



MOTHERS
CHOICE PRODUCTS

AMEDA BREAST PUMP RESOURCE GUIDE

2133 - 11871 Horseshoe Way Richmond BC V7A 5H5 www.motherschoiceproducts.com

t 604.275.9221 or 1.800.604.6225 | f 604.275.9223 or 1.877.775.9223 | e orders@motherschoiceproducts.com



Table of Contents

- 03** 9 Reasons to Choose Mothers Choice
- 04** Ameda Platinum® Breast Pump
- 05** Ameda Platinum® Breast Pump Quick Start
- 06** Ameda Elite™ Multi-User Breast Pump
- 07** Ameda Elite™ Breast Pump Quick Start
- 08** Ameda Mya Joy
- 09** Power Accessories
- 10** The Ameda HygieniKit Protects Breast Milk from Bacteria and Viruses
- 11** Personal HygieniKits
- 12** Personal Hygienikits replacement parts and accessories
- 13** Using the Ameda HygieniKit Milk Collection System
- 14** Cleaning The Ameda Hygienikit Milk Collection Kit
- 16** Finding a Good Flange Fit
- 17** CustomFit™ Breast Flanges
- 18** Breast Care Accessories
- 19** Breast Milk Storage
- 21** Storing and Handling Mothers Milk
- 22** Personal Use Manual Breast Pumps
- 22** Steam cleaning
- 23** Rental Depot Checklist
- 24** Cleaning Instructions for Platinum and Elite Breast pumps
- 25** Troubleshooting
- 26** Tips For Pumping
- 27** Summary of Typical Breastfeeding Problems
- 28** Benefits of Breastfeeding
- 29** Who Code
- 30** How Breastfeeding Works
- 31** Breast Anatomy
- 32** Warranty

9 Reasons to Choose Mothers Choice




Our clients choose Mothers Choice for more reasons than the outstanding products we carry. Find out what the additional benefits are when you make the decision to partner with our team!

1. All in-stock orders are shipped within 24 hours.
2. When you call Mothers Choice Products, you get served by a real live person. Our customer care department serves both English and French speaking callers.
3. Our breastfeeding products are recommended by Health Care Professionals, the people that know what the best products are because they use them every day.
4. We carry the products moms want - chosen for mothers by mothers. (Of course, many of them are great for dads too!)
5. With a Registered Nurse specializing in Maternal Child Health and Breastfeeding Counselors on staff, we are the most knowledgeable and experienced supplier of prenatal, baby and parenting products in Canada.
6. We offer the convenience of ordering through your Territory Manager, email, or via the telephone - whatever works best for you.
7. We endeavor to answer all inquiries the same day they are received.
8. Our YouTube video channel features instructional videos for both the education of our retailers as well as for your customer support.
9. New accounts get qualified training, product education, merchandising assistance and more from your territory manager. We understand that employee turnover is a reality and we will provide in-service and updates for your new employees too!



Ameda Platinum® Breast Pump

Ameda's original hospital waveform technology has become the industry benchmark and has set the standard for vacuum and cycling performance.

-  The only multi-user hospital breast pump to record a milk volume in excess of 1,000 mL/day by Day 14
-  HygieneKit Milk Collection system features the world's only FDA-cleared protective patented viral barrier
-  Clinical evidence supports the effectiveness of the Ameda Platinum pump for your most critical patients

Features:

Increased Suction Control

Displays 30-250 mmHg shown in mom-friendly units of 1-100% suction for precision adjustability. VacuSense Technology provides consistent suction for single and double pumping and varying altitudes.

Increased Cycle Range

30-80 cpm to help express more milk in less time.

Independent Speed and Suction Controls

Moms can customize their pump settings to their own body's response and achieve multi-phase pumping.

Rotating Internal Piston

The metal pump mechanism is preferred by lactation professionals for its smooth feel, comfort and durability.

Easy-to-Read LCD Screens

Moms can easily return to their own best settings day and night.

Timer

Makes following pumping protocols easier. Automatic shut-off after 60 minutes.

Attaches to Ameda Trolley

For safe, secure transport in clinical settings.

Soft Touch Control Panel

For easy cleaning and intuitive operation.

Built-In Bottle Holders

Securely holds most standard bottles upright and milk bags or smaller containers by breast flange rims to help prevent spills.

Integrated Handle

For easy lifting

Message Display

Indicates service is required or HygieneKit Milk Collection System is not properly attached.

Best-in-class service

3-year warranty



ComfortFlow™ Technology

Clinically proven waveform to establish and maintain a better milk supply



Airlock Protection™

Patented and proven viral barrier that helps protect breast milk



CustomControl™ Technology

Independent control of speed and suction allows for increased comfort which means more milk



VacuSense™ Technology

Consistent suction performance always regardless of varying altitudes or changing atmospheric pressure



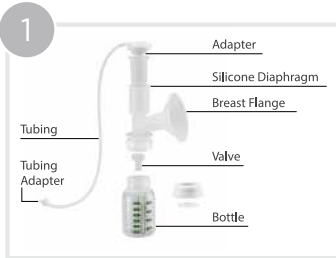
CustomFit

Bold Flange System™ Best flange fit for increased pumping efficiency



Ameda Platinum® Breast Pump Quick Start

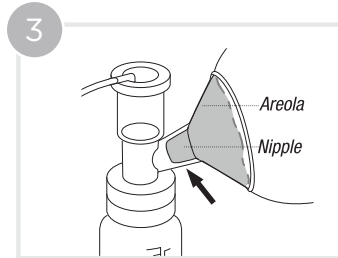
GETTING STARTED: Always wash your hands before beginning



- If collection kit is marked sterile you can use immediately, (kit is pre assembled).
- If not sterile, clean and assemble the kit (refer to cleaning instructions on page 14).



- Insert tubing adapter.



- Center flange on breast to create seal.
- Refer to finding a good flange fit on page 16.



- Push On button.
- Speed starts automatically at 80 cycles per minute.
- Suction starts at its lowest setting.



To mimic a baby's sucking to start milk flow:

- Push suction button to change level.
- May start at 10% and gradually continue to increase suction to arrive at the highest comfortable level.



To mimic a baby's changing pattern to slow, deep draws or sucks:

- Once milk flows:
 - Push speed button down to a slower speed to help drain milk.
 - Try speed 50 cycles per minute Adjust speed as needed to your comfort to drain milk.
- Increase suction but only to highest comfortable suction level.



When milk flow slows, try for another let-down:

- Increase speed back to 80 cycles per minute.
- Once milk flows again, lower speed to help drain milk.

Ameda Elite™ Multi-User Breast Pump

With the Ameda Elite breast pump, pumping is less complicated. A new mother can focus less on pumping and more on what matters most, her baby.



Key Features:

Dual Adjustability

With separate dials, mothers can customize their pump settings to their own body's response. Vacuum: 30-250 mmHg Cycles: 30-60 cpm.

Lightweight & Portable

Only 6.4 lbs, easy to transport.

Attaches to Ameda Trolley

Offers safe, secure transport in clinical settings.

Built-in Dual Bottle Holders

Securely holds most standard bottles upright and supports milk bags or smaller containers by breast flange rims to help prevent spills.



