

For more information, call your local distributor or visit [ameda.com](http://ameda.com) for the complete line of Ameda breastfeeding products, articles and advice devoted to breastfeeding and pumping mothers.



**Distribution in Europe:**  
To contact your local distributor for product information or feedback, visit [www.ameda.com/where/international.aspx](http://www.ameda.com/where/international.aspx)

# AMB362

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# IMPORTANT SAFEGUARDS

When using electrical products, especially if children are present, the following basic safety precautions should always be maintained.

## READ ALL INSTRUCTIONS BEFORE USING

### **⚠ Danger: To reduce the risk of electrocution:**

- Always unplug electrical devices immediately after use.
- Do not use while bathing, showering or swimming.
- Do not place or store where product can fall or be pulled into bathtub, sink or pool.
- Do not place or drop product into water or other liquid.
- Do not reach for electrical product that has fallen into water. Unplug from wall outlet immediately.

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

- Never leave product unattended when plugged into electrical outlet.
- Close supervision is necessary when product is used near children or invalids.
- Use product only for intended use as described in this manual.
- Do not use attachments other than those recommended by manufacturer.
- Never operate if product has damaged cord or plug, is not working properly, or has been dropped, damaged, or becomes wet.
- Operate Lactaline Personal Breast Pump from batteries or car adapter if reliability of electrical outlet is in doubt.
- Keep cord and all attachments away from heated surfaces.
- Never use while sleeping or drowsy.
- Do not use outdoors with cord.
- Do not operate where aerosol spray products are being used or oxygen is being administered.
- Batteries should be removed from pump when using the AC or Car adapter.

# SAVE THESE INSTRUCTIONS

## For Your Health and Safety

The Lactaline Personal Breast Pump is a personal care item and should never be shared between mothers or resold or given from one mother to another.

### Intended Use

The Lactaline Personal Breast Pump is intended to express and collect milk from the mother's breast, to alleviate engorgement of the breast, maintain the ability of lactation, and provide mother's milk for future feedings when separation of mother and baby occurs.

