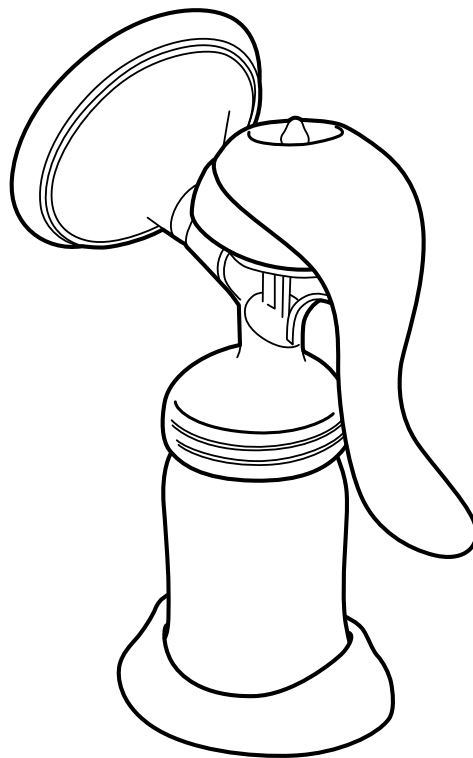




# Manual Breast Pump

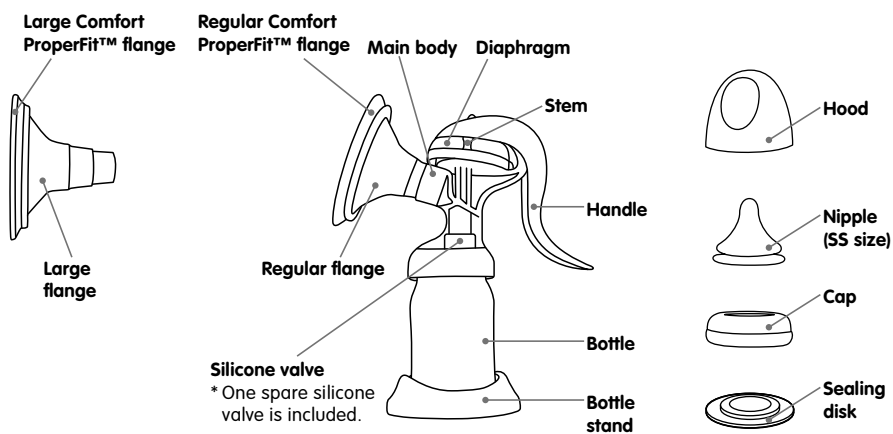
## Instruction Manual



Congratulations on your decision to give your baby the best possible start in life by breastfeeding. The multitude of health benefits for both you and your baby are well documented. Although breastmilk is always best, providing breastmilk for your baby when you have to be away isn't always easy. It requires a special effort, and you should be very proud of your commitment to provide your baby the perfect nutrition for ideal growth and development. Our manual breast pump was designed to be quick and easy for mothers who have to pump occasionally and who appreciate the convenience of a manual pump.

**Please read these operating instructions prior to using the pump to ensure correct operation. Keep the instructions in a safe place after reading.**



## Breast pump parts





## Precautions for use

### PLEASE READ THIS BEFORE USING THE PUMP

The following symbols indicate incorrect handling that can result in injuries or damage.













 <b>Warning</b>	Indicates incorrect handling that can cause major injury or death.	 <b>Caution</b>	Indicates incorrect handling that can cause injury or property damage.
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The following symbols indicate important instructions that must be followed.

 <b>Instruction</b>	Indicates steps that must be taken.	 <b>Prohibited</b>	Indicates actions that are prohibited.
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- Warning** Keep out of reach of children.  
There is a risk that infants could accidentally swallow parts or injure themselves.

### Caution

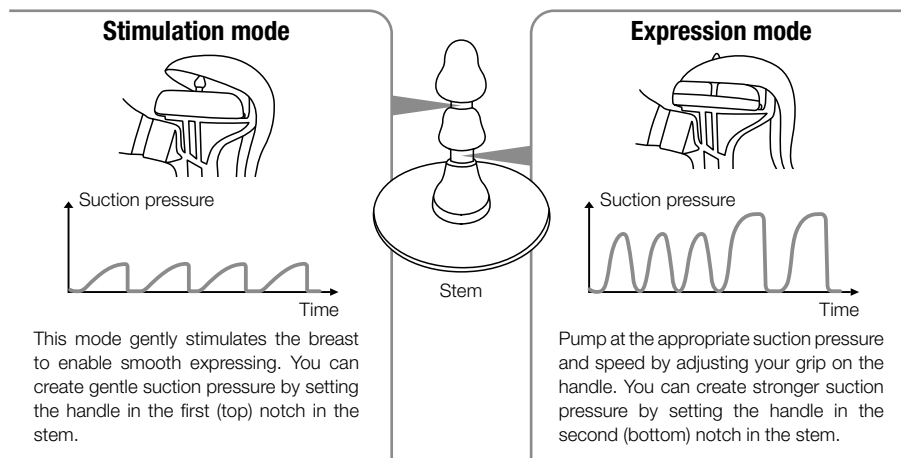
-  Do not use excessively or for continued suction. Doing so may cause nipple pain.
-  Stop using the breast pump if your nipples are sore. Continued use may cause your symptoms to worsen.
-  Only use the breast pump for the intended purpose. Using it for other purposes may result in injury.
-  Do not wipe with thinners, benzene, or alcohol. Doing so will cause deformities and damage.
-  Do not use detergents that contain abrasives. Doing so will cause scratches to the product.
-  If you are experiencing pain in your fingers or hands from operating the handle, stop using the pump. Continued use under such conditions may cause tenosynovitis.
-  Do not leave it near an open flame. Doing so will cause deformities and damage.
-  Do not expose the pump to severe shocks such as dropping or throwing. Doing so may cause malfunction or damage.
-  Do not express more than 160 ml of liquid into the bottle. The expressed breastmilk may overflow. 
-  Prior to using the pump, check to make sure there are no abnormalities such as scratches, breaks, cracks, or deformities.
-  Clean your hands before expressing.

