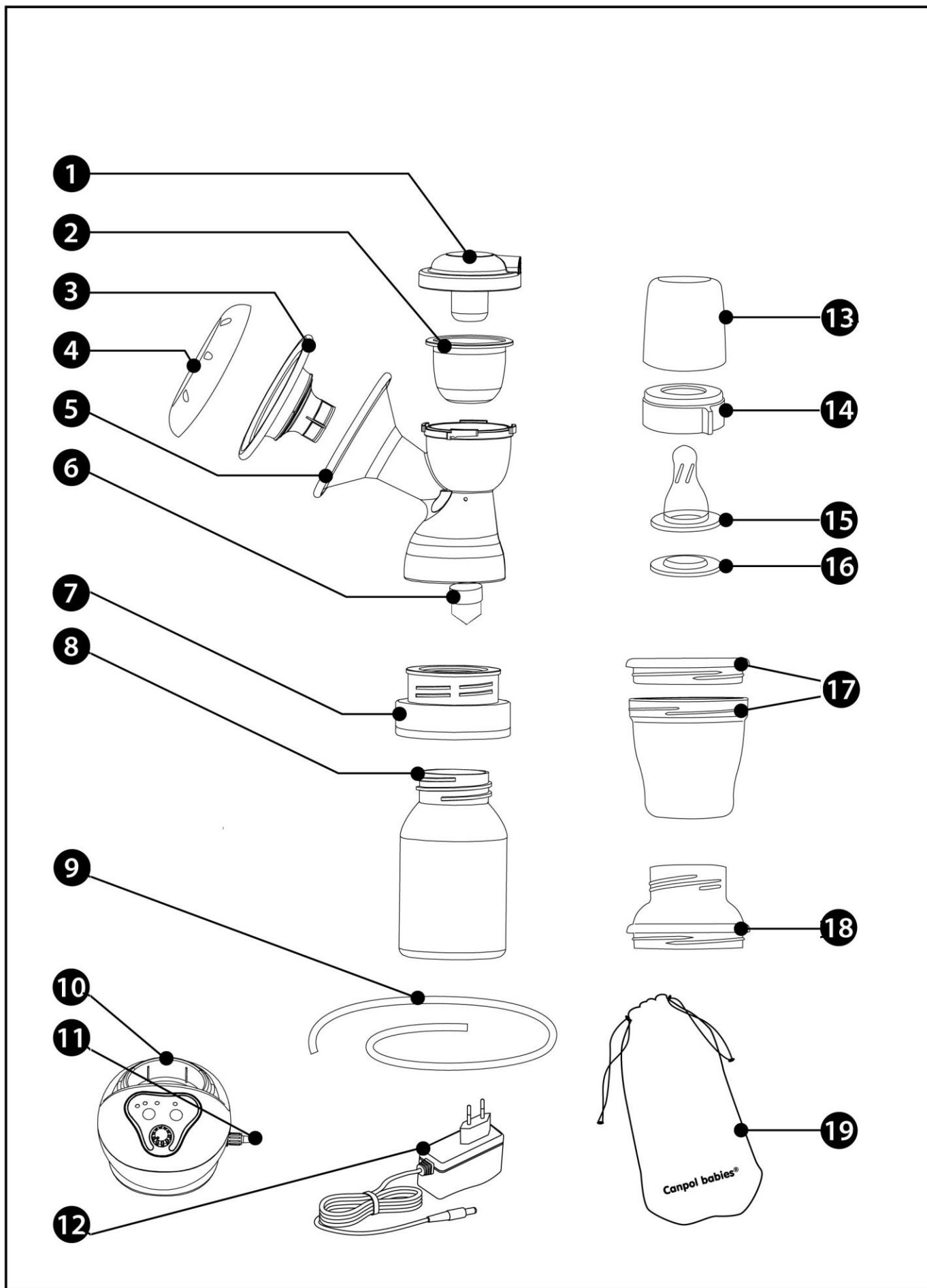


rys. 1 / fig. 1



**Electric Breast Pump EasyStart**  
Successful start in breastfeeding

**INTRODUCTION**

Breast milk is the healthiest and most valuable food for newborns and infants. It is recommended as a sole food given to your child in the first 12 months of life. After 4-6 months, it should be combined with solid food. Breast milk is specially adapted for your baby's needs, contains antibodies which help protect against infection and allergies.