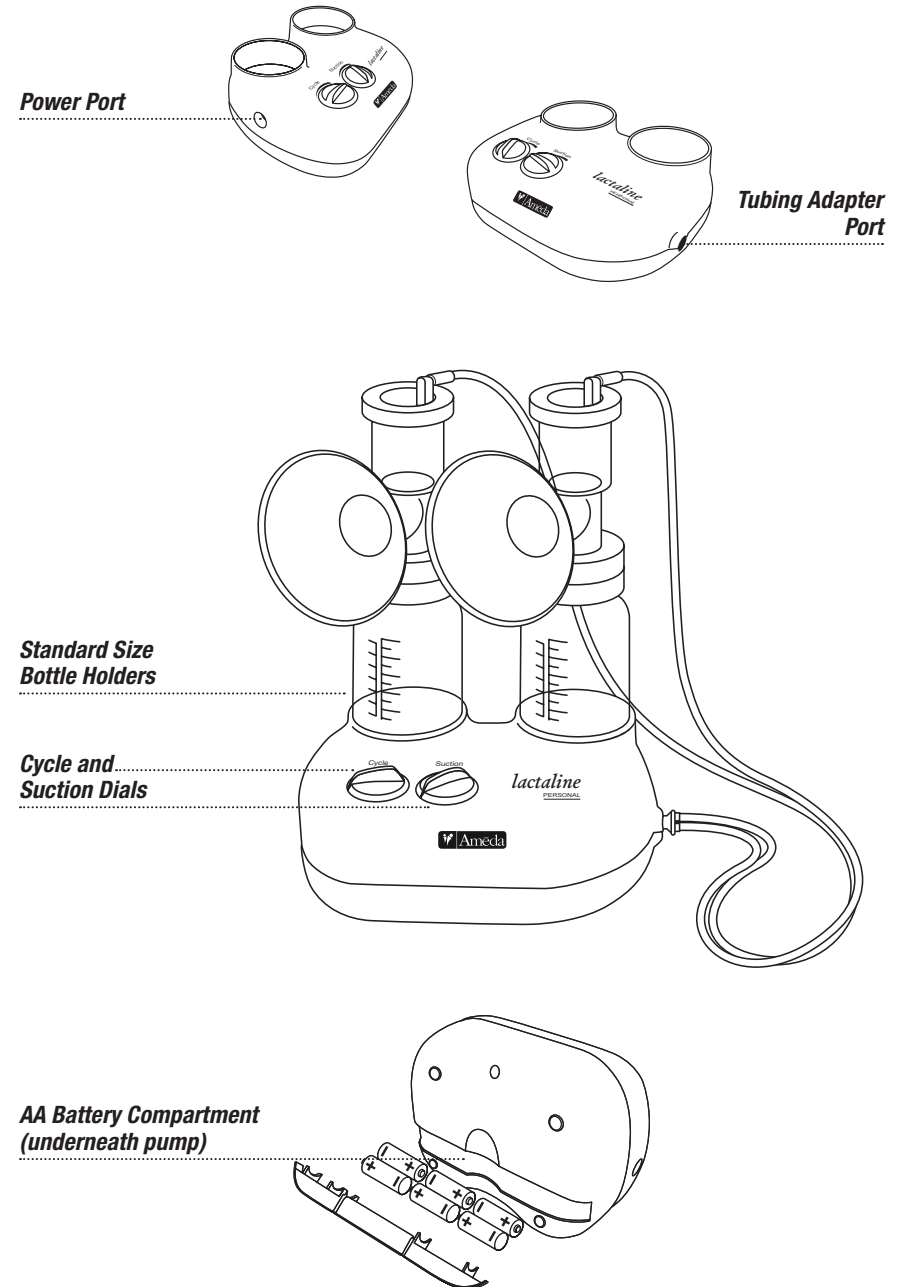
### Before Each Use



Always wash hands well with soap and water.

Do not use solvents or abrasives.

## Lactaline Personal Breast Pump



# Lactaline Personal Breast Pump

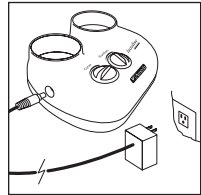
## Set Up and Assembly

### Pump

Remove pump motor from box or case. Choose power option.

### Power Options

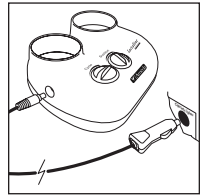
The Lactaline Personal Breast Pump has three power options:



#### AC Adapter (included)

Use only the AC adapter supplied with the Lactaline Personal. If condition of AC adapter is in doubt, contact an Ameda retailer to replace.

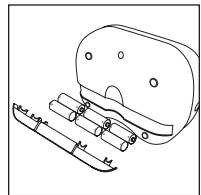
- Connect AC adapter to power port on left side of pump.
- Plug AC adapter into electrical outlet.



#### Car Adapter (not included; sold separately)

Use only with the car adapter specified for the Lactaline Personal (see "Technical Data").

- Connect car adapter to power port on left side of pump.
- Insert other end into lighter input of vehicle.