## Product features

**This breast pump has been designed specifically with the needs of breastfeeding mothers in mind.**

This breast pump: (1) fits perfectly on the breast, (2) gently stimulates, and (3) gives you complete control over the suction and speed.

This breast pump has two modes, "Stimulation mode" and "Expression mode." You can easily switch between the two modes by adjusting the stem and handle position.



## Breastmilk facts

**Breastmilk originates from a mother's blood.**

Breastmilk is made from the mother's blood. It may seem hard to believe that red blood can turn into white breastmilk. How does this happen? Breastmilk does not contain any of the red blood cells that make blood red. The cells that produce breastmilk are surrounded by a great number of blood capillaries. When the blood capillaries come into contact with the cells, the nutrients from the blood pass into the cells, and breastmilk is formed. Breastmilk is a very important gift from a mother to a baby. Try to maintain a regular lifestyle so that you can provide your baby with the best possible breastmilk.

**What causes breastmilk secretion?**

Breastmilk is ejected as a result of prolactin activity. Prolactin is a lactogenic hormone that is secreted by the anterior pituitary gland. Prolactin activity is suppressed by the large quantities of estrogen and luteal hormone that are secreted from the placenta during pregnancy. When the placenta is discharged following birth, suppression ends, breastmilk is produced, and secretion is promoted. In addition, sucking by a baby (peristaltic movement) stimulates the breast, releasing the hormone oxytocin, and causing breastmilk to be secreted (breastmilk ejection). The more frequently your baby sucks, the easier it is for breastmilk to be ejected.

## How to assemble breast pump



### Caution

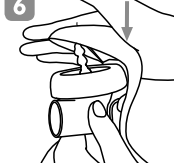
• Prior to using for the first time, disassemble the pump and wash and sterilize the parts. • Clean your hands before assembling. • This pump can be disassembled into small parts. Do not let children put any parts in their mouth and do not lose any parts during assembly. • Do not handle silicone rubber parts roughly. Doing so will cause tears or scratches. • Always assemble the pump in the correct order.

1



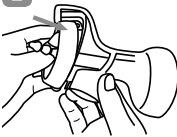
Insert the stem into the diaphragm.

6



Gently press the handle down to fit it onto the shaft. Push until you hear it click.

2



Place the diaphragm on top of the main body. Firmly seat the bottom of the diaphragm in the groove of the main body. If not fitted securely, air will leak through and the pump will not be able to achieve suction.

7



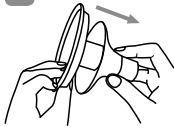
Press the "PUSH" part at the tip of the handle to set the handle hole into the first (top) notch of the stem.

3



Hold the base of the silicone valve and attach it to the main body.

8



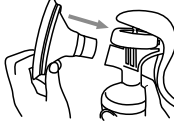
Attach the Comfort ProperFit™ flange cover to the flange.

4



Screw the main body onto the bottle.

9



Attach the flange to the main body.

5



Align the shaft of the main body with the groove in the handle.

Shaft

Groove

10



Press the bottle into the bottle stand.

## How to use breast pump

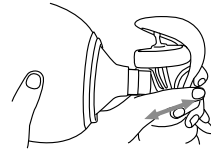


### Caution

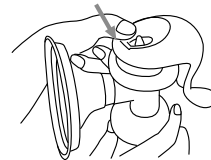
• If you are unable to express any breastmilk, do not continue pumping. Doing so may cause nipple pain. • Stop expressing if you are experiencing pain or discomfort. • Stop using the pump if you are experiencing pain in your fingers or hands. Continued use under such conditions may cause tenosynovitis. • Take care not to knock over a bottle containing breastmilk because the contents may spill.

- 1 Wash your hands before use.
- 2 Wash and sterilize the breast pump first and then assemble it properly.
- 3 Sit and relax in a chair to begin expressing.
- 4 Center the flange over your nipple/papilla and press it against your breast. Seal it securely so that no air can escape. You can create a good seal by using your other hand to support your breast from underneath.  
\* If your nipple is unable to fit within the Comfort ProperFit™ flange without rubbing, you may need the larger size.