**NOTE!** Electric breast pump is a device designed to express milk especially during excessive milk supply. Do not use a breast pump in circumstances when a hungry baby fails to empty the breast itself, i.e. if there is any possibility that your milk ducts are blocked.

**USEFUL HINTS**

**When to use a breast pump?**

If possible, wait until lactation stabilizes, which usually occurs within 2-4 weeks after birth. Exceptions to this rule:

- ✓ If your breasts produce too much milk, they become swollen and hard (engorged). Expressing a small amount of milk before or during a feed can give you relief and help your baby to grasp the nipple.
- ✓ If you have inverted nipples (which may occur because of long intervals between feeds).
- ✓ If you have a concave, flat or damaged nipples (using a breast pump can improve nipple shape).
- ✓ If you feel overflow between breast feeds and do not want to wake the baby.
- ✓ The baby is sick and does not want to suckle.
- ✓ If your breasts produce too little milk, using the pump between feeds will help increase milk production.
- ✓ When you are working or away from home and want to continue breastfeeding, you should regularly express milk using a breast pump to sustain the natural process of lactation.

**How often should you express milk?**

If you temporarily cannot breastfeed it is recommended that you express milk using breast pump at least 8 times a day. This will keep milk production at the appropriate level. In the beginning you may experience difficulty expressing, but after a few days you will be pumping more. Collecting one portion of milk may require several sessions.

Correct disposal of this product (waste electrical & electronic equipment). Applicable in the European Union and other European countries with separate collection systems. This marking shown on the product or its literature, indicates that it should not be disposed with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources. Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling. Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial wastes for disposal.



The manufacturer declares that the product complies with European Union directives and harmonized standards. The product has been marked as a result of the conformity assessment procedures.

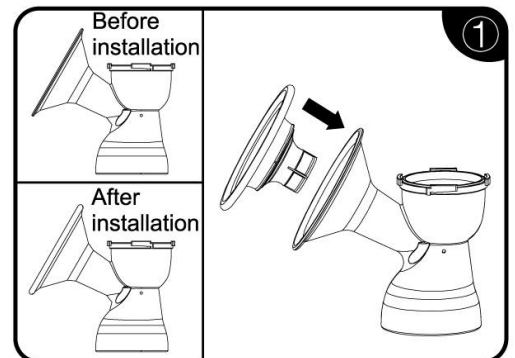


**SET COMPONENTS:**

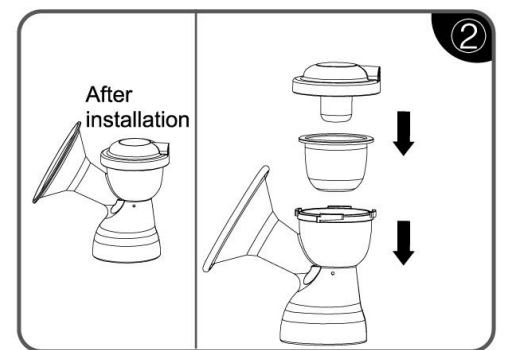
1. Up cover
2. Diaphragm – 2 pcs
3. Silicone massaging shield
4. Funnel cover
5. Pump body with funnel
6. Silicone valve – 4 pcs
7. Wide and narrow neck bottle converter
8. Feeding bottle 120 ml
9. Tube
10. Electric pump base
11. Conduit connector
12. Power adapter
13. Bottle cap
14. Screw cap
15. Silicone teat
16. Sealing disc
17. Food container with screw cap
18. Feeding container converter
19. Breast pump case

