

♥ **Purely Yours Breast Pump Instructions**

Englishpage 1

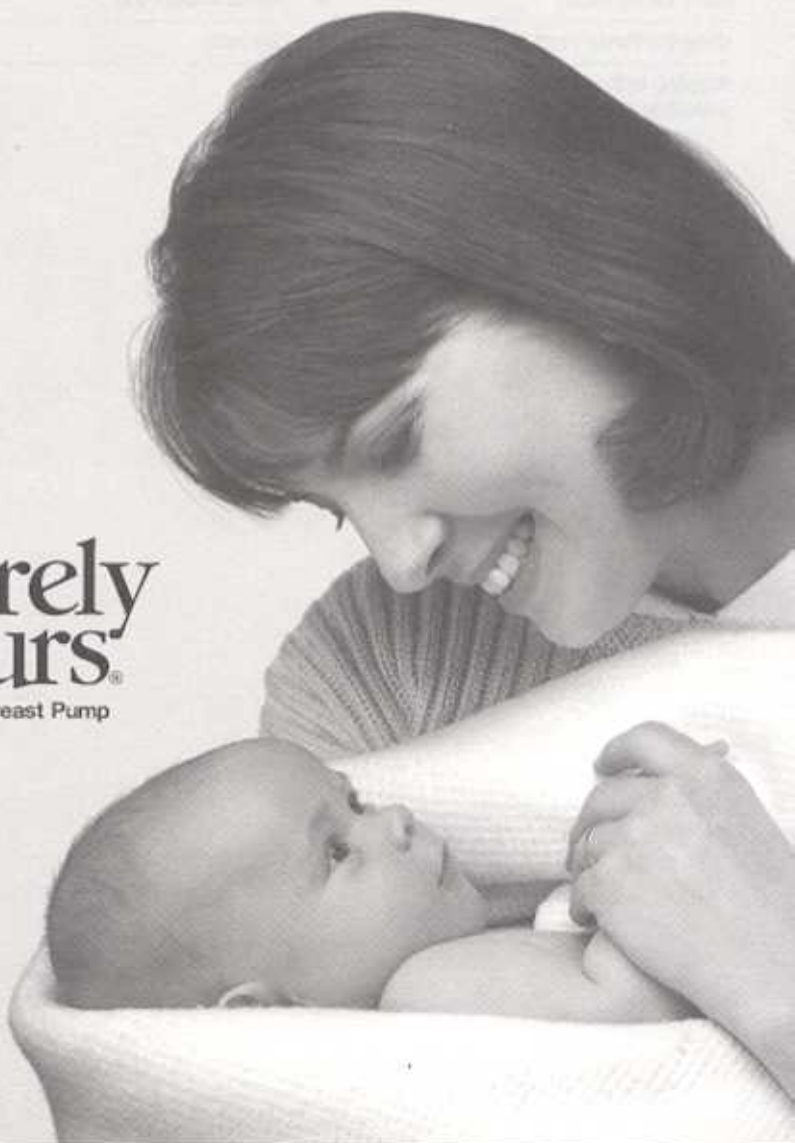
♥ **Instrucciones para Bomba Extractora de Leche Purely Yours**

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**Purely
Yours®**
Breast Pump



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IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be maintained, including the following:

READ ALL INSTRUCTIONS BEFORE USING

Danger: To reduce the risk of electrocution:

- ▶ Always unplug this product immediately after using.
- ▶ Do not use while bathing.
- ▶ Do not place or store this product where it can fall or be pulled into a tub or sink.
- ▶ Do not place in or drop pump into water or other liquid.
- ▶ Do not reach for an electrical product that has fallen into water. Unplug immediately.

Warning: To reduce the risk of burns, electrocution, fire, or injury to persons:

- ▶ This product should never be left unattended when plugged in.
- ▶ Close supervision is necessary when this product is used near children or invalids.
- ▶ Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- ▶ Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- ▶ Keep the cord away from heated surfaces.
- ▶ Never use while sleeping or drowsy.
- ▶ Never drop or insert any object into any opening or tubing.
- ▶ Do not use outdoors with the AC adapter or operate where aerosol spray products are being used or where oxygen is being administered.

