

hegen

# Hegen Manual Breast Pump Kit (SoftSground™)

Instructions for Use

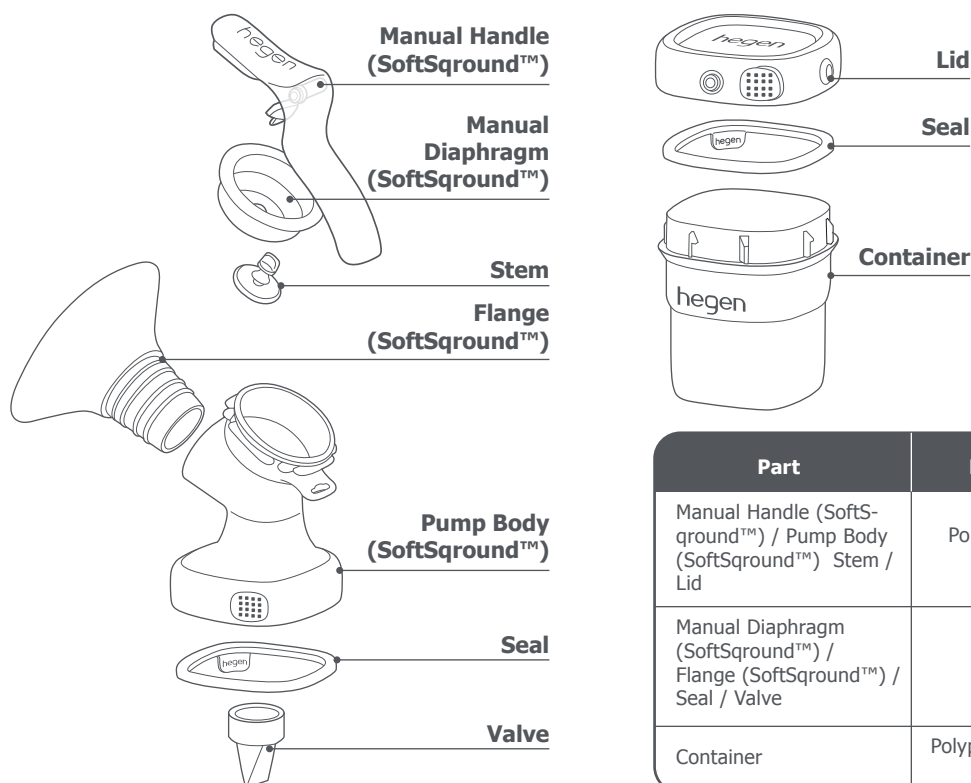
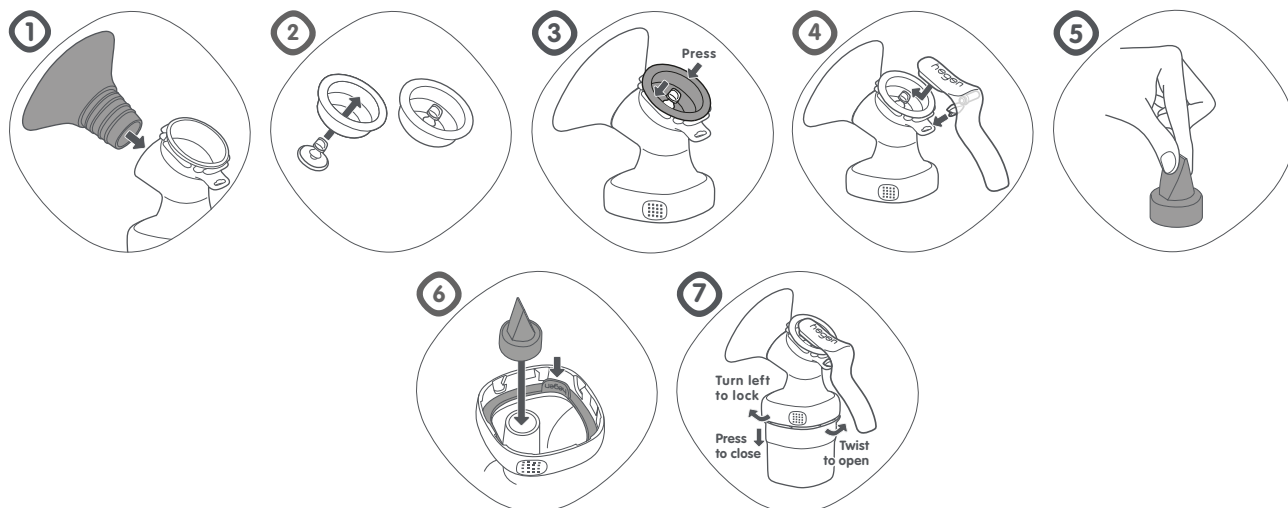