### ASSEMBLY INSTRUCTION

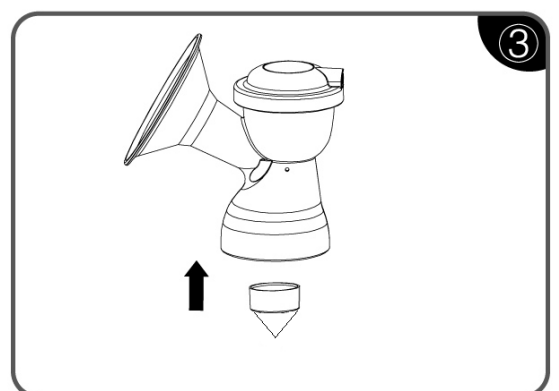
1. Put the silicone massaging shield into the funnel. Secure the lip of the shield around the edges of the flange.



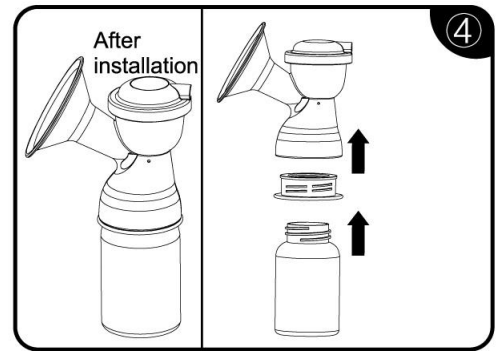
2. Install the diaphragm inside the pump body, close with the up cover.



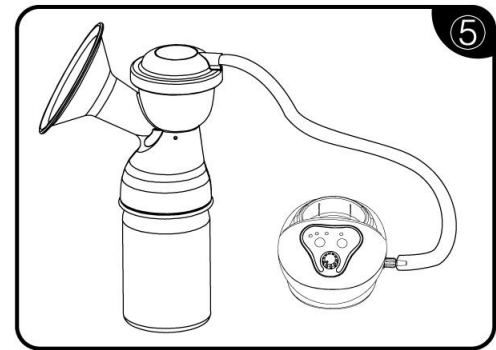
3. Fasten the valve making sure it tightly fits the hole edge.



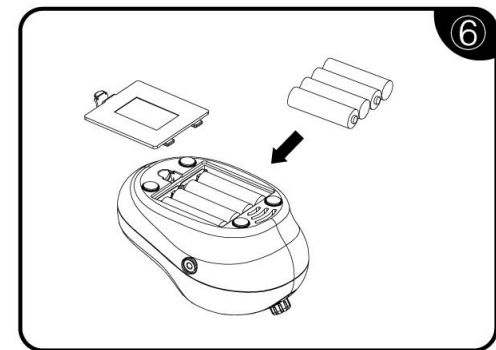
4. Screw the bottle into the pump body by using the wide/narrow neck bottle converter.



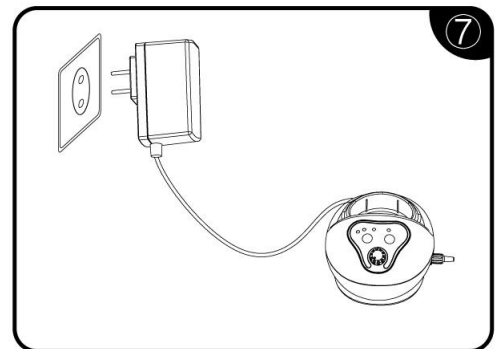
5. Attach one end of the silicone tube to the conduit connector and the other one to the up cover.



6. The device may be operated using 4 AA Alkaline batteries (1,5 V) – (not included in the set).



7. A power adapter can be used at home.



In order to disassembly the breast pump please refer to above assembly instruction. Follow the instruction in reverse order.

### CLEANING INSTRUCTION

#### Cleaning prior to first use:

Before you use the breast pump for the first time, disassemble below breast pump parts:

- ✓ up cover (1),
- ✓ diaphragm (2),

- ✓ pump body with funnel (5),
- ✓ silicone massaging shield (3),
- ✓ funnel cover (4),
- ✓ silicone valve (6),
- ✓ feeding bottle (8),
- ✓ wide and narrow neck bottle converter (7)

Wash in hot water with mild detergent, rinse thoroughly. Disinfect by placing in boiling water for approx. 5 min. Completely air- or towel-dry before reassembly and next use.