SAVE THESE INSTRUCTIONS

For Your Health and Safety

The Purely Yours breast pump is a personal care item and for hygienic reasons should never be shared between mothers or resold from one mother to another.

Before Each Use...



- ▶ Always wash hands thoroughly with soap and water before handling the collection kit, the pump, or other attachments.
- ▶ Take the collection kit apart to clean.

Cleaning Instructions



Unless otherwise instructed by your healthcare provider, follow these sanitizing and cleaning instructions.

Sanitization

Prior to using the kit for the first time, boil all parts of the collection kit for 20 minutes - except for the tubing, white cap and white pump connector. Remove all parts from water immediately after boiling. Completely air dry before assembly and next use.

Cleaning

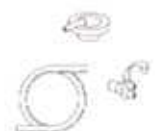
Set aside the tubing, white cap and white pump connector. These items do not need to be washed or sanitized because the silicone diaphragm prevents them from coming into contact with the breast milk.

The breast flange and bottles may be cleaned in the upper compartment of your dishwasher or hand washed with dish soap in hot water. For best results, we recommend using a baby bottle brush to clean the bottle and a baby nipple brush to clean the insides of the breast shield. **DO NOT use solvents or abrasives.** Rinse with hot, clean water. All other parts of the collection kit should be hand washed to prevent loss and extend their usefulness.

Remove the white valves, breast flanges, silicone diaphragms, breast shields and collection bottles for cleaning after each use of the pump. The silicone diaphragms and white valves should be hand washed to prevent loss and extend usefulness. It is important to properly reassemble these parts for the collection kit to operate as designed with the Purely Yours or any other Ameda electric breast pump.

Completely air dry cleaned parts on a clean towel or drying rack. If they will not be used for several hours, cover them with a clean towel.

NOTE: Use caution when cleaning the small white valve. It is critical for proper suction. Do not use excessive force and do not clean with a baby bottle brush or a nipple brush. Gently wash by hand in hot soapy water and rinse under hot running water.



Do not wash the tubing, white cap and white pump connector.



NOTE: Before using the HygieniKit Milk Collection System, visually inspect the individual components for cracks, chips, tears, discoloration or deterioration. If discovered, they may affect the functionality of the collection kit and should be discarded. Please call your local retailer for further guidance and replacement parts.

Tips about Pumping

Preparing to Pump

The most important part of successful pumping is the let-down reflex. This is when your milk begins to flow freely. Warm wet compresses applied to the breasts and light, circular massaging of the breasts prior to and/or during a pumping session will help this natural reflex occur. Thinking of or looking at your baby, or a photo of your baby, is also helpful.

How Long to Pump



Dual pumping, compared to single pumping, will reduce the time you spend pumping. Overall, a pumping session will usually last about 20 minutes. Remember, successful pumping is a learned art. Early practice sessions may be shorter or longer than stated here and may result in only a small amount of milk collected. Milk is produced on a supply and demand basis. When pumping full-time for a baby unable to nurse at the breast, emptying the breasts regularly stimulates and maintains the milk supply. If breastfeeding problems occur, call your physician, a certified lactation consultant, or a La Leche League Leader.

Pumping Options

- ▶ You may pump one breast while nursing the baby on the other. This allows you to maximize pumping effectiveness using the let-down reflex stimulated by the baby's sucking.
- ▶ You may pump into any standard sized screw-top baby bottle or plastic nurser bag. (See the section "Attaching the Ameda Freezer Bag", page 10.)
- ▶ Make sure that the nipple tunnel of the collection kit is tilted slightly downward to allow the milk to flow naturally toward the bottle.

Guidelines for Milk Storage and Thawing.

Milk Storage

Fresh breast milk should be stored in a clean, sealed container. If kept at room temperature (66° to 72°F) it should be used within ten (10) hours. Use refrigerated (32° to 39°F) breast milk within eight (8) days; then freeze or discard. A refrigerator style freezer (temperatures vary), such as a side-by-side or top/bottom, can keep milk safely stored for three to four (3 to 4) months. In commercial deep freezers (0°F or -20° C), milk can be safely stored for six (6) months or longer.

DO NOT store milk in freezer door. The door tends to be the warmest part of the freezer. Date all milk and use the oldest milk first.