#### 6 AA Alkaline or Rechargeable Batteries (not included)

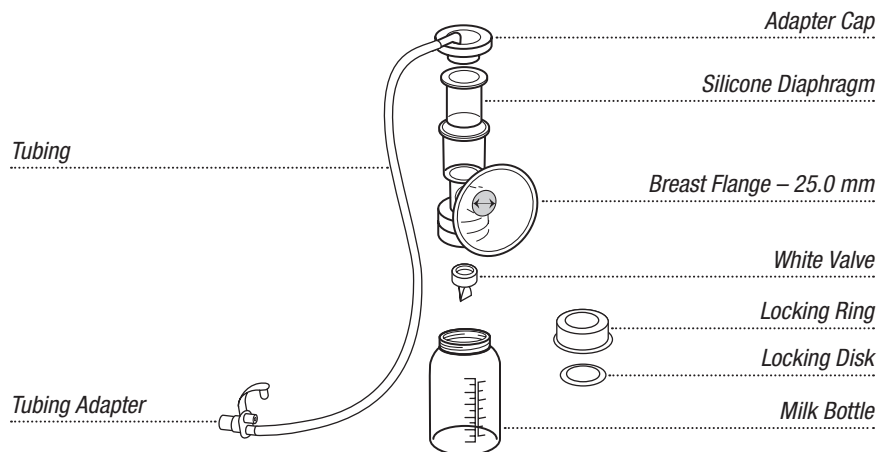
- Open battery cover on underside of pump.
- Insert 6 AA batteries. Make sure (+) and (-) battery ends are facing the right way.
- Match up triangle points on the battery compartment and base of breast pump. Gently snap into place.

Remove batteries if pump will not be in use for a long time. Dispose of batteries properly.

When batteries are inside pump and AC adapter or car adapter is plugged in, pump will not draw power from batteries.

**Warning:** Batteries should be removed from pump when using the AC or Car adapter.

## Pumpset

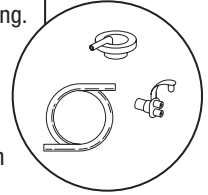


### To Sanitize Before First Use



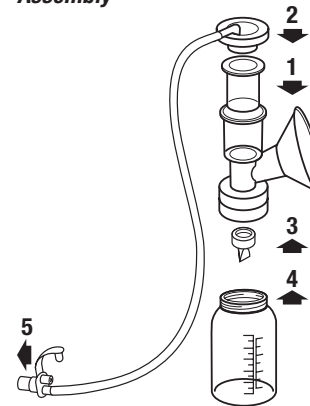
- Boil all parts—except tubing, adapter cap, and tubing adapter—for 20 minutes, and then once a day.
- Remove all parts from water right after boiling.
- Fully air dry before assembly and use.

**Do not boil or wash tubing, adapter cap, and tubing adapter.**



**NOTE:** Before using the pumpset, check the parts for cracks, chips, tears, color changes, or breakdown. They can affect the function of the pumpset. If parts need replacing due to defects, please call your local distributor or the location where you purchased the pump. For a listing of distributors in your country, please visit [www.ameda.com](http://www.ameda.com).

### Assembly



1. Insert diaphragm into upper chamber of breast flange.
2. Snap adapter cap with tubing onto the top of upper chamber.
3. Gently push valve firmly onto ring on underside of breast flange.
4. Screw bottle onto suitable size breast flange.
5. Push tubing adapter at end of tubing into tubing adapter port on pump.

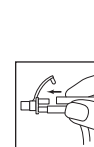
### Attaching to Lactaline Personal Breast Pump

**ALWAYS WASH HANDS WELL WITH SOAP AND WATER BEFORE PUMPING.**

The pumpset may be used to single or dual pump with the Lactaline Personal Breast Pump. Simply insert the tubing adapter into the tubing adapter port of the pump.

### Single and Dual Pumping

The pumpset can be used to single or dual pump.



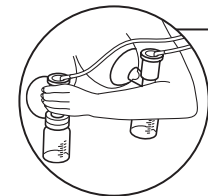
#### To single pump:

Remove one tube and close tubing adapter.



#### To dual pump:

Both tubes should be attached to tubing adapter.



**Dual pumping with one hand gives you a free hand.**

### Putting Pumpset to Breast(s)

To begin pumping:

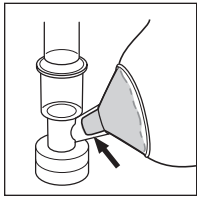
- Center nipple(s) in breast flange(s).
- Fill breast flange(s) with the breast(s) to create an air seal.
- Angle breast flange(s) slightly downward so milk flows into bottle(s).