**Cleaning instruction:**

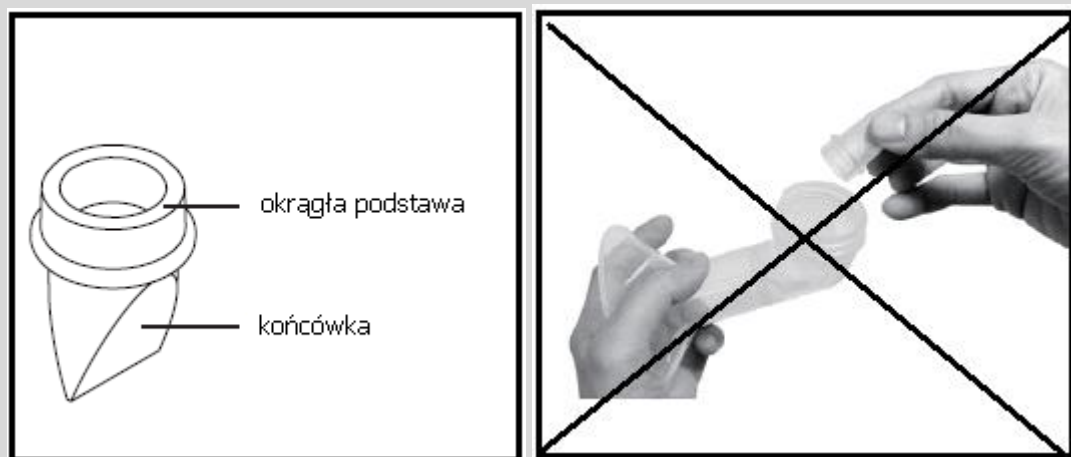
- Set aside the tube and conduit connector. These items do not need to be washed or sanitized because the diaphragm prevents them from coming in contact with the breast milk.
- All parts of the breast pump may be hand washed in hot water with mild detergent.
- Do NOT use solvents or abrasives.
- Rinse with hot, clean water.
- Bottle cap, screw cap, sealing disc and a food container with screw cap should be sanitized in the same way.

**CAUTION! DO NOT WASH THE TUBE, THE CONDUIT CONNECTOR OR ELECTRIC PARTS.**

To clean the electric pump base, wipe the base with a damp cloth.

Silicone valve should be cleaned very carefully. Do not allow the food to dry out in the valve.

*NOTE! Always disassemble the valve grasping the circular base with two fingers. Never grasp the end of the valve as it can get damaged and weaken the strength of suction.*



- ✓ Circular base
- ✓ Tip

**How to disinfect the teat?**

Before first and subsequent use wash the teat with warm water then place it in boiling water for 5 min. This is to ensure hygiene. Clean before each use. Do not use any antibacterial agents! Inspect carefully before each use especially when baby has teeth. Pull the teat in all directions. Throw away at the first signs of damage or weakness. Do not tighten up bottle locking ring, as it may disturb its ventilation. Always check for leakage. Never enlarge the teat flow holes by any means, as it may damage the teat. Do not leave the teat in a direct sunlight, close to a source of heat, or in disinfectants (sterilizing solution) longer than recommended, as this may weaken the teat. It is recommended to replace a teat max. after 2 months of use to ensure safety and hygiene. After use, clean the bottle and the teat from food remains, rinse and then wash thoroughly with hot water; do not boil. The bottle is dishwasher safe (max. temp.65°C). Do not wash the teat in the dishwasher because detergents / cleaning agents can cause damage to the product. **For your child safety and health WARNING!** Always use this product under adult supervision. Never use feeding teats as soothers. Continuous and prolonged suckling of fluids may cause tooth decay. Always check food temperature before feeding. Warming in microwave oven may result in locally high temperature. If warming feed in microwave, oven remember to leave the bottle open. Take

particular care when heating in a microwave. Always stir heated feed to ensure even distribution of temperature and check liquid temperature before giving it to the child. Warming breast milk in microwave is not recommended. This product is not a toy. Keep all components out of the reach of children when not in use.