Carrying Bag for Elite or Platinum

- Lightweight, soft carrying bag



Carry case for Elite or Platinum

- Hard case, suitable for deep cleaning

Greater Vacuum Adjustability

Research has found the closer mothers get to their highest comfortable vacuum, the greater their milk output. The Ameda Elite changes only 1 to 5 mmHg with each dial adjustment, getting each mother closer to her ideal vacuum level for better milk flow. Pumping should never be painful.

Expresses Milk at All Cycle Settings

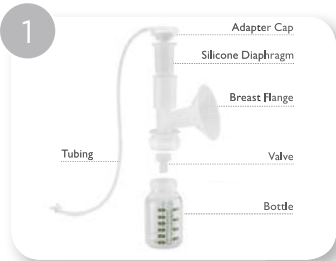
All of the Elite's cycle settings are effective at expressing milk. In fact, mothers even express measurable amounts of milk (an average of 10mL) before milk ejection.

CustomControl™ The Elite's dual adjustability — or CustomControl — offers thousands of possible vacuum/cycle combinations, for the best results every time.

Proven Airlock Protection™

Used with the Elite, the Ameda HygieniKit Milk Collection System includes a silicone diaphragm that acts as a solid barrier to keep tubing dry by preventing air exchange between the expressed milk and pump tubing while pumping. Without this barrier, viruses and bacteria can easily grow in pump tubing where moisture becomes trapped inside it.

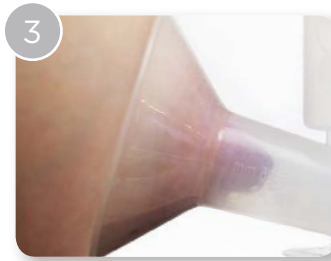
Ameda Elite™ Breast Pump Quick Start



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.

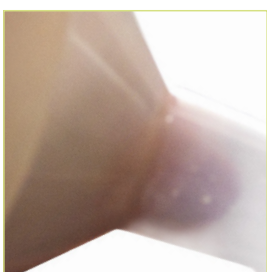


If milk flow slows, try for another let-down. Turn CYCLES to MAX, then turn to left to slow speed when milk is flowing. Repeat as needed.



To turn off, turn VACUUM dial to left.

Finding A Good Breast Flange Fit



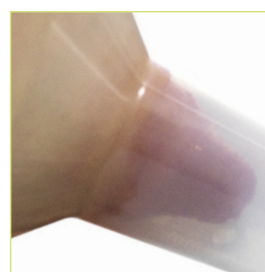
GOOD FIT

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.

Ameda Mya Joy

Double Electric Breast Pump Mya Joy has been designed with efficiency, safety and comfort in mind. It offers the best value, is compact, lightweight and quiet. Mya Joy features the Ameda HygieniKit closed system with the patented diaphragm that protects breastmilk against bacteria, mold and viruses. This pump delivers on the ultimate promise of comfort and ease by offering a wide range of settings, mom-friendly features, and portability

Key Features:



Powerful: Hospital strength performance with two modes of pumping - Stimulation and expression



Comfortable: Wide range of suction and speed settings, functions and flange sizes



Portable: Battery-operated, lightweight, can clip right onto a waist band, purse pocket or favorite yoga pants



Discreet: Operates at less than 45dB and allows for quiet and discreet pumping anywhere



Safe: HygieniKit helps protect breast milk from potential contaminants like bacteria, viruses & mold growth

Technical Features

- Hospital strength performance with Up to 250 mmHg suction strength
- 2-phase adjustable suction modes: Stimulation (6 Levels) & Expression Mode (12 Levels)
- 2-minute auto switch to Expression Mode
- Large, backlit digital LCD display
- Timer display to easily track pumping time
- Smart auto power off after 45 minutes
- Adaptable for single or double pumping
- Operates on 4 AA batteries or AC adapter
- Features Ameda HygieniKit Milk Collection System
- Compatible with Ameda's CustomFit™ Flange System
- 2-year limited warranty

131M21



AMEDA MYA JOY

INCLUDES:

- AC Power Adapter
- Dual HygieniKit® Milk Collection System
- CustomFit™ Flanges (25mm)
- 2 Bottle Holders
- 2 Extra Valves (for HygieniKit)
- 2 Extra Diaphragms (for HygieniKit)
- Quick Start Guide

131M22




AMEDA MYA JOY DELUXE

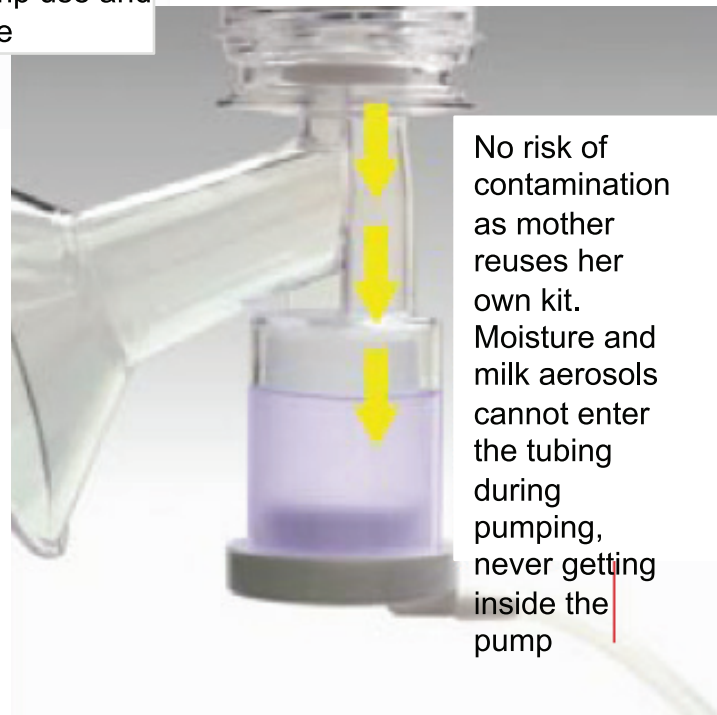
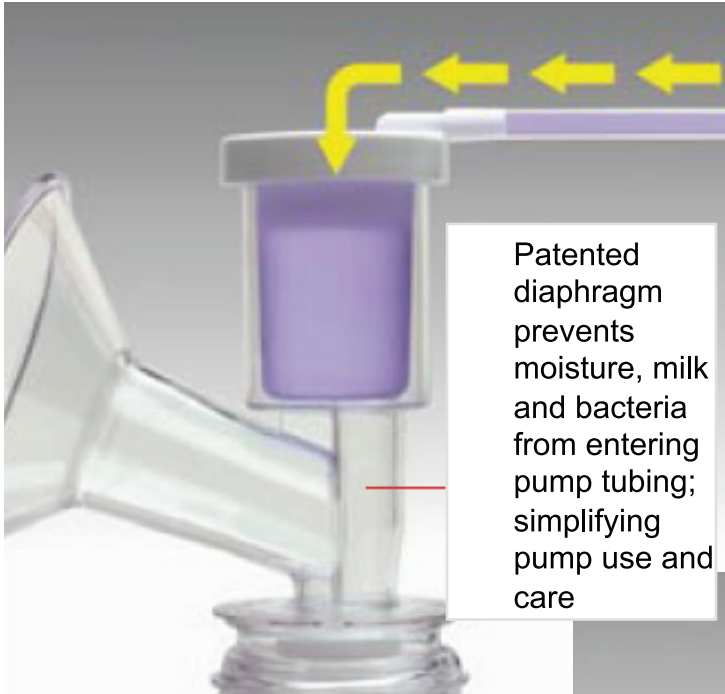
INCLUDES ALL MYA JOY ITEMS PLUS:

- CustomFit™ Flanges (25mm, AND 28.5mm)
- 4 Extra Valves (for HygieniKit)
- 2 Extra Diaphragms (for HygieniKit)
- Tote Bag
- Manual Breast Pump Handle
- Breast Milk Storage Guidelines

Power Accessories

	Description	Details
	<p>Car Adapter - Finesse 9V adapter can be used to power all Finesse models.</p>	<p>Order #: 101X03 Quantity: Each / Case 12 UPC: 810725024362</p>
	<p>Car Adaptor - Mya Joy 6V adapter can be used to power all Mya Joy models.</p>	<p>Order #: 131X11 Quantity: Each / Case 12 UPC: 810725022603</p>
	<p>AC Adapter - Finesse Designed for use with the Ameda Finesse, Purely Yours and Purely Yours Ultra Electric Breast Pumps. <i>Other models available for use in the following areas: North America, United Kingdom, Europe & Australia.</i></p>	<p>Order #: 10009 Quantity: Each / Case 12 UPC: 810725023259</p>
	<p>AC Adapter - Mya Joy Designed for use with Mya Joy.</p>	<p>Order #: 131X07 Quantity: Each / Case 12 UPC: 810725025505</p>

The Ameda HygieniKit Protects Breast Milk from Bacteria and Viruses







Personal HygieniKits










The same milk collection kit trusted by hospitals, for use at home. The Ameda Difference: The Ameda HygieniKit Milk Collection System with the patented protective barrier helps prevent potential risk, offering the safest kit available. Without an effective barrier, the tubing can be a potential medium for condensation, moisture and mold. This risk can ultimately affect breast milk as well as the pump parts. The Ameda tubing never comes into contact with anything except air, simplifying pump use and care as the tubing does not need cleaning.

**All HygieniKits are BPA and DEHP free*

	Description	Details
	<p>Single HygieniKit Milk Collection System Pre-assembled sterile pack for single patient use. Can be used with any Ameda Pump.</p> <p>Includes: Dual Connector, Tubing, Adapter Cap, Diaphragm, 25 mm Breast Flange, (2) Valves and 125ml Bottle with cap.</p>	<p>Order #: 200H02 (replaces 17151)</p> <p>Quantity: Each / Case 14</p> <p>UPC: 810725024102</p>
	<p>Single HygieniKit Collection System w/ one Hand Assembly Convert the collection kit to a one hand manual pump. The one hand assembly fits on the collar of the flange to create a manual pump.</p> <p>Includes: Dual Connector, Tubing, Adapter Cap, Diaphragm, 25 mm Breast Flange, (2) Valves, 125ml Bottle with cap, Handle Assembly</p>	<p>Order #: 17150</p> <p>Quantity: Each / Case 6</p> <p>UPC: 810725020579</p>
	<p>Dual HygieniKit Milk Collection System Pre-assembled sterile pack for single patient use. Can be used with any Ameda pump.</p> <p>Includes: Dual Connector, (2) Tubing, (2) Adapter Caps, (2) Diaphragms, (2) 25 mm Breast Flanges (4) Valves, and (2) 125ml polypropylene bottles with caps.</p>	<p>Order #: 200H05 (replaces 17155)</p> <p>Quantity: Each / Case 10</p> <p>UPC: 810725024119</p>
	<p>Dual HygieniKit Collection System w/ one Hand Assembly Convert the collection kit to a one hand manual pump.</p> <p>Includes: Dual Connector, (2) Tubing, (2) Adapter Caps, (2) Diaphragms, (2) 25 mm Breast Flanges (4) Valves, (2) 125ml polypropylene bottles with caps, Handle Assembly</p>	<p>Order #: 17152</p> <p>Quantity: Each / Case 4</p> <p>UPC: 810725020593</p>

Personal HygieneKits

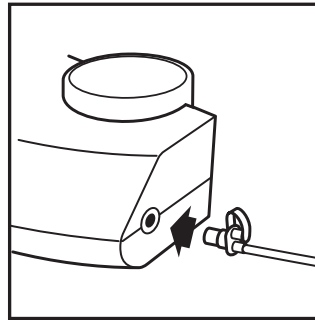
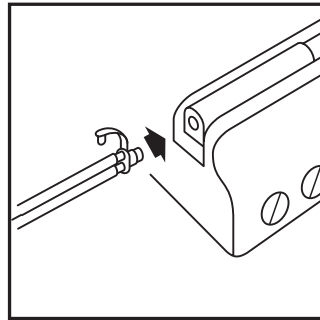
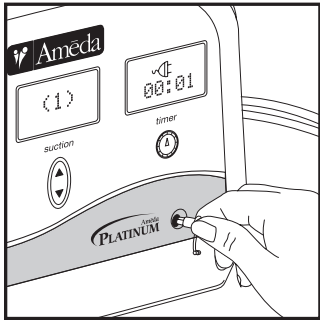
Replacement Parts And Accessories

	Description	Details
	<p>Spare Parts Kit <i>(fits all Ameda HygieneKits)</i></p> <p>Includes: (4) Valves, (2) Silicone Tubing, (2) Silicone Diaphragms, (2) Adapter Caps, (1) Tubing Adapter.</p>	<p>Order #: 17112</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725020012</p>
	<p>Valves (2 Pack)</p> <p>2 HygieneKit replacement valves. Each HygieneKit comes with a spare set. Valves should be replaced every 6 weeks depending on use.</p> <p>Includes: (2) Replacement valves.</p>	<p>Order #: 17146</p> <p>Quantity: Each / Case 24</p> <p>UPC: 810725020012</p>
	<p>Diaphragms (2 Pack)</p> <p>Includes: (2) Replacement diaphragms.</p>	<p>Order #: 17147</p> <p>Quantity: Each / Case 24</p> <p>UPC: 810725020029</p>
	<p>Dual Connector (2 Pack)</p> <p>Includes: (2) Replacement dual connector.</p>	<p>Order #: 10004</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725023082</p>
	<p>Replacement Flange (25mm)</p> <p>Replacement for standard size flange (not in retail packaging).</p> <p>Includes: (1) 25mm Flange.</p>	<p>Order #: 10012</p> <p>Quantity: Each</p> <p>UPC: 810725023143</p>
	<p>Adaptor Cap (2 Pack)</p> <p>Includes: (2) Adaptor caps.</p>	<p>Order #: 10005</p> <p>Quantity: Each</p> <p>UPC: 810725023099</p>
	<p>Tubing (2 Pack)</p> <p>Includes: (2) Pieces of tubing.</p>	<p>Order #: 10003</p> <p>Quantity: Each</p> <p>UPC: 81702023020</p>

Using the Ameda HygieniKit Milk Collection System

ALWAYS WASH HANDS WELL WITH SOAP AND WATER BEFORE PUMPING.