**BPA  
BPS  
FREE**

Phthalate-Free  
and PVC-Free

Inspect all items before each use. Throw away at the first sign of damage or weakness. The bottle and accompanying parts may blur after repeat use, wash, warming and sterilising. **For safety and hygiene reasons, we recommend replacing components every 6 months.**

For more information on our products, please visit [www.hegen.com](http://www.hegen.com)



| Part   | Material                 | Heat Resistance |
|--|--------------------------|-----------------|
| Manual Handle (SoftSground™) / Pump Body (SoftSground™) / Stem / Lid   | Polypropylene (PP)       | -20°C to 110°C  |
| Manual Diaphragm (SoftSground™) / Flange (SoftSground™) / Seal / Valve | Silicone                 | -20°C to 110°C  |
| Container  | Polyphenylsulfone (PPSU) | -20°C to 180°C  |

## For your child's safety and health **WARNING!**

Do not use while you are pregnant, as pumping can induce labour.

Do not drive while pumping.

Before first use, clean and sterilise all components thoroughly. Place the components in boiling water for 5 minutes. This is to ensure hygiene.

This is NOT a toy. Keep all components not in use out of reach of children.

Do not continue pumping for more than 5 minutes if you do not succeed in expressing any milk.

If the pressure generated is uncomfortable or cause pain, break the seal between the breast and the **Flange (SoftSground™)** with your finger and remove the pump from your breast.

Do not use the product if it does not work properly.

Do not expose the product to extreme heat and do not place it in direct sunlight.

Do not place components directly on surfaces that have been cleaned with anti-bacterial cleaners.

### **Important :**

- Plastic components and containers become brittle when frozen and may break when dropped.
- Pump components and containers may become damaged if mishandled, e.g. dropped, knocked over, scratched.
- Take appropriate care in handling all components of the product.
- Do not use the breast milk if pump components or containers become damaged.

### **Intended Use**

For lactating women to express and store milk from their breasts to complement breastfeeding.

### **Product Description**

Hegen Manual Breast Pump is a personal use breast pump that supports and complement breastfeeding

### **When To Express Milk**

It is best to wait until your breastfeeding schedule and milk supply is established (usually at least 2 - 4 weeks) before expressing breast milk, unless otherwise advised by your healthcare professional.

### **Prepare To Use**

Always wash your hands with soap before cleaning, sterilising and using the product.

Plastic components and containers become brittle when frozen and may break when dropped.

Pump components and containers may become damaged if mishandled, e.g. dropped, knocked over, scratched.

Take appropriate care in handling all components of the product.

Do not use the breast milk if pump components or containers become damaged.

### **Cleaning**

Before first use, disassemble all components of the product, wash with bottle detergent and rinse in clean water thoroughly before sterilising. This is to ensure hygiene. Always take all components apart and wash the product with bottle detergent immediately after each use. Take extra care when removing and cleaning the **Valve** not to lose or damage it. Gently pull to remove the **Valve** and rub clean with fingers in warm water with mild bottle detergent. Do not use a teat brush or any other implement to clean it. When using a dishwasher (top rack only), avoid high-heat settings like "sanitary clean" or "heat boost" which may distort components.