### Checking Flange Fit

Some Ameda HygieneKits include one size breast flange, with an opening of 25.0 mm. Other Ameda kits include three flanges sizes (25.0, 28.5, and 30.5 mm). Many mothers do well with the 25.0 mm standard size breast flange, but you may need a larger flange (30.5 mm) or insert (28.5 mm) if pumping hurts, even on low suction. If the standard flange is too tight, a larger flange or insert may feel better and pump more milk. Flange fit can change as the breast changes after birth and with pumping. Use the size that feels best and gives the best results. If the 30.5 mm size is not large enough, contact your Ameda retailer to obtain the 32.5/36.0 mm Ameda Custom Breast Flanges.

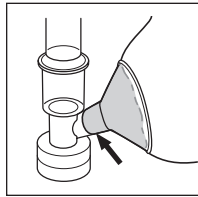
Visit [www.ameda.com](http://www.ameda.com) for more information.

To check your flange fit, watch your nipple during pumping.



#### Good Fit

If you see space around your nipple, you have a good fit.



#### Tight Fit

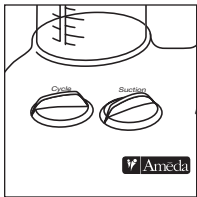
If your nipple rubs against the sides of the flange, it is too tight.

To use the larger breast flanges:

- Replace standard breast flange with larger breast flange
- Move valve to larger breast flange
- See instructions to assemble other parts
- Try the larger breast flange with and without the insert on each breast until you find the size that feels better and/or pumps more milk.

### Pump Controls

#### Using Control Dials



Turn dials to the right (clockwise) to increase pump settings (faster CYCLE, stronger SUCTION). Turn dials to the left (counter-clockwise) to decrease pump settings (slower CYCLE, gentler SUCTION).

#### Starting Pump

- Choose power option, and connect pump to power source.
- Turn SUCTION dial to the right until light turns on. Pump is now on.

### Setting Suction

- Pump starts at lowest SUCTION setting.
- Center nipple(s) in breast flange(s) and fill breast flange(s) with breast(s) to create an air seal.
- Increase suction by turning SUCTION dial to the right (clockwise) until you feel slight discomfort.
- Decrease SUCTION slightly until pumping feels good.
- Begin pumping at the highest comfortable SUCTION setting.

### Setting Cycle

Many mothers find that fast cycle triggers milk flow and slow cycle drains it faster. Watch your milk flow as you pump. Use it as your guide.

- Start with CYCLE dial all the way to the right (clockwise) at the fastest cycle.
- Once milk is flowing (let-down), turn CYCLE dial to the left (counter-clockwise) to a slow setting. This may help drain breasts faster.
- Once milk is flowing, readjust SUCTION to highest comfortable setting.
- When milk flow slows to a trickle, turn CYCLE dial to the right (clockwise) to the fastest cycle to trigger another let-down.
- At next let-down, turn CYCLE dial back to the left (counter-clockwise) back to a slow setting.
- Repeat steps as needed to pump more milk faster.

### Turning Pump Off

- When done pumping, turn SUCTION dial all the way to the left (counter-clockwise) to turn pump off.

### Pumping Made Simple

Does a pump need to be set at the strongest suction to get more milk? No. Set your pump at the highest suction that feels good...and no higher.

### Milk Release or 'Let-Down'

Pumping milk is not like sucking liquid through a straw. With a straw, the stronger you suck, the more liquid you get. When pumping, the milk comes only when a let-down, or milk release, happens. Without a milk release, most milk stays in the breast.

What is a milk release?

- Hormones cause muscles in the breast to squeeze and milk ducts to widen, pushing the milk out.
- Some mothers feel tingling. Others feel nothing.
- A milk release can happen with a touch at the breast, hearing a baby cry, or even by thinking about your baby. Feeling your baby's soft, warm skin against yours can cause a milk release.
- Feelings of stress, anger, or upset can block milk release.