Thawing

Thaw frozen milk in the refrigerator or place the container under cool running water, gradually adding warmer water until milk is thawed. Thawed milk can be kept in a refrigerator for 24 hours. **DO NOT refreeze milk once it is thawed.**

Gently shake container of thawed milk before feeding to baby to mix the layers that have separated. Breast milk is not homogenized and the "cream" will rise to the top of the bottle. Breast milk can vary in color and consistency depending upon the time of the day that the milk was expressed, what you have eaten, and the age of the baby at the time of pumping.

DO NOT MICROWAVE HUMAN MILK! Microwaving alters the composition of the milk. Microwaving also may create "hot spots" in the milk that could burn the infant.

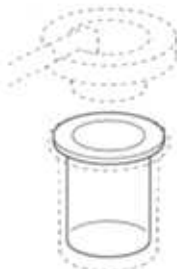
DO NOT thaw breast milk in hot or boiling water.

Breast Milk Storage Guide

	<i>Deep Freeze</i> 0°F or Less	<i>Refrigerator Style Freezer</i> Self-contained Freezer Approx. 0°F	<i>Refrigerator</i> 32°F to 39°F	<i>Room Temperature</i> 66°F to 72°F
Fresh Breast Milk	6+ Months	3 – 4 Months	8 Days	10 Hours
Thawed Breast Milk	Do Not Refreeze	Do Not Refreeze	24 Hours	1 Hour

Source: La Leche League International

About the HygieniKit



New Study Proves HygieniKit Protects Breast Milk from Bacteria and Viruses*

The HygieniKit Breast Pumping System uses a unique patented diaphragm to create a barrier that protects your collected breast milk from:

- ▶ Bacteria and viruses
- ▶ Smoke and other airborne contaminants
- ▶ Backing up into kit tubing and pump

The HygieniKit with its unique diaphragm is the only collection kit that has obtained FDA clearance to make this important protective claim.

The claim as cleared by the FDA states:

*The Ameda HygieniKit has a patented silicone diaphragm that creates a barrier protecting the pump and tubing from penetration of bacteria^{1,2} and viruses (Hepatitis B and C and Human Immunodeficiency Virus HIV)^{1,2} from contaminated liquids inside the collection bottle system.

The diaphragm in this product creates a barrier protecting liquids collected in the collection bottle system from penetration of bacteria^{1,2} and viruses (Hepatitis B and C and Human Immunodeficiency Virus HIV)^{1,2} from the pump and tubing in the event of contamination of these components during a prior use or by a prior user.

Note that the Ameda HygieniKit neither removes bacteria and viruses (Hepatitis B and C and Human Immunodeficiency Virus HIV) from the breast milk being collected into the collection bottle nor does the Ameda HygieniKit make it safe for infected mothers to feed their infants with milk collected using this device.

Please visit our website at www.ameda.com for further information on this important claim.

¹ Testing performed in situ using actual HygieniKits and SMB Piston Breast Pumps with suspension of Phi-X174 bacteriophage and Escherichia coli, Staphylococcus pneumoniae and Pseudomonas aeruginosa. Procedure was adapted from ASTM 1617-97b "Standard Test Method Resistance of materials Used in Protective Clothing to Penetration by Blood-borne Pathogens Using Phi-X174 Bacteriophage as a Test System"

² The use of this product neither guarantees or warrants against the transmission of Hepatitis B and C and Human Immunodeficiency Virus HIV.

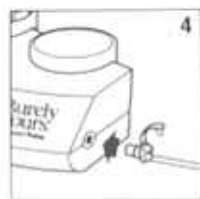
Using the HygieniKit



Your collection kit comes preassembled in Purely Yours product packaging. If you purchased the product with the black tote bag or backpack, simply screw collection bottles onto the breast flanges.

Clean collection kit parts (except tubing, white cap and white pump connector) as described in the "Cleaning Instructions" section (see page 3). Once all parts are clean and dry, assemble the collection kit as follows:

- 1 Place diaphragm into piston chamber and snap white cap onto piston chamber.
- 2 Gently secure white valve into lower portion of breast flange.
NOTE: Use caution when handling and cleaning the small white valve (see page 3).
- 3 Screw collection bottle onto breast flange.
- 4 Insert white pump connector, at end of tubing, into tubing adapter input on the pump.



