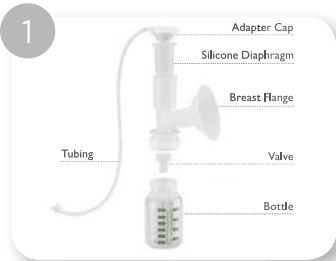


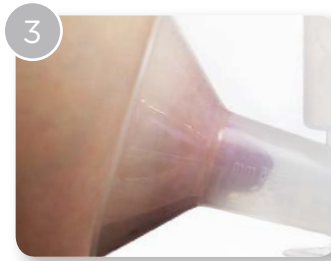
# Ameda Elite™ Breast Pump Quick Start



Assemble HygieniKit®.



Insert tubing adapter into pump piston.



Center flange on breast to create seal.



To turn on, turn VACUUM dial to right to highest comfortable setting. Try half-way, adjust as needed.



Turn CYCLES dial to right to MAX.



Once milk flows, turn CYCLES dial to left to help drain milk. Try half-way, adjust as needed.

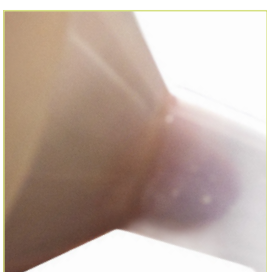


If milk flow slows, try for another let-down. Turn CYCLES to MAX, then turn to left to slow speed when milk is flowing. Repeat as needed.



To turn off, turn VACUUM dial to left.

## Finding A Good Breast Flange Fit



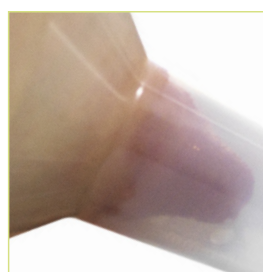
### GOOD FIT

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.