeks
Home freezer	(<-18°C)	6 months

La Le che League (2012)

* The preference is to refrigerate or chill milk right after it is expressed.

Thawing

Thaw frozen breastmilk in the refrigerator or place the container under cool running water, gradually warming the water until the milk is thawed. Thawed milk can be kept in a refrigerator for up to 24 hours. Do not refreeze breastmilk once it is thawed.

Gently swirl the container of thawed breastmilk before feeding to baby to mix the layers that have separated. Breastmilk is not homogenized and the “cream” will rise to the top of the bottle. Breastmilk can vary in colour and consistency depending upon the time of the day that the milk was expressed, what you have eaten, and

the age of the baby at the time of pumping. Do not shake the bottle vigorously to mix the layers as doing so can damage the live components of your breastmilk.

Do not microwave human milk! Microwaving alters the composition of the breastmilk. Microwaving also may create “hot spots” in the breastmilk that could burn your infant. Do not thaw breastmilk in very hot or boiling water. Do not freeze the expressed milk in the feeding bottle, as this may cause damage to the feeding bottle.

Troubleshooting for the Lansinoh Manual Breast Pump

Lack of Suction / Decreased Suction

If it feels like the suction has decreased, try the following:

1. Make sure that all pump parts have been properly dried and properly assembled.
2. Inspect the white valve for a tear or pinhole. This component is critical to achieving proper suction. If necessary, replace the white valve with the spare valve provided with the pump.
3. Ensure that the silicone diaphragm and stem is fitted securely to the pump body and a perfect seal is created.
4. Ensure that the ComfortFit Breast Cushion is fitted securely to the pump body and a perfect seal is created.
5. If your nipple is unable to be centred within the tunnel of the flange without rubbing, you may need the larger size ComfortFit Breast Cushion included in the pack.

No Breastmilk Expressed

If it feels like the suction has decreased, try the following:

1. Make sure that all pump parts have been properly dried and properly assembled.
2. Inspect the white valve for a tear or pinhole. This component is critical to achieving proper suction. If necessary, replace the white valve with the spare valve provided with the pump.

3. Ensure that the silicone diaphragm and stem is fitted securely to the pump body and a perfect seal is created.
4. Ensure that the ComfortFit Breast Cushion is fitted securely to the pump body and a perfect seal is created.

Pain When Pumping

If you are experiencing pain when expressing breastmilk, try the following:

1. You may be pumping too hard. It may not be necessary to use all of the suction that the pump can generate. Try depressing the handle half way and remember the 2-3 second suggested rhythm.
2. You may need a larger or smaller breast cushion, try the other breast cushion included in this package. Consult your health professional for an assessment and sizing.

9

Feeding breastmilk with the NaturalWave Peristaltic Teat

This NaturalWave Peristaltic Teat is specially designed to:

- Helps maintain established breast feeding patterns.
- Switch easily from breast to bottle and back again.
- Encourages baby's 'wave-like' tongue movement
- Promotes instinctive sucking action for natural oral development



1. Latching on

Lips open outward and latch onto the areola.



2. Peristaltic tongue movement

Tongue moves in a smooth "wave-like" motion to compress nipple and extract milk. This encourages natural oral, jaw and facial development.

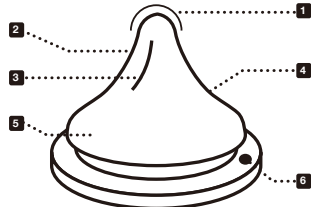
Fact: Baby's tongue repeats the peristaltic movement about 800 to 1000 times in just one nursing session.



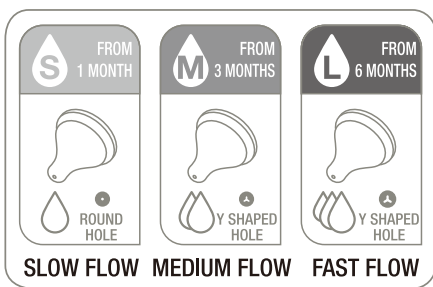
3. Swallowing

Back of baby's tongue rises, channelling the milk into the oesophagus.

