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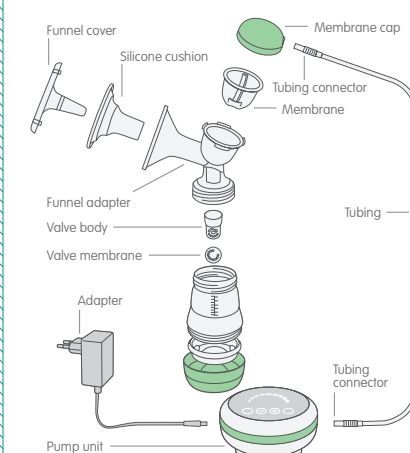


## 2in1 Upgrade Set

Please read all instructions carefully before using the MAM 2in1 Single Breast Pump for the first time. Keep these instructions in a safe place for future reference.

### 1. Product description

#### 1.1. Product description for electric use



#### 1.2. Product description for manual use



### 2. Safety notes

- Children must not play with the appliance.
- This appliance must not be used by children because children do not understand the hazards involved.
- Children should be supervised to ensure that they do not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- This appliance may be used by people with reduced physical, sensory or mental capabilities or a lack of experience and knowledge, provided that they have been given supervision or instruction concerning the safe use of the appliance and understand the hazards involved.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- This appliance is intended for domestic use only.
- Use this product only for its intended use, as described in this manual. Never use attachments that are not recommended by the manufacturer.
- Never use any electric adapter or battery that was not supplied with the pump.
- Only connect appliance to voltages in accordance with the rating plate on the electric adapter.
- Before using the appliance for the first time, be sure to remove all the packaging materials and any components not used, so that your child cannot injure him or herself or swallow anything.
- Do not use the appliance within the reach of children. Secure the power cord and make sure that it cannot be pulled inadvertently, causing the appliance to fall onto the floor.
- Check the breast pump each time before use and only use it if the appliance and power cord are intact. At the first sign of any damage, the component in question must be either disposed of or repaired.
- The appliance may only be opened by an authorized service center. Opening by any unauthorized person will automatically make the warranty invalid. Repairs may only be performed by specialist personnel. Improper repairs can create serious safety hazards for users. This also applies to the replacement of the power cord.
- This electric appliance must not be immersed in water or washed in a dishwasher. If it accidentally falls into water, do not reach for it. Unplug immediately.
- When cleaning the pump unit, unplug the adapter.
- Ensure that the tubing is clean and does not contain any drops of water.
- Never place the device's electric pumping unit or adapter in the microwave or expose to high temperatures.

- Turn the toggle switch off if the device is out of use for long time.
- Charge the battery at least once a month. To maximize the working life of the device, charging time should not exceed 6 hours.
- Always unplug the power cord from the outlet after each use.
- Always keep the instruction manual in a safe place.
- Appliance is only to be used with the power supply unit provided with the appliance.
- This appliance contains batteries that are only replaceable by skilled persons.
- This appliance contains batteries that are nonreplaceable.
- For the purposes of recharging the battery, only use the detachable supply unit provided with this appliance.
- This appliance is intended for domestic use only. Do not use outdoors.
- Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in improper operation.
- Never operate this product if it has a damage cord or plug, if it is not working properly, if it has been dropped or damaged or dropped into water.
- If the electric adapter or supply cord is damaged, it must be replaced by manufacturer, an approved service agent or similarly qualified person in order to avoid a hazard. Separation of the casing can result in electric shock.
- DO NOT remove the battery yourself. Inbuilt lithium battery is non-removable, it's prohibited to discharge for use. As the battery needs to be collected, please ask for help to remove the battery from the appliance at the recycling location.
- This breast pump should not be operated while traveling on an airplane.
- The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide.
- This product should never be left unattended when

- plugged in.
- If the power adapter outer casings become loose or are separating, stop use and contact the device manufacturer immediately. Separation of the casing can result in electric shock.
- Do not place the product in direct sunlight.
- Do not use while bathing.
- Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the 2in1 Double Breast Pump, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

### 3. Cleaning and maintaining the appliance

Before using your MAM 2in1 Single Breast Pump for the first time and after each use, all parts that come into contact with the breast and breast milk must be separated, cleaned and sterilised.

- Only drinking-quality water must be used for cleaning.
- Do NOT sterilise the tubing or pump unit.
- Do NOT clean the inside of the tubing as no milk should enter it!
- Completely air dry or towel dry before reassembly and next use. Partially wet components may affect the operation of the electric breast pump.
- Ensure that the tubing is free from any liquid. Do not operate the electric breast pump if any liquid is visible in the tubing (see chapter 6 – Troubleshooting).
- Take care not to damage parts of the pump set during cleaning.