Hold the collection kit to your breast(s) so that the nipple is aligned to extend straight toward the nipple tunnel of the breast flange. Make sure the breast completely fills the breast flange so that a vacuum is formed and no air escapes. The collection kit and nipple tunnel must tilt slightly downward to allow milk to flow naturally toward the bottle.

- 5 To dual pump, you may use both hands to hold the collection kit against each breast. Alternatively, you may use one hand to hold one breast flange against the breast and the forearm to hold the other breast flange against the other breast.



To Single Pump:
Remove one tube and close the white pump connector.



To Dual Pump:
Both tubes should be attached to the white pump connector.

You are now ready to pump!

Using the Purely Yours Electric Breast Pump



Read the section titled "Using the HygieniKit" before continuing.

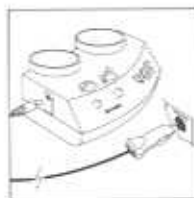
Power Options

The pump may be operated under any of the following three power supply modes:

AC Adapter (Included)

Connect the AC adapter to the power receptacle located on the left side of the pump. Plug the AC adapter into an available electrical outlet.

Electrical safety can only be achieved when the breast pump is connected to the AC Power Adapter supplied with the product. (See "Technical Data" section, page 11.)



Car Adapter (included with backpack style, also sold separately)

Connect the car adapter to the power receptacle located on the left side of the pump. Plug the other end into the cigarette lighter receptacle of your vehicle.

Connecting the breast pump with a car adapter must only be made with the Car Adapter specified. (See "Technical Data" section, page 11.)



6 AA Alkaline or Rechargeable Batteries (not included)

Open the battery cover under the pump and insert 6 AA batteries. Make sure the polarity (+) and (-) is correct as indicated. Close the compartment by gently pressing the cover until it snaps into place.

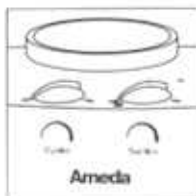
Remove batteries if pump is not in use for a long period of time. Dispose of batteries according to regulations for environmental protection and recycling.

If batteries are in pump, but AC adapter or car adapter is in use, the pump will use the adapter to power the pump, not the batteries.

For the most economical use, we recommend using your pump with the AC adapter provided.

The Adjustable Difference

Your Purely Yours pump allows you to adjust both suction and cycle (speed) settings. Choose the settings that are most comfortable for you and result in the greatest milk expression.



Cycle Dial

This controls the speed. Turn the dial clockwise to increase the speed. Some mothers have found that their milk flows more quickly if the pump speed is initially set on "high."

Suction Dial

This controls the suction strength. Start the pump by turning the *Suction dial* clockwise. Continue to turn the suction dial clockwise to increase the suction to the highest level *comfortable* for you.

Ready to Pump

- 1 Refer to sections titled "Using the HygieniKit" and "Tips about Pumping."
- 2 Set up HygieniKit for single or double pumping. Turn the *Suction* control dial clockwise to switch on the pump. (See previous sections entitled "Cycle Dial" and "Suction Dial.")

NOTE: If the suction on your breast reaches uncomfortable levels, reduce the suction level with the *Suction* control dial, or disconnect the white pump connector from its receptacle on the electric pump.

- 3 Start the *Cycle* dial at the highest setting comfortable for you. Find the cycle that most closely corresponds to the sucking rhythm of your baby. The cycle setting may be adjusted from 30 to 60 cycles per minute to accommodate individual comfort levels.

NOTE: Some mothers find it helpful to begin pumping on a high setting, then lower the setting once milk starts to flow.

- 4 For instructions on how to pump directly into Ameda Freezer Bags, refer to the section "Attaching the Ameda Freezer Bag."
- 5 To clean your breast pump, wipe the casing with a damp cloth, using only water or mild soap. To clean and sanitize your collection kit, refer to the section "Cleaning Instructions."
- 6 If you purchased the black tote bag or backpack with the Purely Yours pump, **you may safely store up to six (6), 4 oz. bottles in the room at an ambient room temperature of 73°-75° F for up to ten (10) hours.** Freezer packs should be removed once thawed and refrozen.