The NaturalWave Peristaltic Teat was designed and is clinically proven to encourage this natural feeding pattern.



1. Teat Tip: Baby controls milk flow.
2. Soft 100% Silicone: Stretches and flexes for optimal compression.
3. Inner vertical ridges: Strengthen teat structure, making it collapse-resistant.
4. Unique gradual slope design: Enables smooth peristaltic tongue movement.
5. Wide, texture teat base: For easy latch on and effective suction.
6. AVS™: Reduces intake of air, a potential cause of colic.



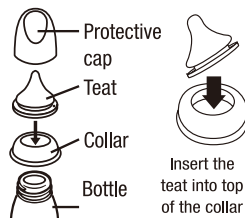
One piece, hassle-free design teat available in slow, medium and fast flows.

Exclusive breastfeeding is recommended for the first 6 months of baby's life. Breastfeeding and breastmilk production should be firmly established before introducing a bottle and teat.

Instructions for Use: Fill with the required amount of liquid and tighten the screw cap. Heating in a microwave is not recommended. If you choose to heat food in the microwave, do not seal the bottle. Remove teat, collar and cap when using in the microwave. Shake well before use and always check temperature before offering to baby. Unevenly heated food may burn baby's mouth. Do not microwave human milk as microwaving alters the composition of the milk. Before first use, clean the product. To ensure product hygiene, put the teat and the bottle with all its components in boiling water for 5 minutes before use. When carrying a full bottle, make sure it is closed with the cap in place, taking care to position the teat in the centre of the cap to activate the "spill-proof" function of the product.

Cleaning: Before initial use, place the product in boiling water for 5 minutes, allow to cool, and thoroughly rinse all bottle components. This is to ensure hygiene. Subsequently, the bottle can also be washed in the upper rack of a dishwasher and can be sterilised (open) both in the microwave and using a special sterilising machine. Always wash all components of the product immediately after each use. Wash in warm soapy water and rinse thoroughly. Clean before each use.

Assembly: Once thoroughly dry, insert feeding teat through the top of the screw cap collar. Attach the screw cap collar securely onto the bottle neck.



Precautions: When not in use, store in a dry and covered place. Always use this product with adult supervision. Do not clean, store or allow to come into contact with solvents or harsh chemicals. Damage could result. Do not leave the product in direct sunlight or heat, or leave in disinfectant ("sterilising solution") for longer than recommended. Do not warm the liquid by placing the cup directly onto gas or electric rings, warming plates, in electric ovens etc.

For your child's safety and health WARNING! Always use this product with adult supervision. Never use feeding teats as a soother. Continuous and prolonged sucking of fluids will cause tooth decay. Always check food temperature before feeding. Keep all components not in use out of reach of children. Do not leave the baby alone with drinking equipment due to risk of choking, the baby falling over or if the product has disassembled.

WARNING: Tooth decay in young children can occur even when non-sweetened fluids are used. This can occur if the baby is allowed to use the bottle/cup for long periods through the day and particularly during the night, when saliva flow is reduced or it used as a soother. Do not leave the teat in direct sunlight or heat, or leave in disinfectant ("sterilising solution") for longer than recommended, as this may weaken the teat. Inspect before each use. Throw away at the first sign of damage or weakens. Replace the teat every 7 weeks, for safety and hygiene reasons. Pull the feeding teat in all directions to check the product.

ATTENTION: Some juices are sterile and solutions may make the silicone become opaque. This does not modify any of the properties. Do not microwave human milk as microwaving alters the composition of the milk. Heating in a microwave oven may produce localised high temperatures. Take extra care when microwave heating. Always stir heated food to ensure even heat distribution and test the temperature before serving.

WARNING: Packaging materials are not part of the product. For your child's safety, please remove and discard all packaging materials prior to use but read and retain the instructions for future reference. Leave open in the microwave.



Manufacturer: Lansinoh Laboratories
Saglik Gerecleri Tasarim San. Tic. Ltd. Sti.
Zafer SB Mah. Gunduz Sk. No:13 E.S.B
Gaziemir/ Izmir/ Turkiye

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