#### 3.1. Cleaning the electric pump unit

To clean the electric pump unit, unplug the appliance, switch it off and wipe it with a clean, damp cloth. Never place it in a dishwasher for cleaning. The appliance must not be immersed in water.

#### 3.2. Cleaning by hand

Before cleaning, all parts of the pump must be separated. Begin by rinsing all parts in cold, clear water. Then wash all parts in warm soapy water with a damp cloth or sponge and rinse thoroughly with cold water afterwards. Do not use any abrasive cleaning agents such as anti-bacterial solutions, as these could attack the appliance's surface. Leave the separated parts to drip dry or use clean paper towel.

#### 3.3. Cleaning in the dishwasher

To clean the allowed parts of the breast pump in the dishwasher, place the separated parts on the top rack of the dishwasher or in the cutlery section. When washing the pump parts in the

dishwasher, the components may become discoloured by food pigments – this does not affect their function. We recommend to carefully clean the valve body and valve membrane by hand to prevent damages and to ensure that those small components do not get lost.

#### 3.4. Sterilising the breast pump

Before using the pump for the first time and once a day, all parts of the pump except the tubing and the electric pump unit must be sterilised.

The separated pump parts can be sterilised in boiling water, in an electric or microwave steam steriliser as well as in cold sterilising liquid. Store the pump set in a clean bag / container and use the funnel cover for further protection of the silicone cushion until next use.

**Please note:** never sterilise the assembled pump – always separate the parts.

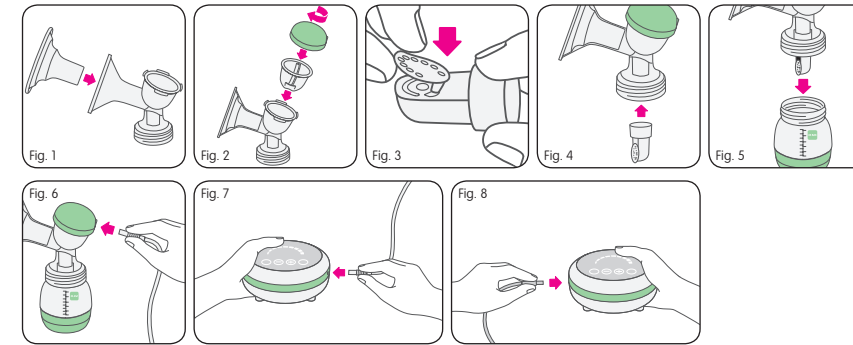
**Important:** allow all parts of the breast pump to fully cool and dry before use.

### 4. Using the appliance

#### 4.1. Electric pumping

##### 4.1.1. Assembly

- For hygienic reasons, please wash your hands thoroughly before assembling the breast pump.
- Place the silicone cushion into the funnel adapter. Make sure to connect the silicone cushion to the rim of the funnel properly by fitting it over the rim (Fig. 1).
  - Place the membrane into the funnel adapter, cover with the membrane cap and screw on tightly (Fig. 2).
  - Carefully press the valve membrane into the hole of the valve body until it engages. The valve membrane should be pressed flat and tight to avoid air leakage (Fig. 3).
  - Please note:** the valve membrane ensures that there is a total barrier between the breast milk and any pathogenic agents.
  - Now correctly place the valve membrane with the valve body onto the funnel adapter (Fig. 4).
  - Firmly screw the bottle onto the funnel adapter (Fig. 5).
  - The tubing has two connectors on the two ends. Attach the connector to the air vent of the membrane cap (Fig. 6) and the one on the pump unit separately, ensuring a tight fit (Fig. 7).



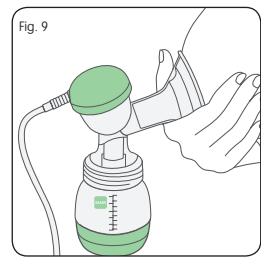
#### 4.1.2. Charging the electric pump unit and pumping in mains operation

- When the adapter is connected to the pump, the pump can be powered and the battery charged at the same time.
- For charging or pumping when the battery is empty, connect the plug to the pump unit and insert the adapter into an electrical socket (Fig. 8). To charge, switch the toggle switch at the bottom of the pump to OFF.
- For pumping, make sure that the toggle switch is switched to ON. The LED on the pump will flash, indicating that the device is in standby mode.
- When the battery power is low, the pump will switch off automatically.

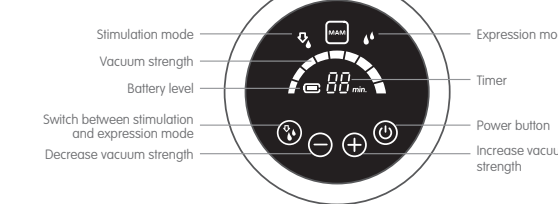
- Once the battery is fully charged, it will stop charging to protect the battery from damage.