NOTE: When a pumping session is finished, turn the pump off. Make sure there is no suction on the nipple(s) before removing the HygieniKit from the breast. If necessary, break the suction by inserting a finger between the breast flange and the breast. Once the suction is broken, the HygieniKit can be safely removed.

Adapting to the Manual One-Hand Breast Pump

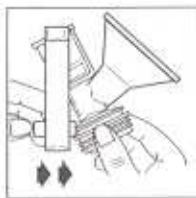
Your HygieniKit easily adapts to the Ameda One-Hand Breast Pump (included with backpack style, also sold separately).



1 Detach the white cap and remove the silicone diaphragm from the piston chamber.



2 Place piston unit of the One-Hand Breast Pump deep inside the piston chamber of the breast flange.



3 Swing the handle down and snap the handle assembly collar around the breast flange.



4 When correctly assembled, top of pump handle will be even and horizontal.

Manual One-Hand Breast Pump

Stock No

One-Hand Breast Pump with Flexishield	17066
One-Hand Breast Pump	17061
One-Hand Breast Pump Handle Assembly only converts HygieniKit to One-Hand Pump Assembly	17145
Breastfeeding Starter Kit – One-Hand Pump, 2 contoured reusable breast pads, lansinoh nipple cream sample, and insulated tote	17069

Using the One-Hand Breast Pump

The One-Hand Breast Pump allows a mother to comfortably control both cycling (rhythm or speed) and suction with a single hand.



Position your hand grip as high as possible on the pump handle. Now, simply squeeze the handle with enough force to create a comfortable, effective suction level. You may not need to squeeze the handle all the way to start the milk flow, so experiment. We recommend you start pumping with a series of short, rapid rhythmic squeezes.

Starting the Milk Flow

Position the breast flange against your breast so that the nipple is aligned to extend straight toward the nipple tunnel of the breast flange.

Make sure the breast completely fills the breast flange so that a vacuum is formed and no air escapes. Tilt the nipple tunnel slightly downward to allow the milk to flow naturally toward the bottle. Gently squeeze and release the handle in a comfortable, rhythmic motion. We suggest squeezing at intervals of about 1-1/2 seconds until let-down occurs and the milk flows freely. (Let-down is the release of milk into the milk ducts. When it occurs, some women experience a tingling or burning sensation.)

This phase is similar to that of a baby who begins nursing by suckling about 40 times a minute to start the milk flowing.

Squeeze and Hold Technique

Once the milk starts to flow, let the pump and your body work together. Continue to squeeze the handle at a comfortable level of pressure and hold it; try not to release it. The pump will gradually release the suction over several seconds.

Occasionally when the milk flow is strongest, the pump neck will fill quickly with milk even before the pump has released the suction. Before the milk reaches the base of the nipple tunnel, release the handle quickly and the milk will drip into the bottle.

The squeeze-and-hold method eventually will allow you to reduce the pumping action from about 40 times per minute to 10 times per minute.

As the pump automatically releases pressure during the hold phase, the nipple relaxes and the milk sinuses refill in readiness for the next squeeze. Release, squeeze and hold again. The action of squeeze and hold is similar to your nursing baby. Once the milk begins to flow the suckling action is longer and more drawn out, not the rapid pattern of the first few minutes.

To Restimulate Milk Flow

When milk flow begins to slow down, a minute or two of short, rapid squeezing motions will increase the milk flow.

Flexibility

The handle of the One-Hand pump swivels, allowing you to hold the pump at a comfortable angle and reposition it at any time while pumping. The pump's flexibility allows you to hold the pump with either hand on either breast and even switch hands during pumping. There is no reason to stop the pumping process while making these adjustments.

Pumping Options

Pumping one breast while nursing the baby on the other allows you to learn while pumping. You're maximizing the pump's effectiveness by using the let-down reflex generated by the baby's sucking action.

Pumping both breasts manually at the same time using two pumps allows you to pump in half the time. It stimulates and maintains the milk supply.

Pumping into any screw-top baby bottle or plastic nurser bag provides flexibility and time savings. See the section "Attaching the Ameda Freezer Bag."

Troubleshooting the One-Hand Pump

Problem: Milk does not drip into the collection bottle.

Answer: *Release the handle and the milk will begin to drip into the bottle.*

Problem: Milk flow is too rapid for the pump to handle.