### Using Your Senses

While breastfeeding, most mothers have three or four milk releases without knowing it. To get more milk with your pump, you need more milk releases. But you may need some help at first until your body learns to respond to your pump like it does to a baby.

To trigger more milk releases, use your senses. One or two senses may work better than the others, so try them all to find out which work best for you.

- **Mind/Feelings:** Close your eyes, relax, and imagine your baby breastfeeding. Think about how much you love your baby.
- **Sight:** Look at your baby or your baby's photo.
- **Hearing:** Listen to a tape of your baby cooing or crying. If you're away, call and check on your baby. Or call someone you love to relax and distract you.
- **Smell:** Smell your baby's blanket or clothing.
- **Touch:** Apply warm cloths or gently massage your breasts.
- **Taste:** Sip a favorite, warm non-alcoholic drink to relax you.

### Along with Pump Controls

To get more milk faster, use your senses along with your pump controls.

- Each time you turn your CYCLE dial to fast, use those senses that work for you.
- This may help trigger another milk release faster.
- The less time spent waiting for a milk release, the more milk you get while pumping.

### Pumping Length

Talk to your healthcare provider about how long you should pump. In most cases, 10 to 15 minutes per breast is suggested.

- If single pumping, 20 to 30 minutes total.
- If dual pumping, 10 to 15 minutes total.

### Removing the Pumpset from Breast(s)

For greater comfort, after turning pump off:

- Insert a finger into breast flange(s) to break suction.
- Remove pumpset from breast(s).

## Cleaning

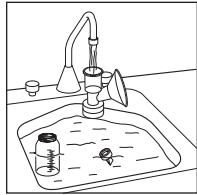
### Before Each Use



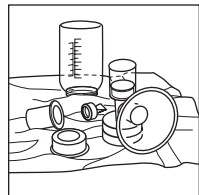
Always wash hands well with soap and water.

Do not use solvents or abrasives.

### After Each Use



- Take apart pumpset to clean.
- Rinse any milk from pump parts with cool water.
- Wash all parts—except tubing, adapter cap, and tubing adapter—in hot, soapy water.
- Rinse well with hot, clean water.

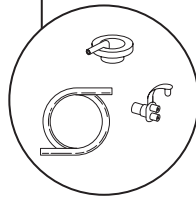


- Fully air dry parts on clean towel or drying rack before assembly and next use.
- Cover parts with clean towel if not planning to use again soon.

Breast flanges and bottles can be washed on the upper rack of a dishwasher. Wash diaphragms and white valves gently by hand.

**Do not insert anything into white valve while cleaning.**

**Do not boil or wash tubing, adapter cap, and tubing adapter.**



## Troubleshooting the Lactaline Personal Breast Pump

To check pump suction from motor:

- Remove tubing adapter from tubing adapter port of pump.
- Put a finger over tubing adapter port.
- If suction is felt, pump motor is working fine.
- If suction is not felt, unplug AC adapter, wait a few seconds, plug back into electrical outlet.

The Lactaline Personal has a reset feature. If the Lactaline Personal motor stops running:

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

## Troubleshooting the Pumpset

If milk is dripping too slowly into bottle:

- Set CYCLE dial to a faster setting.
- Replace silicone diaphragm(s) and white valve(s).

If pumping hurts:

- Set pump to lower SUCTION setting.
- Check pump fit. Larger flanges may be needed.