### **Sterilising**

Sterilise all components except the **Manual Handle (SoftSground™)** in a UV steriliser, steam steriliser or boiling water. Should you choose to sterilise using a UV steriliser or an electric steam steriliser, the sterilising instructions of the sterilisation devices should be carefully observed. In addition, all components should be removed from the UV steriliser after sterilisation to prevent excessive exposure to UV light. For boiling: Bring the water to boil, submerge components in boiling water for no more than 5 minutes. For sterilisation, all components should be completely taken apart to avoid different reaction of materials which can cause deformation. All grease or oil residue should be thoroughly removed before sterilising to avoid permanent staining of parts.

Step 1: Insert the Flange (SoftSground™) into the Pump Body (SoftSground™) fully and ensure that it is fitted snugly.

Step 2: Ensure the Stem is properly fitted into the hole on the Manual Diaphragm (SoftSground™).

Step 3: Place the Manual Diaphragm (SoftSground™) into the Pump Body (SoftSground™) and press down firmly around the entire rim to ensure that it is sealed properly.

Step 4: Engage the Stem with the Manual Handle (SoftSground™) and then pin the Pivot into the opening on side of Pump Body (SoftSground™) until a click is felt.

Step 5: Hold onto the flat surface of the Valve to prevent Valve slit from misalignment and insert Valve into Pump Body (SoftSground™) from underneath. Push in the Valve as far as possible.

Step 6: Ensure Pump Body (SoftSground™) is assembled with removable Seal (Hegen logo facing outwards).

Step 7: Hold the assembled Manual Breast Pump Module and Press-to-Close onto the Breast Milk Storage Container. To tighten, turn in clockwise direction. Twist-to-Open in anti-clockwise direction.

### **Pumping**

Caution! Always wash your hands with soap before touching the breast and pump components. Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. Do not continue pumping for more than 5 minutes if you do not succeed in expressing any milk. If the pressure generated is uncomfortable or cause pain, break the seal between the breast and the **Flange (SoftSground™)** with your finger and remove the pump from your breast.



Find our nipple measurement guide here

**TIP:** A good nipple fit of the **Flange (SoftSground™)** will provide a more comfortable and effective pumping experience. Use the nipple measurement guide below to find the most suitable flange size.

| 19mm<br>Fits up to 15mm | 22mm<br>Fits up to 18mm | 25mm<br>Fits up to 21mm | 28mm<br>Fits up to 24mm | 31mm<br>Fits up to 27mm |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
|                         |                         |                         |                         |                         |

\*other sizes sold separately

Step 1: Centre the assembled **Manual Breast Pump Module** over nipple and hold it firmly on your breast for a proper seal. Caution : Pressing **Flange (SoftSground™)** too firmly into breast may upset milk flow.

Step 2: Begin pumping by gently pressing down the **Manual Handle (SoftSground™)** until suction is felt on your breast. Then allow the handle to resume to resting position.

Note : The level of vacuum is controlled by the pressure and the speed of the **Manual Handle (SoftSground™)** movement. You decide the pumping comfort that is best for you.

Step 3: Repeat Step 2 quickly to simulate the "let-down" reflex and stimulate milk flow.

Step 4: Once milk flow begins, apply a slower rhythm and longer stroke by pressing down the **Manual Handle (SoftSground™)** and keeping it pressed down for up to 3 seconds before release. This will help to maximise milk flow.

Step 5: When you finish pumping, gently remove the **Manual Breast Pump Module** from your breast.

**Note:** Always ensure expressed breast milk is not touching tip of **Valve** during pumping. Exceeding maximum level may cause leakage and affect pump performance. If you regularly express more than 150ml of breast milk per session, use Hegen PCTO™ 240ml/8oz Breast Milk Storage Container(s).

