**Ameda® Elite™ Breast Pump**

**QUICK START**

With suggested start-up settings

1. Assemble HygieniKit®
2. Insert tubing adapter into pump piston.
3. Center flange on breast to create seal.
4. To turn on, turn VACUUM dial to right to highest comfortable setting. Try half-way, adjust as needed.

5. Turn CYCLES dial to right to MAX.
6. Once milk flows, turn CYCLES dial to left to help drain milk. Try half-way, adjust as needed.
7. If milk flow slows, try for another let-down. Turn CYCLES to MAX, then turn to left to slow speed when milk is flowing. Repeat as needed.
8. To turn off, turn VACUUM dial to left.
Finding a Good Breast Flange Fit

**Good Fit** -
During pumping, your nipple moves freely in the breast flange tunnel. You see space around the nipple. Not much areola is drawn into the tunnel with the nipple.

**Too Small** -
During pumping, some or all of your nipple rubs against the sides of the breast flange tunnel.

**Too Large** -
During pumping, more areola is drawn into the breast flange with your nipple. Your areola may rub against the side of the breast flange tunnel.

Ameda® Elite™ Cleaning Instructions

**For At-Home/End-Users:**
After each pumping, wipe the pump with clean, damp cloth.

**For Hospitals/Rental Stations:**
Clean between users. Wearing disposable gloves, wipe the pump with damp disposable cloth, using hospital approved antibacterial cleaner such as CaviCide™.

Ameda HygieniKit® Cleaning Instructions

- Take apart the Ameda HygieniKit to clean. Set aside tubing, adapter cap and tubing adapter. These can be wiped with a clean, damp cloth, but should not be washed.
- Rinse any milk residue from remaining pump parts, flange, diaphragm, valve (and bottle), with cool water.
- Wash these remaining parts with warm, soapy water. Rinse well with warm, clean water.
- Allow parts to air dry on clean towel or drying rack before assembly and next use.
- Cover parts with clean towel if not planning to use again right away. Breast flanges and bottles can be washed on the upper rack of a standard household dishwasher away from heating elements. Wash diaphragms and valves gently by hand. Do not insert anything through valve while cleaning.

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