Answer: *Release the handle a few extra times.*

Problem: The pump does not seem to have enough suction.

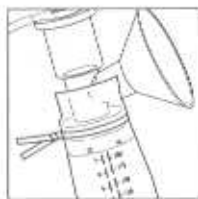
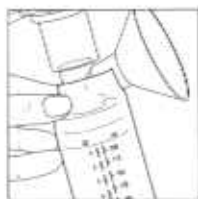
Answer: *Check the white valve. If it has a tear or hole, it needs to be replaced. Contact your local Ameda retailer to purchase additional spare valves (part #402326).*

Problem: Suction has diminished.

Answer: *Remove the piston seal and stretch the outer lip using the fingers and thumbs, or place the seal open side down on a flat surface and push down on it. Repeat twice. Reassemble the pump. Suction should be restored and you can continue pumping.*

Attaching the Ameda Freezer Bag

Using the HygieniKit, you may pump directly into Ameda Freezer Bags (sold separately).

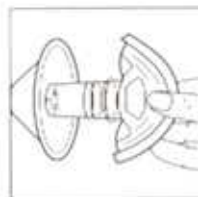


Using the HygieniKit

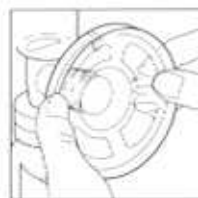
- 1 Insert the neck of the breast flange into the top of the freezer bag.
- 2 Pleat and fold the excess bag material around the neck of the breast flange.
- 3 Place the sealing tie into the groove used for the collar of the handle assembly and twist tightly.

The Flexishield Areola Stimulator

The Flexishield (Hollister Stock No 17211) is an optional accessory that can be purchased separately and used with the HygieniKit to provide increased stimulation and encourage the let-down reflex. The Flexishield is designed to compress the areola area, helping to stimulate a let-down reflex. It is especially useful for smaller-breasted women who may benefit from added stimulation.



- 1 Insert the Flexishield into the breast flange. The rings on the Flexishield should contact the nipple tunnel walls once it is fully inserted.



- 2 Seal the Flexishield to the breast flange by locking the edge of the Flexishield over the rim of the breast flange, using the palm of your hand or thumb and forefinger.

Technical Data

Power Requirements

AC Adapter and Car Adapter (included)

AC Adapter – North American Plug Configuration

9VDC/1.3A, 120V/60Hz, Hollister Stock No. 622401, direct plug in AC power adapter.

AC Adapter – Australian Plug Configuration

9VDC/1.0A, 240V/50Hz, Hollister Stock No. 402707, direct plug in AC power adapter.

Car Adapter (included in backpack style only)

Otherwise sold separately as Hollister Stock No. 17079.

12VDC, Hollister Stock No 17079, 1.5A/250V fused adapter.

Batteries (not included)

Six AA batteries, 1.5V alkaline or 1.2V rechargeable.

Regulatory Compliance

CE Conformity to Medical Device Directive 93/42/EEC.

EN 60601-1 1996 Medical Electrical Equipment

EN 60601-1-2 1994 EMC

UL and CSA approved with North American power adapter.

UL 1431 Personal Hygiene and Health Care Appliances

File Number E189700

CSA Std. C22.2 No 125-M1984 Electromedical Equipment

Class 8711 01 Electromedical Equipment – Risk Class 2

Class 3872 01 Hygiene and Cosmetic Appliances

File Number LR765251

Troubleshooting the Purely Yours Breast Pump

Interruption of Electrical Service

If you experience an interruption in the normal operation of the electrical and/or mechanical functioning of the pump, simply do the following:

- ▶ Unplug the AC adapter cord from the electrical outlet.
- ▶ Wait a few seconds, then plug the AC adapter cord back into the electrical outlet.

