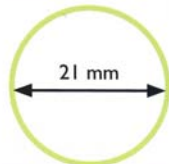
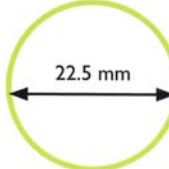




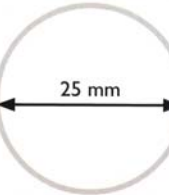
Flexishield
Areola Stimulator



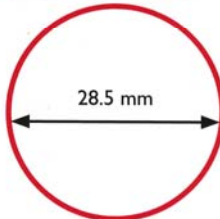
Reducing
Insert



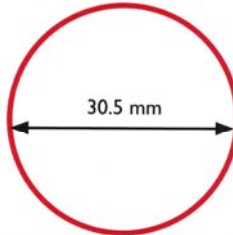
Standard
Breast Flange



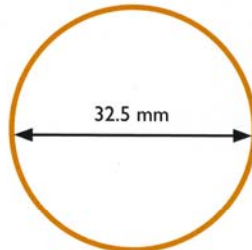
Medium
Insert



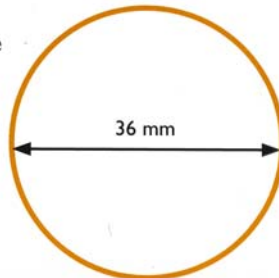
Large
Breast Flange



X-Large
Insert



XX-Large
Breast Flange



AMEDA GUIDE TO FLANGE FIT

CustomFit Flange System™

The Ameda CustomFit Flange System™ makes it easy to find a good flange fit by offering seven flange sizes that adapt to all Ameda Breast Pumps and Kits.

17211	EXTRA SMALL Flexishield Areola Stimulator (Fits Inside Standard Breast Flange 25.0 mm)	21.0 mm
621055	SMALL Reducing Insert (Fits Inside Standard Breast Flange 25.0 mm)	22.5 mm
621252	STANDARD (Included with all Ameda Breast Pumps)	25.0 mm
17148	MEDIUM (2) Custom Flange Inserts (Fits Inside Large Breast Flange 30.5 mm)	28.5 mm
	LARGE (2) Custom Breast Flanges	30.5 mm
17358	X-LARGE (2) Custom Flange Inserts (Fits Inside XX-Large Breast Flange 36 mm)	32.5 mm
	XX-LARGE (2) Custom Breast Flanges	36.0 mm

Ameda CustomFit Flanges have been designed to work with any Ameda HygieneKit Milk Collection Kit. Simply transfer the white valves and diaphragms to the new, better fitting flange size and you are ready to pump!



If your kit contains larger flanges, replace your standard flange with a larger flange. Try the flanges until you find a size that feels best and pumps the most milk. If your kit does not contain larger flanges, contact Pregnancy, Birth and Beyond for advise on the correct flange size for you. Ameda offers five flange sizes. The flange size that feels best and pumps most milk is the right size to use.

CLEANING INFORMATION

Here are some important points about cleaning your equipment. Please note that cleaning well is important when using your pump kit and bottles. Note that you must clean your new kit before the first use if it is not marked sterile.

SIMPLE STEPS TO KEEP YOUR AMEDA BREAST PUMP CLEAN

Keeping your breast pump clean may sound time consuming, but here are a few things you can do to simplify your life and your pump care — so you can spend more time with your new baby.

NO TUBING CARE

For mothers using a pump with tubing, any moisture in the tubing can contaminate milk. However the Ameda breast pump kits have a solid diaphragm barrier between the breast flange and the tubing to prevent air and moisture exchange between these pieces. With this solid barrier, under normal use and conditions, you do not need to clean the tubing or worry about moisture and contamination. Mothers who own pumps without a solid barrier to protect the tubing need to keep a close eye out. Moisture can get inside tubing and grow mould.

STERILIZE YOUR AMEDA PUMP BEFORE THE FIRST USE

Always follow the manufacturer's instructions. If your pump kit package is not marked "sterile," put all the pieces that come into contact with your milk in a pot, cover them with water, and boil for 20 minutes before using the pump. Unless your doctor or hospital has told you otherwise, there is no need to do this again. If your baby is in hospital or is ill, be guided about extra cleaning by your midwife, doctor or lactation consultant.

EVERYDAY CLEANING FOR YOUR AMEDA BREAST PUMP

With an Ameda pump, you don't need to boil, microwave or wipe your pump pieces with disinfecting wipes on a regular basis. After every use, wash the pieces that come in contact with your milk in hot, soapy water (using mild detergent), rinse with clear, hot water, and air dry. You can also clean large pump parts, such as the breast flanges and bottles, in the dishwasher. You may want to get one or more extra pump kits and wash them all once at the end of the day. That way you don't need to wash your parts every time you pump. To clean your pump motor or bag, just wipe it with a clean, damp cloth. This is also a good way to clean the outside of your pump tubing if milk drips onto it. Pump care can be simpler than you realize.

FAQ

1. What is the best way to warm expressed milk?

The recommended way to warm mother's milk is to run warm water over the sides of the bottle. Keep the warm water away from the lid so that it doesn't mix with the milk. One way to do this is to put the bottle in a bowl with sides lower than the bottle's lid. Run warm water in the bowl. The warm water against the bottle warms the milk. The milk is ready when it is between room and body temperature. Here are some "don'ts" to keep in mind:

- Don't warm milk in the microwave. It changes the milk and causes hot spots that can burn your baby's throat.
- Don't heat the milk in a pot on the stove. High heat can make the milk too hot for your baby, and it destroys the antibodies your baby needs.

2. When is the best time to pump?

Typically, most women get more milk in the morning. A good time to pump is 30-60 minutes after breastfeeding and at least an hour before breastfeed. Try not to pump right before breastfeeding, or your milk flow may be very slow for the baby

3. How much milk should I expect to pump?

How much milk you can pump will vary. These are some of the factors:

- Your baby's age. When breastfeeding is going well, you make more milk at one month than at one week.
- Time since your last breastfeeding or pumping.
- Time of day. Most moms pump more milk in the morning.
- How much practice you've had with your pump.
- Your mood. If you're relaxed, you'll likely be able to pump more milk than if you're stressed.

If you are fully breastfeeding, here are some averages:

- If you pump between breastfeeding, expect about half a feeding.
- If you pump for a missed breastfeeding, expect a full feeding.

Feeding amounts will vary by your baby's age. During the first week, a feeding is about 30-60 ml. In weeks two to three, a feeding is about 60-90 ml. After week four, a feeding is about 90-120 ml. Babies often take more milk from the bottle than you pump in one pumping session. This does NOT mean your milk supply is low. The faster, steadier flow of the bottle may cause many babies to overfeed. When fed from the bottle, many babies feed less often. When fed at the breast, babies often feel full on less milk. These smaller, more frequent feedings promote healthy eating habits. If your baby will be getting regular bottles, you may want to get the bottle with the slowest flow. A slower flow may help discourage overfeeding.

4. I am not getting as much milk as I used to.

Some mothers find that after expressing for many weeks their milk supply decreases. This is because a baby is better at getting the milk from the breast than a pump. When you are able to feed your baby at the breast, you will find that with frequent feeds, your supply will soon increase. If you are unable to feed your baby at the breast, expressing more often will help to increase your milk supply. After a week or so, you may be able to return to your previous expressing schedule.



Don't forget you can contact Pregnancy, Birth and Beyond for assistance for using the Ameda Elite Breast Pump or if you need information on accessories. We have a lactation consultant on staff.