## OPERATING INSTRUCTION

Make sure that the breast pump has been cleaned and disinfected. Wash your hands and breasts thoroughly. To make sure that your milk ducts are not blocked, express few drops of milk by squeezing the nipple gently.

Connect the breast pump to power supply. Press **on/off** button (fig.2). The work indicator light turns up, which means the pump is on. Pressing the button one more time turns off the pump, the light will go down.

rys.2 / fig. 2



Place the silicone massaging shield on the breast, make sure that the air cannot escape. If the shield doesn't fit airtight, suction strength might become weaker. Always keep the bottle upright so that milk can flow downwards inside the bottle.

The Canpol babies Electric Breast Pump allows to adjust the rhythm and suction power to individual needs.

Press **mode** button (fig. 3) to adjust the rhythm of suction and choose one of three suction modes:

- **express**

In '**express**' mode the breast pump imitates fast and shallow suckling movements occurring in the phase of stimulation. Express mode stimulates the production and milk let down. In this phase, the milk starts to flow from the breast.

- **natural**

In '**natural**' mode the breast pump imitates natural, slower and deeper suckling moves occurring in the second phase of effective suckling.

- **strong**

In '**strong**' mode the rhythm of suction is slow and deep. When the milk start to flow, the baby must put more effort into suckling. Milk slowly becomes more dance and filling, that is why the suckling rhythm and pace slow down.

rys.3 / fig.3



The knob enables fluent adjustment of suction strength within 3 different levels:

- level 1 - **light**,
- level 2 - **moderate**,
- level 3 - **strong**.

rys.4 / fig.4



Express milk from one breast until the flow is reduced, then place the breast pump on the other breast to continue. Once you finish expressing the breast milk, unscrew the pump and replace it with a screw cap and teat. The bottle is now ready for feeding.

### How to store and use your expressed breast milk?

- ✓ Milk can be stored in bottle, milk storage containers or in breast milk storage bags.
  - ✓ Freeze only fresh milk. Do not fill the bottle completely as frozen breast milk increases its volume.
  - ✓ Breast milk can be defrosted in the same way as any other feed (but never in the microwave as this may destroy valuable nutrients and antibodies).
  - ✓ Frozen breast milk can be defrosted overnight in the refrigerator, then warmed gradually in bottle warmer or hot water.
  - ✓ Shake the bottle to combine separated fat molecules with the remaining volume of milk.
  - ✓ Once defrosted, milk should be served to your baby within 24 hours. It should be stored in the fridge at this time.
  - ✓ NEVER refreeze defrosted milk.
  - ✓ DO NOT add fresh breast milk to already defrosted milk.
  - ✓ DO NOT add fresh breast milk to already frozen milk for storage.
  - ✓ NEVER heat breast milk by boiling or putting it in the microwave.
  - ✓ ALWAYS check food temperature before feeding.
- Breast milk that was not used should be disposed.

	Freshly expressed milk	Thawed milk
Room temperature (+19°C do +25°C)	up to 4 h	Use immediately, do not store
Refrigerator (+4°C)	up to 96 h	up to 24h (since total thawing)
Freezer compartment (-20°C)	3-6 months	<b>Never freeze defrosted breast milk</b>

As the breast pump is for personal use, it cannot be refunded. In the case of mechanical failure, please contact your local distributor or manufacturer. Please, keep your receipt as a proof of purchase.

#### WARNING!

- ✓ Do not use this product for purposes other than those listed in the attached instruction.
- ✓ Do not place the product near sources of fire.
- ✓ Before using the pump, make sure that all parts were assembled correctly.
- ✓ Immediately stop using the breast pump if you feel breast or nipple discomfort.
- ✓ Wash your hands before using the product.
- ✓ Keep the product out of reach of children.
- ✓ Do not drop the product to avoid any damage.
- ✓ To avoid burns do not touch the product with bare hands immediately after sterilization in boiling water.