Decreased Suction

If it feels like the suction has decreased, try the following:

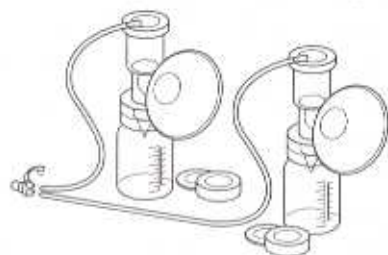
- ▶ Remove the tubing and white connector from the side of the pump and place a finger over the pump outlet. If you feel suction, the pump is operating properly, but the collection kit may not be correctly assembled or the white valve may be damaged. If no suction is felt on your finger, try unplugging the adapter from the electrical outlet, wait a few seconds, and plug it back into the electrical outlet.
- ▶ Make sure the collection kit has been properly assembled. Check the assembly information in the section "Using the HygieniKit", page 6.
- ▶ Inspect the white valve for a tear or pinhole. This component is critical to achieving proper suction. Replace the white valve with one of the spare valves provided with the product.
- ▶ Check the tubing adapter on the side of the pump to make sure it is closed when single pumping. If open, close the adapter.

Replacement Parts

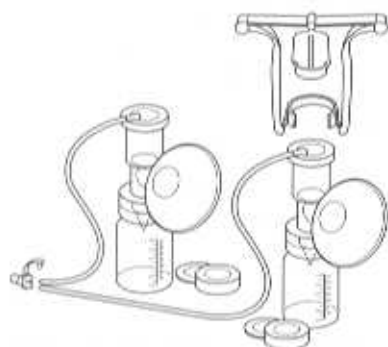
Pump Body and Accessories



17131 Dual HygieniKit Milk Collection System



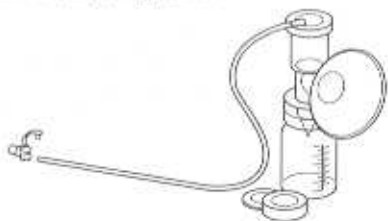
17121 One-Hand Breast Pump/Dual HygieniKit



17076 Cool 'n Carry



17111 Single HygieniKit



Limited Consumer Product Warranty (United States and Canada)

This product is warranted to the original consumer purchaser (the "purchaser") to be free from defects in material and workmanship which are not commercially acceptable for the period of one year from the date of purchase on the pump mechanism and the period of 90 days on all other product components. Warranty coverage terminates if you sell or otherwise transfer this product to another person. This warranty gives you specific legal rights and you may also have other rights, which vary, by location.

HOLLISTER MAKES NO EXPRESS WARRANTY OF ANY KIND REGARDING THE PRODUCT OTHER THAN THOSE WARRANTIES EXPLICITLY SET FORTH HEREIN. ANY IMPLIED WARRANTY, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, TO THE EXTENT PERMITTED BY LAW, SHALL BE LIMITED IN DURATION TO A PERIOD OF 90 DAYS FROM THE DATE OF PURCHASE BY THE ORIGINAL PURCHASER.

In the event the product is found by Hollister to not meet the above limited warranty, as purchaser's sole and exclusive remedy Hollister will repair or, at the option of Hollister, replace this product without charge for such replacement or parts or labor. The purchaser shall bear all expense for returning this product to Hollister. This warranty does not apply to any product that has been subjected to misuse, abuse, or alteration. Only Ameda brand replacement parts are recommended for use with Ameda breastfeeding products. Improper or incorrectly performed maintenance or repair, or use of non-Ameda brand replacement parts may invalidate this warranty.

TO THE EXTENT PERMITTED BY LAW, HOLLISTER SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO, REPLACEMENT COSTS RESULTING FROM THE BREACH OF ANY WRITTEN OR IMPLIED WARRANTY.

If you wish to make a claim under this warranty, you must return the product to Hollister, prepaid, together with your dated bill of sale or other dated proof of purchase and a brief statement of the problem, along with a Return Authorization (RA) number which is obtained by calling the applicable phone number noted below.

Return goods to:

Ameda Breastfeeding
Products distributed by:

In the United States:

Hollister Incorporated
Attn: Service Department
755 Industrial Drive
Cary, Illinois 60013

In Canada:

Hollister Limited
Attn: Service Department
95 Mary Street
Aurora, Ontario L4G1E3

To Obtain a Return

Authorization Number:

1 800 323 4060

1 800 263 7400



Distributed by
Hollister Incorporated
2000 Hollister Drive
Libertyville, Illinois 60048 USA

Distributed in Canada by
Hollister Limited
95 Mary Street
Aurora, Ontario L4G 1G3

Distributed in Australia by
Liberty Medical Pty, Ltd.
Unit 6, Citilink Estate
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Port Melbourne, Victoria 3207

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