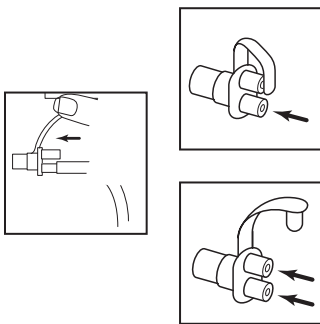
Attaching to Any Ameda Electric Breast Pump



The HygieniKit may be used to single or dual pump with any Ameda electric breast pump.

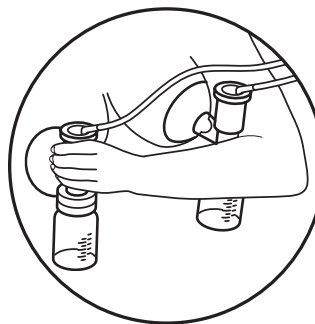
Simply insert the tubing adapter into the tubing adapter port.

Single and Dual Pumping



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 for other things.

Putting Ameda HygieniKit to the Breast

TO BEGIN PUMPING:

- Center the nipple in the breast flange.
- Fill the breast flange with the breast to create an air seal.
- Angle breast flange down a bit so milk flows into bottle.

Checking Flange Fit

Some Ameda HygieniKits include one size breast flange, with an opening of 25mm. Other Ameda kits include three flanges sizes (25, 28.5, and 30.5mm). Many mothers do well with the 25mm standard size breast flange, but you may need a larger flange (30.5mm) or insert (28.5mm) if pumping is uncomfortable or unproductive, 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 30.5mm size is not large enough, contact your Ameda retailer for the Ameda Custom Breast Flanges 32.5/36mm.

Cleaning the Ameda HygieniKit Milk Collection Kit

Unless told otherwise by a healthcare provider, follow these cleaning instructions: Always wash hands well with soap and water before handling the Ameda HygieniKit and other Ameda products. Do not use solvents or abrasives.

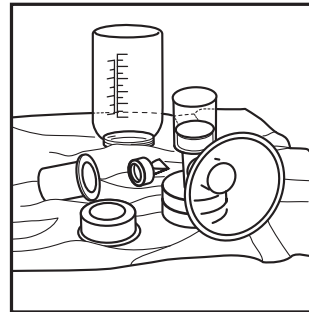
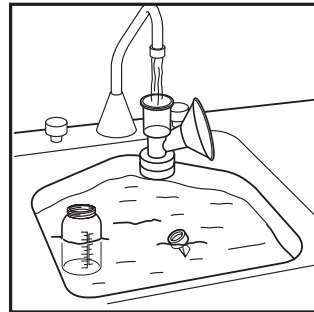
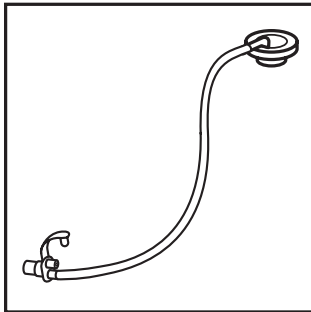
Before First Use



If your Ameda HygieniKit is marked “STERILE,” open and use.
If your Ameda HygieniKit is NOT marked “STERILE,” before first use:

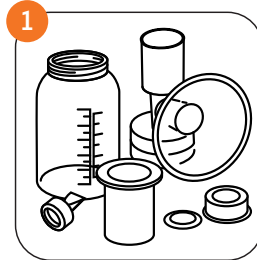
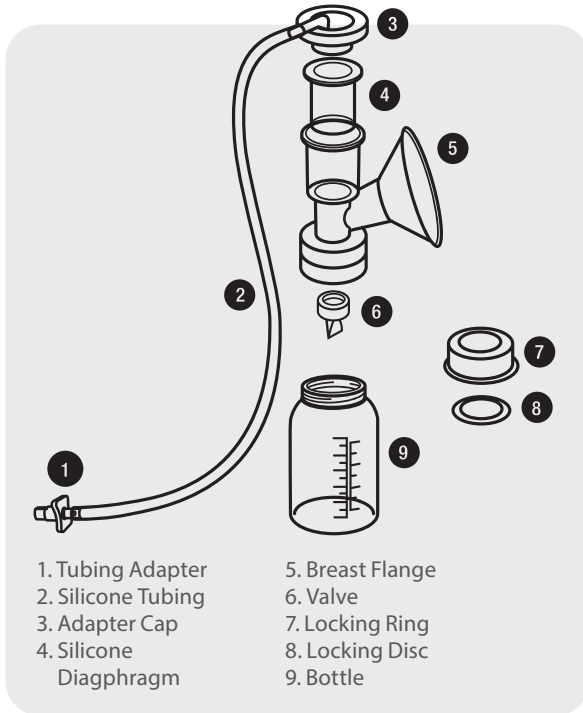
- Boil all parts—except tubing, adapter cap, and tubing adapter—for 20 minutes.
- Remove all parts from water right after boiling.
- Allow to air dry on a clean, dry surface before assembly and use.

After Every Use

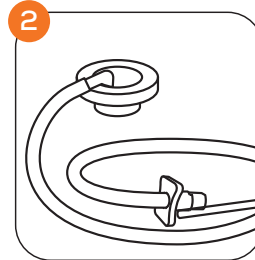


- Take apart the Ameda HygieniKit to clean.
- Rinse any milk residue from pump parts with cool water.
- Wash all parts—except tubing, adapter cap, and tubing adapter—in warm, soapy water.
- Rinse well with warm, clean water.
- Allow parts to air dry on clean towel or drying rack before assembly and next use.
- Cover parts with clean towel if not planning to use again right away.

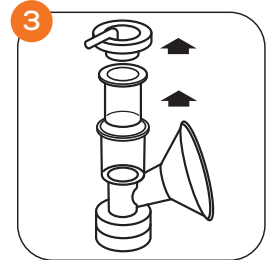
Breast flanges and bottles can be washed on the upper rack of a standard household dishwasher away from heating elements. Wash diaphragms and valves gently by hand. Do not insert anything into valve while cleaning.



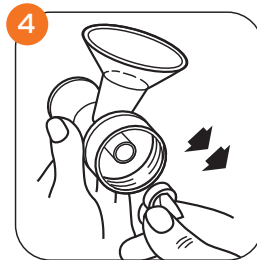
Wash before use if kit is unsterile and after each use.



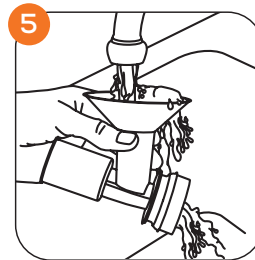
***Important Do Not Wash (1) Tubing Adapter, (2) Silicone Tubing, and (3) Adapter Cap.**



Disassemble parts.



Grasp valve by thick sides.



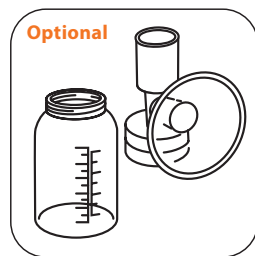
Rinse with cool, clean water.



Wash the parts with warm, soapy water. Do not insert anything into valve while cleaning.