### Storing

Gently **Twist-to-Open** in anti-clockwise direction to remove **Breast Milk Storage Container** from the **Pump Body (SoftSground™)**. Assemble a sterilised storage **Lid** onto the **Container** to seal. Refer to separate instructions provided with the storage containers.

Immediately after pumping is completed, place the filled **Breast Milk Storage Containers** in a cooler with ice pack. Transfer **Breast Milk Storage Containers** to the refrigerator or freezer once you are home. When freezing, do not fill **Container** more than printed maximum level to allow space for expansion. Label **Container** with date and time of pumping and always use the older breast milk first.

Note : Always refrigerate or freeze expressed milk immediately. Only store expressed milk with a sterilised storage container. Never refreeze thawed expressed milk or add fresh breast milk to frozen breast milk.

| Location              | Temperature  | Duration       |
|-----------------------|--------------|----------------|
| Room Temperature      | 25°C         | 4 hours        |
| Refrigerator          | 4°C          | 48 hours       |
| Separate Door Freezer | -5 to -15°C  | 3 to 6 months  |
| Deep Freezer          | -18 to -20°C | 6 to 12 months |

### Preparing milk

**Caution!** Do not thaw frozen breast milk in a microwave or in a pan of boiling water. Microwaving can cause uneven heating which lead to hot spots in the milk and could scald your baby. It may also destroy the nutrients in the milk.

Defrost frozen breast milk overnight in the refrigerator. Thawed milk is safe in the refrigerator for 24 hours. Place the sealed **Breast Milk Storage Container** in a bowl of hot water for at least 10 minutes to bring it to body temperature. **Feeding your baby**

Note : It is best to wait till your breastfeeding is well established prior to bottle feeding your baby. Swap the storage **Lid** with a sterilised **Teat** assembled with **Collar** to convert the **Breast Milk Storage Container** into a

### Feeding your baby

Note : It is best to wait till your breastfeeding is well established prior to bottle feeding your baby. Swap the storage **Lid** with a sterilised **Teat** assembled with **Collar** to convert the **Breast Milk Storage Container** into a **Feeding Bottle**. Always check the temperature of the milk before feeding it to your baby. Excess milk left over after a feed should be discarded. Do not refreeze thawed expressed milk.

### Trouble shoot

#### No or low suction

##### • Flange (SoftSground™)

- Ensure **Flange (SoftSground™)** is held firmly on your breast with a complete seal without air leakage.

##### • Manual Diaphragm (SoftSground™)

- Remove and separate **Stem** from **Manual Diaphragm (SoftSground™)**.
- Inspect the **Stem** for cracks or chips. Inspect the **Manual Diaphragm (SoftSground™)** for holes and tears. Replace component(s) prior to pumping if flaw or damage is observed.
- Reassemble and ensure **Stem** is snugly fitted into slot on **Manual Diaphragm (SoftSground™)**.

##### • Valve

- Remove **Valve** from **Pump Body (SoftSground™)**.
- Inspect the **Valve** for holes or tears. Replace component(s) prior to pumping if flaw or damage is observed.
- Wash **Valve** as per Cleaning Section.

##### • Manual Handle (SoftSground™)

- Ensure Pivot is pinned correctly into the opening at the side of **Pump Body (SoftSground™)**. A clear click should be felt.

### Milk doesn't flow into container

#### • Valve

- Check that expressed breast milk is not touching tip of **Valve** during pumping. Exceeding maximum level may cause leakage and affect pump performance.

Note : If you regularly express more than 150ml of breast milk per session, use Hegen PCTO™ 240ml/8oz Breast Milk Storage Container(s) to prevent overfilling or spillage.

### Accessories, Replacement Parts

To buy accessories and/or replacement components, visit [www.hegen.com](http://www.hegen.com). You can also contact our Hegen Customer Service at [warranty@hegen.com](mailto:warranty@hegen.com).

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Patent Pending

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