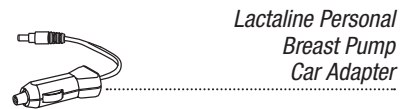
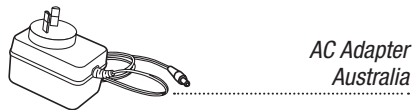
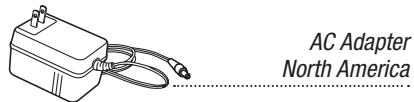
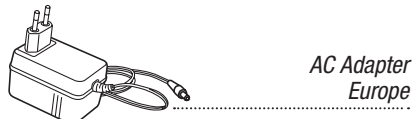
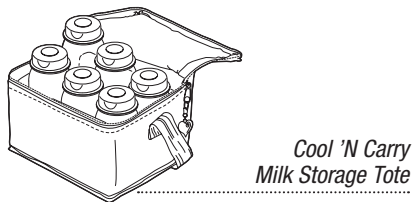
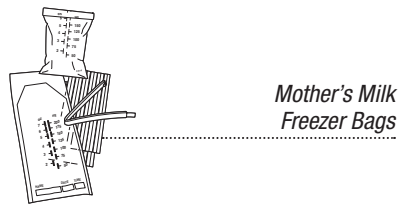
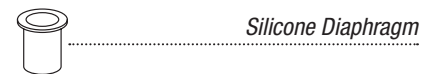
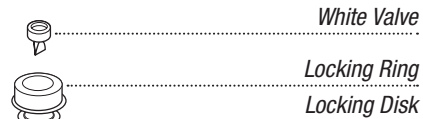
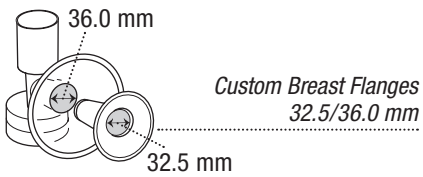
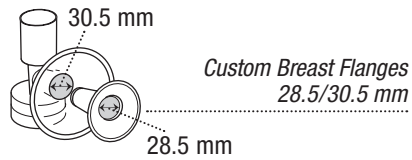
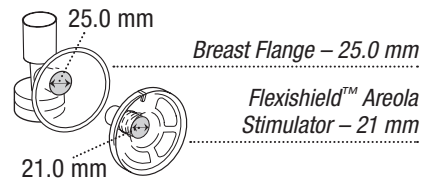
If suction is low:

- Check that white valve(s) is/are pushed well onto breast flange(s).
- Check white valve(s) for tears or stretches. Replace if needed.
- If single pumping, check tubing adapter to be sure side not in use is closed.
- Check tubing adapter for cracks. If seen, replace.
- Set pump to higher SUCTION setting.

The white valves are vital for proper suction. To work well, they must be intact and look closed when pump is not in use. **To prolong white valve life:**

- When removing from breast flange, pull gently from thick sides, not thin edge.
- Do not stick anything into valves during cleaning. Just circulate them in hot, soapy water, rinse well in hot water, and air dry.

## Replacement Parts and Accessories



## Technical Data

### Power Requirements

#### AC Adapter

AC Adapter – North American Plug Configuration  
9VDC/1.3A, 120V/60Hz, Ameda Stock No. 622401, direct plug in AC power adapter.

AC Adapter – Australian Plug Configuration  
9VDC/1.0A, 240V/50Hz, Ameda Stock No. 402707, direct plug in AC power adapter.

AC Adapter – United Kingdom Plug Configuration  
9VDC/1.0A, 240V/50Hz, Ameda Stock No. 402705, direct plug in AC power adapter.

AC Adapter – Europe Plug Configuration  
9VDC/1.0A, 240V/50Hz, Ameda Stock No. 402706, direct plug in AC power adapter.

#### Car Adapter (not included)

12VDC, FI.5A L250V fused adapter.

#### Batteries (not included)

Six AA batteries, 1.5 V alkaline or 1.2 V rechargeable

### Regulatory Compliance

CE0086

### Product Disposal

This product contains electrical and electronic equipment.

1. As with other electrical equipment, the internal components of this product may contain hazardous materials. To avoid potential contamination of the environment, it is important that you dispose of this product according to local or regional waste administration systems and regulations.
2. Do not dispose of as unsorted municipal waste.
3. The crossed-out wheeled bin symbol shown below indicates separate collection for electrical and electronic equipment.
4. You may contact us for further information regarding the environmental performance of this product.