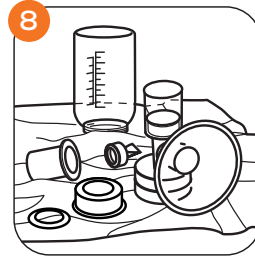
Optional
Boil to sanitize



Optional
Wash larger pieces in upper rack of dishwasher.



Rinse with warm, clean water.



Air Dry.

***Important Do Not Wash**
1. Tubing Adapter
2. Silicone Tubing
3. Adapter Cap

These parts Do Not need to be washed before first use or after each use - milk does not come into contact with these parts while pumping.

Finding a Good Flange Fit

GOOD FIT-

Space Seen Around Nipple

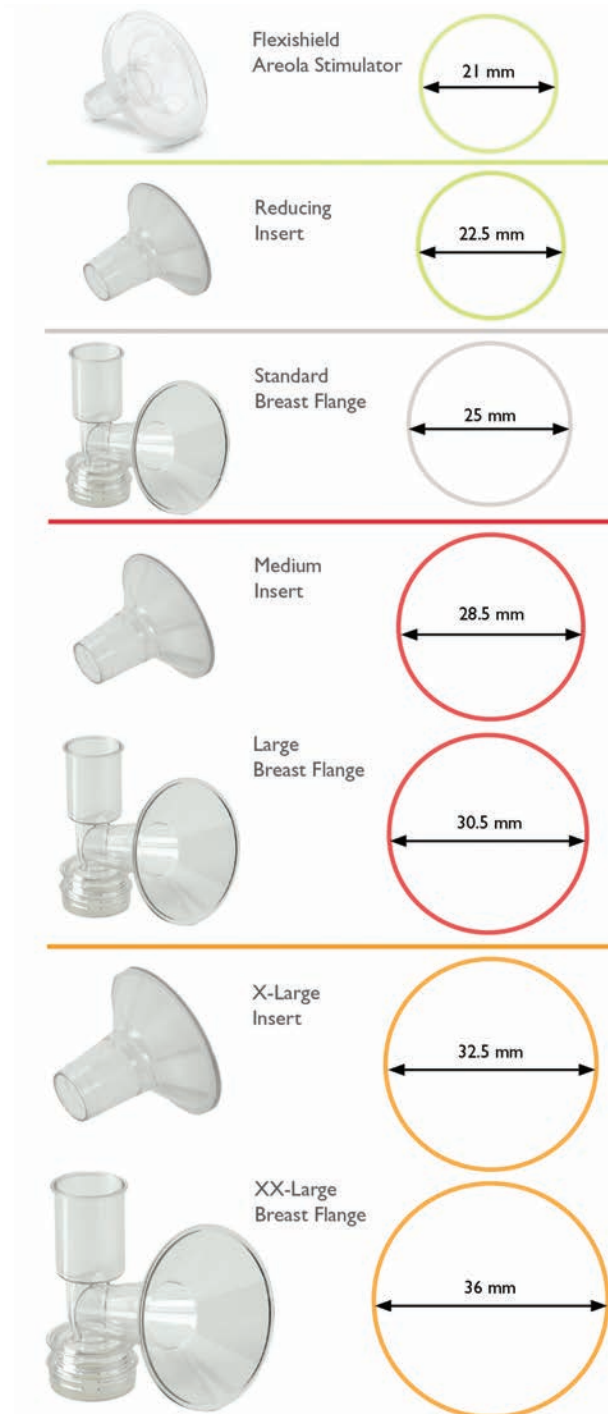


TIGHT FIT -

Nipple Rubbing Along Tunnel






Research has found that nearly one third of mothers who pump report greater comfort and more milk with a larger-than-standard flange size (Wilson-Clay and Hoover 2005; Jones 2001).








CustomFit™ Breast Flanges

An incorrect fitting pump flange can cause nipple pain and trauma. A standard Ameda flange is 25mm and Ameda offers 7 different sizes to accommodate different sizes of nipples. A good breast flange fit will make pumping more comfortable and may express more milk. The custom flanges are designed to work with all Ameda HygieniKit® Milk Collection Systems and breast pumps.





	Description	Details
	<p>CustomFit™ Breast Flange M-L (28.5mm / 30.5mm) Contains 2 larger breast flanges and special reducing inserts to create a smaller size for maximum pumping effectiveness. The 28.5 mm insert fits inside the 30.5 mm flange. No special connectors needed.</p> <p><i>Includes:</i> (2) 30.5mm Breast Flanges and (2) 28.5mm Inserts.</p>	<p>Order #: 17148 Quantity: Each / Case 12 UPC: 810725020104</p>
	<p>Flexishield™ Areola Stimulator (2 Pack) Soft, silicone insert fits the standard size Ameda breast flange. Reduces flange size to 21.0 mm for maximum effectiveness with smaller nipples. Helps stimulate the let-down reflex. Works with any 25 mm breast flange.</p> <p><i>Includes:</i> (2) Flexishields.</p>	<p>Order #: 17212 Quantity: Each / Case 12 UPC: 810725020128</p>
	<p>Reducing Insert (22.5mm) Reduces flange size to 22.5 mm for maximum effectiveness for smaller nipples. Fits any 25 mm flange. (not in retail packaging).</p> <p><i>Includes:</i> (1) Reducing Insert.</p>	<p>Order #: 10011 Quantity: Each UPC: 810725020128</p>


Breast Care Accessories

	Description	Details
	<p>Triple Zero Lanolin Ameda Triple Zero Lanolin is among the purest lanolin available for moms experiencing tender, sore nipples due to breastfeeding. It contains no additives, preservatives or BPA and is 100% natural USP Modified Pure Lanolin. This single ingredient product is safe for mom and baby, with no need to remove prior to breastfeeding.</p> <p>Includes: (1) 35 gram tube.</p>	<p>Order #: 700U02</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725024300</p>
	<p>Contact Nipple Shield (16mm) Individually packaged, non sterile.</p> <p>Includes: (1) Nipple Shield.</p>	<p>Order #: 60008</p> <p>Quantity: Case 10</p> <p>UPC: 81072525406</p>
	<p>Contact Nipple Shield (20mm) Individually packaged, non sterile.</p> <p>Includes: (1) Nipple Shield.</p>	<p>Order #: 60009</p> <p>Quantity: Case 10</p> <p>UPC: 810725025413</p>
	<p>Contact Nipple Shield (24mm) Individually packaged, non sterile.</p> <p>Includes: (1) Nipple Shield.</p>	<p>Order #: 60010</p> <p>Quantity: Case 10</p> <p>UPC: 810725025420</p>
	<p>Standard Nipple Shield (24mm) Individually packaged, non sterile.</p> <p>Includes: (1) Nipple Shield.</p>	<p>Order #: 17216</p> <p>Quantity: Case 12</p> <p>UPC: 810725020173</p>
	<p>DuoShell™ BreastShells Protects nipples from clothing pressure and friction and may also be used to help draw out flat or inverted nipples.</p> <p>Includes: (2) Aerated shells.</p>	<p>Order #: 17231</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725020210</p>
	<p>ComfortGel™ Hydrogel Pads (Extended Use) Relief from soreness by soothing, cooling, and protecting nipples. Long wear time, each pad can be rinsed and reused for up to 6 days.</p> <p>Includes: (2) ComfortGel™ Pads and (1) Storage pouch.</p>	<p>Order #: 17261</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725020166</p>