#### 4.1.3. Preparing for pumping

- Wash your hands with soap and your breasts and nipples using a warm washcloth and clean fresh water.
- Squeeze a little bit of milk out of each nipple to make sure the milk ducts are not clogged.
- Ensure that all parts of the pump are clean and disinfected before use.
- Before using, make sure that the pump is properly assembled and fully screwed onto the bottle.
- Ensure that the toggle switch at the bottom of the pump unit is switched to ON and that the battery is charged or the pump plugged into an electrical socket.
- Place the funnel firmly on your breast. Make sure that no air escapes through the side, otherwise no suction will develop.
- Support the breast with your hand from below and hold the funnel onto your breast with your thumb and index finger (Fig. 9).
- Expressing milk without using the silicone inlay is more effective than with the silicone inlay. So you may want to remove the inlay once you become more comfortable with expressing!



#### 4.1.4. Pumping Interface display guide



Turn on the breast pump by pressing . The 2-phase expression process begins with the stimulation mode. This produces a short, quick sucking rhythm until your milk starts to flow. The pump will start with Level 1 of the stimulation mode by default. There are 9 different levels of suction strength, which can be adjusted by pressing . You can see the selected level on the display:

Once the milk starts flowing, you can switch to the expression mode. To do this, simply press . The expression mode starts with Level 1 and has a slow rhythm to express the milk. The expression icon will then appear on the right of the display. The expression strength can be adjusted to 9 different levels by pressing . The simple up/down buttons allow you to control the vacuum to suit your comfort level, as this is when milk will flow best. Research has shown that pumping is more efficient – getting more milk in less time – when pumping at a maximum vacuum level during the expression phase.

When the pump is running on battery power, the battery icon will show how much power is left. When the battery runs out, will flash.

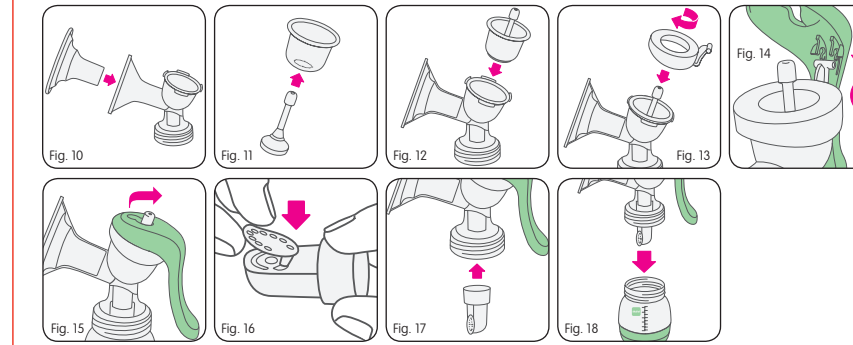
A timer starts running as soon as you start pumping. After 30 minutes, the pump switches off automatically. Healthcare professionals recommend that you pump for 15 minutes per breast. To resume pumping, press . To stop pumping before the end of the 30 minutes, press . After pumping and for transportation always switch the toggle switch to OFF to avoid starting the pump unintentionally.

Expressing milk or stimulating does not come easily to everyone. If you find it is less comfortable than you had hoped, ask your midwife or other healthcare professional for advice.

#### 4.2. Manual pumping

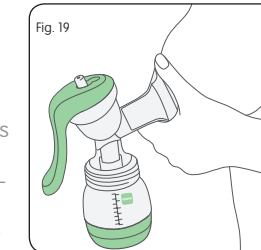
##### 4.2.1. Assembly

- For hygienic reasons, please wash your hands thoroughly before assembling the breast pump.
- Place the silicone cushion into the funnel adapter. Make sure to connect the silicone cushion to the rim of the funnel properly by fitting it over the rim (Fig. 10).
  - Insert the inner cap stopper into the membrane until it engages properly (Fig. 11).
  - Insert both parts into the funnel adaptor (Fig. 12).
  - Screw the handle holder on top of the membrane (Fig. 13).
  - Connect the handle to the handle holder so that it clicks firmly into place (Fig. 14). Then place the inner cap stopper in lock position by pulling the upper part of the cap stopper into the opening closer to the pump handle (Fig. 15).
  - Carefully press the valve membrane into the hole of the valve body until it engages. The valve membrane should be pressed flat and tight to avoid air leakage (Fig. 16).
  - Now correctly place the valve membrane with the valve body onto the funnel adaptor (Fig. 17).
  - Screw the bottle onto the funnel adaptor tightly (Fig. 18).



