

1 Squeeze the base of the pump to create suction.

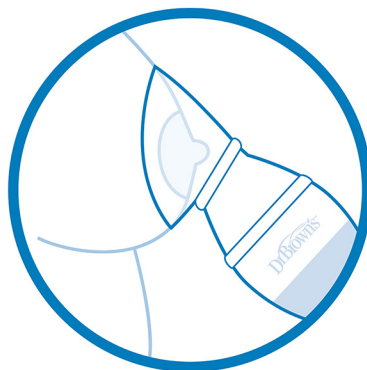


Helpful Tip

For best results, squeeze the frosted area near the bottom of the pump. Squeezing in the middle or near the top will distort the shape of the flange and the pump may not attach as securely.



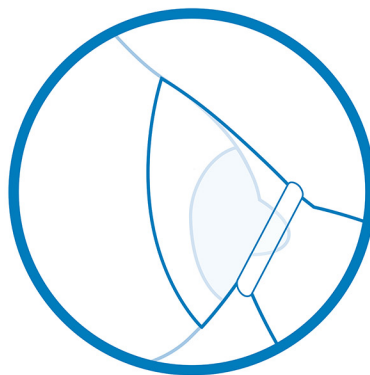
2 Position the flange over your breast, centering the nipple in the neck of the pump.



Helpful Tip

When positioning your nipple in the neck of the pump, make sure that it is not touching the side walls. Check again after releasing suction to ensure that it remains away from the sides. This will yield the most effective and comfortable results.

3 Release the base, creating suction on nipple.



Helpful Tip

For stronger suction & more secure placement, try the flip method: Invert the flange by flipping it backwards, squeeze the base, position nipple in center of the neck, flip the flange onto the breast, and release suction.



4

Gentle, constant suction will draw milk out and keep pump in place - no hands needed!



Helpful Tip

To use the pump to relieve engorgement pressure or as a gentle pump, first stimulate letdown by massaging breast and/or applying a warm, damp washcloth. After pump is suctioned onto breast, gently and slowly squeeze the pump at the base to increase the suction.

5 **Lift edge of flange to remove, and immediately transfer milk to storage bottle or other container.**



Helpful Tip

To prevent spills or potential milk contamination, remove the pump as soon as milk nears the top measurement.