Breast Care Accessories

	Description	Details
	<p>MoistureGuard™ Disposable Nursing Pads (50 Pack)</p> <p>This ultra-thin and comfortable nursing pad fits discreetly and securely in the mother's bra. The pad has the capability to absorb up to 35x its own weight in liquid, to prevent leaks and keep mom dry.</p>	<p>Order #: 602M01</p> <p>Quantity: Each / Case 24</p> <p>UPC: 810725024270</p>
	<p>Contoured Reusable Nursing Pads</p> <p>Ameda Contoured Washable Nursing Pads help prevent embarrassing wet stains on clothing. Three separate layers work together to comfortably wick moisture away from the skin and maximize leakage protection. These super-absorbent pads feature a contoured shape for a discreet appearance, and are machine washable for repeated use. Super absorbent, multi-layered eco friendly fabric make these an excellent choice for any mom.</p> <p><i>Includes: (8) pads with mesh laundry bag.</i></p>	<p>Order #: 601M08</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725020760</p>

Breast Milk Storage

	Description	Details
	<p>Store 'N Pour™ Milk Storage Bags w/ Adapter (20 Bags)</p> <p>Attach the adaptor to any pump flange to pump directly into the bag. The easy-close zip seal keeps milk safe in the fridge or freezer. The unique tear-and-pour spout helps prevent spills during milk transfer and the gusseted bottom allows the filled bag to stand on its own. BPA and DEHP free.</p> <p><i>Includes: 20 Bags, 2 Flange Adapters.</i></p>	<p>Order #: 17242</p> <p>Quantity: Each / Case 24</p> <p>UPC: 810725020067</p>
	<p>Store 'N Pour™ Milk Storage Bag Refills (40 Bags)</p> <p>Refill Bags</p> <p><i>Includes: 40 Bags.</i></p>	<p>Order #: 17243</p> <p>Quantity: Each / Case 24</p> <p>UPC: 810725020074</p>

Breast Milk Storage

	Description	Details
	<p>Pump'N Protect Breast Milk Storage Bags (100 count Retail, No Adapters)</p> <p>Pump directly into these 180 ml bags using the integrated adaptor holes and the adaptor to attach directly to any standard breast flange. The tamper-proof double zipper seal for safety helps prevent leakage and reinforced side seams create ultimate protection for storing in the fridge or freezer. The sleek design allows for easy pouring to transfer milk into a feeding container. Adaptors sold separately.</p>	<p>Order #: 800M02</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725025000</p>
	<p>Pump'N Protect Breast Milk Storage Bags (50 count Retail, No Adapters)</p>	<p>Order #: 800M01</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725024997</p>
	<p>Breast Milk Storage Bottles (4 Pack)</p> <p>Universal threads are compatible with all standard breast pump kits. 2-piece lock-tight bottle caps protect milk.</p> <p><i>Includes: (4) Bottles and (4) 2-piece Lock-tight caps.</i></p>	<p>Order #: 17244</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725020036</p>
	<p>Adaptors</p> <p>Universal threads are compatible with all standard breast pump kits.</p> <p><i>Includes: (2) Breast Milk Storage Bag Adaptors.</i></p>	<p>Order #: 800X02</p> <p>Quantity: Each</p> <p>UPC: 810725025321</p>
	<p>Adaptors (Wide Neck)</p> <p>Wide neck adaptors are compatible with all wide neck breast pump kits.</p> <p><i>Includes: (2) Breast Milk Storage Bag Adaptors.</i></p>	<p>Order #: 800X01</p> <p>Quantity: Each</p> <p>UPC: 810725025130</p>

Storing and Handling Mothers Milk


	REFRIGERATOR 39°F/4°C	REFRIGERATOR FREEZER 0°F/-18°C VARIABLE	DEEP FREEZE 0°F/-18°C
FRESHLY PUMPED	8 Days	3-4 Months	12 Months
PREVIOUSLY FROZEN, THAWED IN FRIDGE	24 Hours	Do Not Refreeze	Do Not Refreeze
PREVIOUSLY FROZEN, WARMED BUT NOT FED	4 Hours	Do Not Refreeze	Do Not Refreeze
WARMED AND PARTIALLY FED	Discard	Discard	Discard

* Storage times may vary for premature or sick babies. Please check with your health provider.


	COOLER WITH FROZEN ICE PACKS 59°F/15°C	AT ROOM TEMPERATURE 66°F-72°F 19°C-22°C	AT ROOM TEMPERATURE 72°F-79°F 22°C-26°C
FRESHLY PUMPED	24 Hours	6-10 Hours	4 Hours
PREVIOUSLY FROZEN, THAWED IN FRIDGE	Do Not Store	4 Hours	4 Hours
PREVIOUSLY FROZEN, WARMED BUT NOT FED	Do Not Store	Until Feeding Ends	Until Feeding Ends
WARMED AND PARTIALLY FED	Discard	Until Feeding Ends	Until Feeding Ends

* Storage times may vary for premature or sick babies. Please check with your health provider.

Personal Use Manual Breast Pumps

	Description	Details
	<p>One-Hand Manual Breast Pump</p> <p>The award winning, ergonomically designed one hand manual pump is a must for the occasional pumper. The best manual pump for comfort and ease of use.</p> <p><i>Includes: (2) bottles, (2) lids, and (2) valves.</i></p>	<p>Order #: 17064</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725022726</p>
	<p>One Hand Manual Breast Pump Adapter</p> <p>The handle assembly is all a mom needs to convert a HygieneKit into a one-hand manual breast pump. Simply attach the handle to the flange and it turns into a manual pump.</p> <p><i>Includes: (1) handle assembly, piston, and piston seal.</i></p>	<p>Order #: 17189</p> <p>Quantity: Each / Case 12</p> <p>UPC: 810725022481</p>

Steam Cleaning

	Description	Details
	<p>CleanEase Microwavable Steam Bags</p> <p>Ameda CleanEase microwavable steam cleaning bags are a convenient and efficient way to ensure breast pump parts are thoroughly sanitized within minutes.</p> <p>Safely sanitize breast pump kit parts such as flanges, flange adapters, diaphragm, valves*. The bags can also be used to sanitize Ameda accessories such as nipple shields, duoshells, collection bottles, locking rings and lids. Can be used as a clean way to carry your breast pump kit parts and accessories on the go.</p> <p><i>*There is no need to clean Ameda tubing, tubing adapter and cap.</i></p> <p>Each bag can be used up to 20 times</p> <p><i>Includes: (7) reusable steam bags.</i></p>	<p>Order #: 800M03</p> <p>Quantity: 12 / Case</p> <p>UPC: 810725022047</p>

Rental Depot Checklist

When a customer is renting a Breast Pump:

- Ensure the pump is clean (no visible milk) and ready to rent
 - Lift the piston on the Elite to ensure no milk underneath
- Record the credit card information & have the contract signed
- Record the serial number from the back of the pump
- Include the instructions in the pump case
- Sell the customer an
 - Ameda Single HygieniKit or
 - Ameda Dual HygieniKit
- Offer the following accessories:
 - Ameda CustomFit™ Breast Flanges
 - Mya Joy breast pump for home use
 - Washable nursing pads
 - Breast Milk Storage Bags
 - Ameda ComfortGel™ Extended-Use Hydrogel Pads
 - Ameda Moistureguard Disposable Nursing Pads
 - PumpEase hands free pumping bra
- Remind client to return the pump cleaned and clear of all visible milk
- Refer to troubleshooting on page 24 if customer has issues