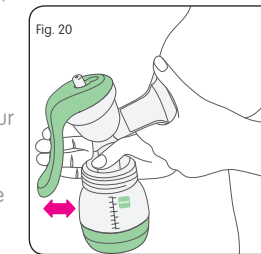
##### 4.2.2. Preparing for pumping

- Wash your hands with soap and your breasts and nipples with a warm washcloth and clean fresh water.
- Squeeze a little bit of milk out of each nipple to make sure the milk ducts are not clogged.
- Ensure all parts are clean before use.
- Before using, make sure that the pump is properly assembled and fully screwed onto the bottle.
- Sit comfortably and lean forward slightly. Place a glass of water within easy reach.
- Place the funnel firmly on your breast. Make sure no air escapes through the side, otherwise no suction will develop.
- Support the breast with your hand from below and hold the funnel onto your breast with your thumb and index finger (Fig. 19).
- Expressing milk without using the silicone inlay is more effective than with the silicone inlay. So you may want to remove the inlay once you become more comfortable with expressing.



##### 4.2.3. Pumping

- Use your other hand for pumping.
- Hold the adaptor neck with your thumb and the handle with your remaining fingers.
- Press and release the handle to operate the pump at a speed of approximately 60 times per minute. Only squeeze the handle as far as it remains comfortable and adjust the speed to your personal preference (Fig. 20).

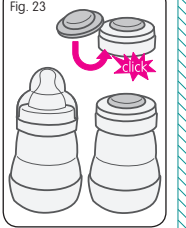
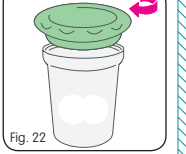
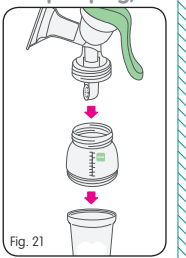


- We recommend a faster pump rhythm to stimulate milk flow. Once the milk starts flowing, you can switch to a slower rhythm.
- Try to pump consistently to keep the milk flow established.

Expressing milk or stimulating does not come easily to everyone. If you find it is less comfortable than you had hoped, ask your midwife or other healthcare professional for advice.

#### 4.3. Use in combination with the MAM Storage Solution (for electric or manual pumping)

- Remove the Easy Start base with its silicone valve and screw the Storage Solution on its place. This unit can now be screwed onto the pump. All sizes of Easy Start bottle can be used in this way (Fig. 21).
- Bring the pump to the breast and express. Please refer to the instructions for electric or manual pumping.
- Unscrew the Storage Solution and close securely with the lid (Fig. 22).
- To label with the date and time of expression, use the special two-part area on the Storage Solution. A pencil is best.



### 5. Storing and warming breast milk

#### 5.1. Storage

- Expressed breast milk can be stored either in the MAM Easy Start bottle or in the Storage Solution.
- The Easy Start bottle with the expressed milk can be sealed either with the bottle screw ring, test and cap, or with the bottle screw ring and sealing disc (Fig. 23).
- Breast milk can be stored in the fridge in the Easy Start bottle or Storage Solution for up to 24 hours.
- Breast milk can be kept in the Storage Solution in the freezer for 3 months. Please note: the Easy Start bottle is not suitable for storing expressed milk in the freezer or freezer compartment.
- Do not store breast milk in the door of the refrigerator. Instead, choose the coldest part of your refrigerator (this is at the back of the glass shelf above the vegetable compartment).
- If you have a 3-star freezer in your fridge, do not store milk for longer than 2 weeks.
- It is recommended that breast milk is frozen in small portions of 50-120ml / 1.5-4.0 UK fluid ounces. Fill the Storage Solution only up to the 120ml level mark for freezing. Never overfill.
- Use milk that has been stored the longest first.
- When transporting breast milk, it is important that the cooling chain is not interrupted.

#### 5.2. Milk warming

- Defrost frozen milk in the fridge overnight, carefully in a water bath or with a bottle warmer that offers a defrost setting, such as the MAM Electric Steriliser & Express Bottle Warmer.
- Do not put the milk in a microwave to heat: if you do, micronutrients and important immunological properties will be lost.
- To warm the milk, place in a bath of hot water or a bottle warmer. To warm to body temperature, running water can also be used. Start with cold running water and gradually increase the temperature until the milk is warm.
- Remove the screw ring and sealing disc of the Easy Start before placing the bottle in the water bath or bottle warmer for warming. Be sure to remove test and cap before heating.
- Breast milk should never be refrozen. Pour warmed unused milk away.
- Never mix newly expressed breast milk with frozen milk.
- Always check the temperature of the milk before feeding.