Cleaning Instructions for Platinum and Elite Breast pumps

- **For At-Home/End-Users:** After each pumping, turn OFF the pump. Unplug the unit. Wipe the Ameda Platinum or Elite Breast Pump with clean, damp cloth.
- **For Rental/Loaner depots:** Clean between users wearing disposable gloves. Wipe down all visible traces of milk and entire pump surface with an approved antibacterial cleaner. Use only Ameda approved cleaners: Metrex® CaviWipes® disinfecting towelettes, PDI® Sani-Cloth® AF3.or Virox accelerated Hydrogen Peroxide) Do not use bleach on pump.
- For the Elite breast pump lift piston to ensure that all of the milk has been cleaned from underneath the piston. Make sure the piston click back into place. If it is not clicked down it will not slide smoothly and will be very noisy. This can interfere with comfort and milk production for the mom.
- **DO NOT IMMERSE BREAST PUMPS IN WATER!**
- A periodic check with a pressure gauge should be done. If you don't have a pressure gauge, ask your Territory Manager for help.
- Place the pressure gauge in the flange of a collection kit.
- Turn the pump to maximum speed and suction on the Elite and 100% suction on the Platinum.
- Gauge should read approximately 220-250 mmHg. If it is not close to 200mmHg, please call 1.800.604.6225 for service options.

Troubleshooting

Loss of Suction

Check valve in HygieniKit for micro tears, replace with spare valve included in collection kit if necessary. Check the assembly of the collection kit.

Decreased suction

Check the dual connector on the side of the piston or pump connection to make sure it is closed when single pumping. If open, close one port of the dual connector. Push in the dual connector on the machine and rotate slightly to ensure it is inserted all the way.

Won't turn on

Ensure machine is plugged in.

Elite not working quietly

Ensure piston is "clicked" down.

Check kit light is on the Platinum

Ensure the kit is assembled correctly and no rips or tears can be seen in the valve.

For any problems with the Platinum pump, Elite pump or any Ameda personal pump please contact Mothers Choice products directly at 1.800.604.6225

Tips For 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. Pumping with a hands-free pumping bra can also be useful, especially if you need some breast massage to increase milk production.



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 your local breastfeeding group.

Summary of Typical Breastfeeding Problems and Products to Suggest

Sore Nipples

- Elite Electric or Platinum Breast Pump
- Mya Joy or Finesse Personal use Breast Pump
- Triple Zero Lanolin
- Breast Shells
- Nipple Shield (if recommended by a breastfeeding support professional)
- Custom Fit Flanges
- Ameda Comfort gel Hydrogel pads

Insufficient Milk Supply

- Elite Electric Breast Pump
- Platinum Electric Breast Pump

Flat/Inverted Nipples

- Breast Shells
- Breast Pump (Elite, Platinum, Mya Joy or Finesse, One Hand or Manual Pump)

Premature Baby

- Elite Electric Breast Pump
- Platinum Electric Breast Pump

Engorgement

- Elite Electric Breast Pump
- Platinum Electric Breast Pump
- Mya Joy or Finesse Personal use Breast Pump
- One Hand Breast Pump
- Nursing Pads
- Breast Shells

Benefits of Breastfeeding – As Suggested and Endorsed by Health Care Professionals

- Stimulates the uterus to return to its pre-pregnant shape.
- Encourages bonding
- Economical, convenient, safe and sanitary
- Provides optimal immunity
- Contributes to optimal brain growth and CNS development
- Easily digested and typically less gas, stomach upset and colic
- Stimulates proper bowel function
- Less allergies and fewer skin disorders
- Breast milk changes in composition as baby grows to ensure nutritional needs are met at each growth stage
- Proper development of jaw and facial features
- Encourages normal weight gain in infants

Who Code

What is the WHO Code?

The WHO Code is the common name for the “International Code of Marketing of Breast milk Substitutes,” which was adopted by the World Health Organization in 1981. Recognizing that marketing formula is, by definition, an attempt to reduce the number of breastfed babies, and recognizing that breastfeeding is both a vital public health and economic issue, Canada joined with 118 other nations in ratifying the Code.

What Does the Code Say?

The Code does not prohibit the existence of infant formula nor the choice to bottle feed. Instead, it seeks to give all women only pure facts about feeding their babies, free of marketing influence, so that they can make free and informed choices.

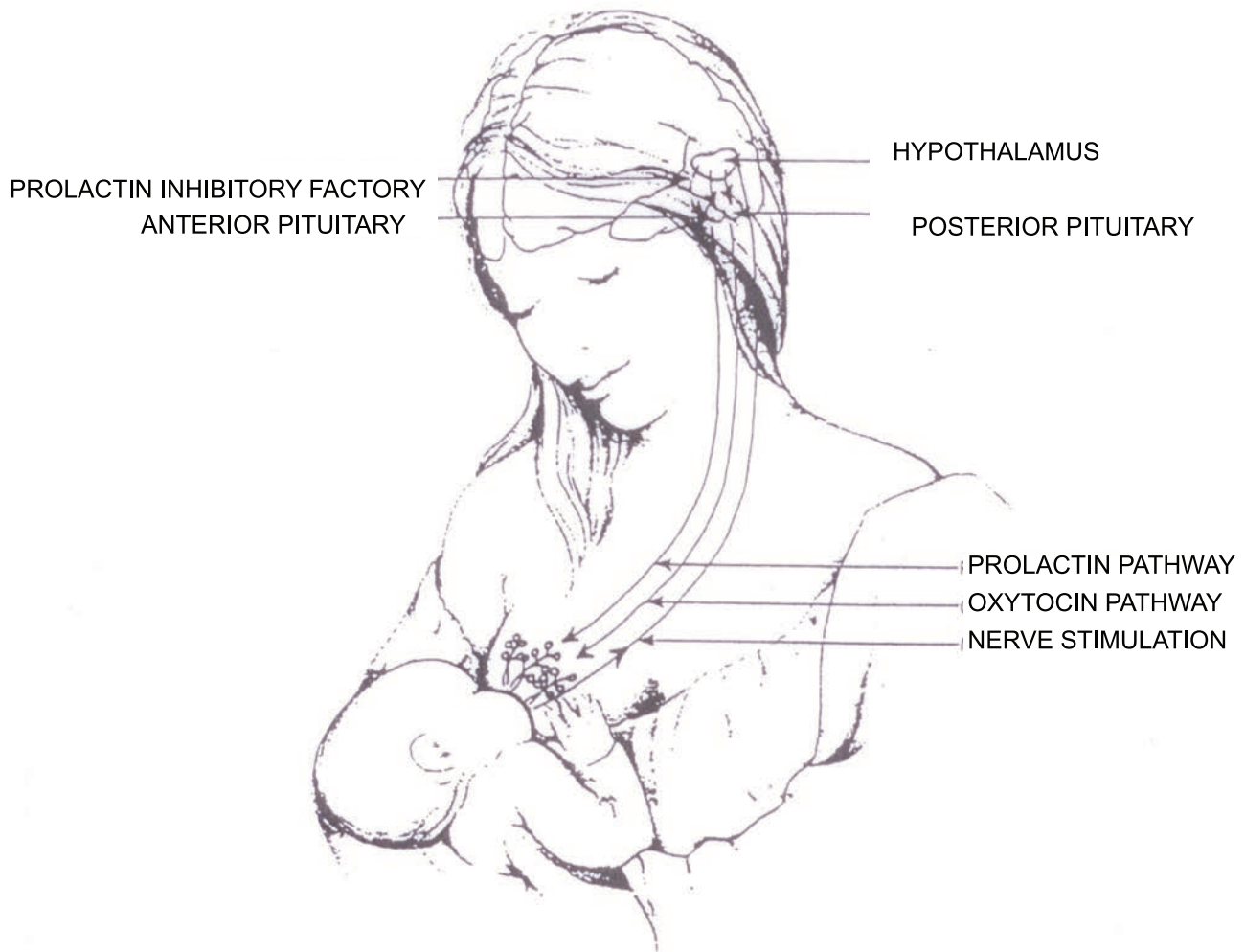
Ameda’s Commitment to the WHO Code

Ameda, one of the world’s best-known providers of products that enhance the comfort and ease of breastfeeding, has a longstanding mission to help empower mothers to achieve their breastfeeding goals. As part of our ongoing mission to be active in the global breastfeeding community, we at Ameda support the World Health Organization’s goals, including its International Code of Marketing Breast Milk Substitutes, also known as the WHO Code. This is a voluntary standard adopted in the 1980s to stop the marketing of breast milk substitutes and to promote lactation and breastfeeding worldwide, in support of the health of mothers and babies.

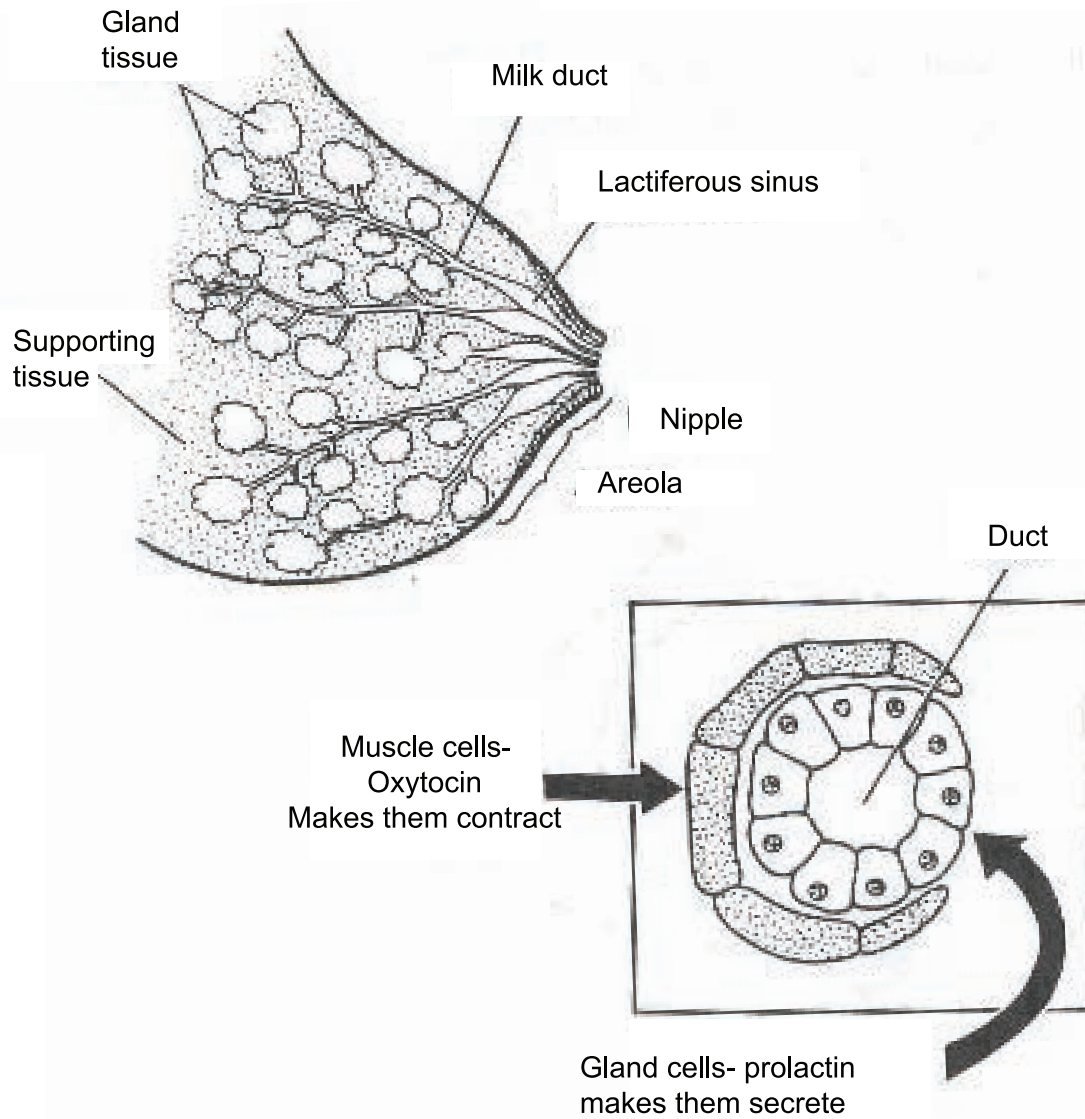
For over 75 years, Ameda has been a strong and active partner of breastfeeding mothers, the lactation community, and medical institutions. We remain firmly committed to offering the education, resources, products, and programs that ensure the breastfeeding experience remains as positive as possible for both mothers and babies.

How Breastfeeding Works

Hormone pathways during suckling stimulate “let down” of milk



Breast Anatomy



WARRANTY INSTRUCTIONS

for Personal Use Breast Pumps

To comply with the Class II Health Canada Medical Device License these products are factory sealed and cannot be opened except by the purchaser

**FINESSE AND MYA JOY™ ARE A PERSONAL USE,
NON-RETURNABLE ITEM**

**MOTHERS CHOICE PRODUCTS IS RESPONSIBLE
FOR ALL WARRANTY ISSUES**

If a customer has a defective personal use pump motor or part:

- Direct the customer to PHONE Mothers Choice Products
1-800-604-6225 or email warranty@motherschoiceproducts.com
- The customer is to keep all parts
- The customer will need:
 1. PROOF OF PURCHASE
 2. ORIGINAL BOX WHENEVER POSSIBLE
 3. DEFECTIVE MOTOR (base) or defective parts

*A replacement will be sent the **same or next day** directly to the customer*

THE AMEDA FINESSE AND MYA JOY MOTOR HAS A 2 YEAR WARRANTY

HYGIENIKIT PARTS HAVE A 90 DAY WARRANTY

The HygieniKit is a personal use product
and is always kept by the purchaser

All the Contact information and instructions are inside the sealed boxes