- 5 **Stimulation mode**  
You can create gentle suction stimulation for preparing expression by setting the handle in the first (top) notch of the stem. Confirm that your nipple/papilla is moving and squeeze and release the handle until you find your preferred pace.



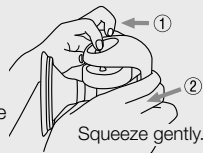
- 6 **Expression mode**  
Once breastmilk is flowing (1-2 minutes) change to Expression mode. To switch to Expression mode, gently press the "PUSH" part at the tip of the handle to set the handle to the second (bottom) notch of the stem. Continue to squeeze and release the handle to find the appropriate suction pressure.



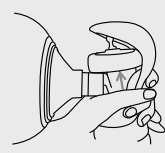
- 7 If the suction pressure feels weak when expressing your breastmilk, squeeze the handle all the way. The suction pressure changes based on how hard you squeeze the handle. Expressing in comfort is more important than setting a strong suction pressure. Please express breastmilk at a suction pressure that feels appropriate for you.

\* To return to Stimulation mode from Expression mode,

- ① Pull the tip of the stem towards you,
- ② gently squeeze the handle, and set it in the first (top) notch.



\* If too much breastmilk comes out during Expression mode, it may overflow to the diaphragm side. Release the handle before the breastmilk overflows.

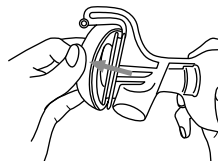


## How to disassemble the pump

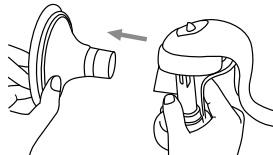
- 1 Remove the bottle.



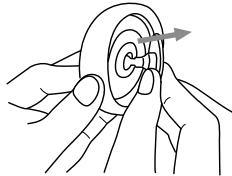
- 5 Remove the diaphragm from the main body.



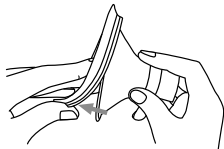
- 2 Remove the flange from the main body.



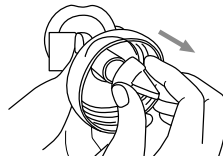
- 6 Remove the stem from the diaphragm.



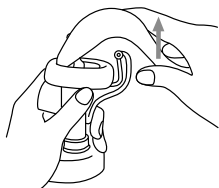
- 3 Remove the Comfort ProperFit™ flange from the flange.



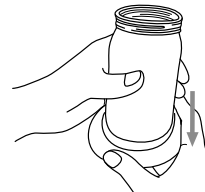
- 7 Gently pull the silicone valve, and remove it.



- 4 Remove the handle from the main body.  
First, remove the handle from the shaft of the main body. Next, remove it from the stem.



- 8 Remove the bottle stand from the bottle.



## How to take care of the pump

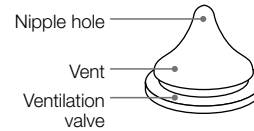


Always disassemble the parts before washing and sterilizing.

- Wash and sterilize the pump before using it for the first time.
- Soak the pump in lukewarm water and wash them by using a detergent such as "Pigeon Liquid Cleanser" after use. Please make sure to rinse thoroughly after washing.
- Sterilize the parts after washing.
- Be careful not to lose small parts when washing the pump parts.
- Use a soft sponge brush for washing.
- Do not handle silicone rubber parts roughly. Doing so will cause tears or scratches.
- Do not clean with a scourer, polishing powder, or hard brush. Doing so will scratch the surface.

### Caring for the included nipple

- To protect the ventilation valve, a white powdered food additive has been applied. Before using for the first time, wash thoroughly.
- Use both hands to clean the ventilation valve, vent, and nipple hole by rubbing gently. If you scrub or pull on it too hard, the valve may split, and it causes leaks.
- The tip of the nipple is extremely delicate. Push the tip of the nipple with your finger when washing with a cleaning brush.



### [Boiling sterilization]

- Place thoroughly washed parts in a large pot filled with water. Bring to a boil. Sterilization time is 5 minutes after the water comes to a boil.
- If there is not enough water, parts may stick to the side of the pot and become deformed.
- Do not boil excessively. Doing so can quickly damage the product.

### [Steam sterilization]

- Use a sterilizer designed specifically for nursing bottles and nipples. Please read and follow the instructions that come with the product.

### [Chemical sterilization]

- Use a disinfectant designed specifically for nursing bottles and nipples. Please read and follow the instructions that come with the disinfectant.
- The color of printing on the bottle may fade in case of chemical sterilization.

### [Microwave sterilization]

- Be sure to use containers that are designed specifically for microwave sterilizing.
- Parts cannot be placed directly in the microwave for sterilization.
- \*Follow the sterilizing instructions that come with the product.
- \*Follow the instructions that come with your microwave.

## How to store expressed breastmilk

**Your breastmilk is full of nutrition. To keep it fresh for future use, insert a sealing disk into the cap, screw the cap tightly onto the nursing bottle, and store the bottle in the refrigerator.**

- Do not microwave breastmilk as much of the nutritive value will be lost.
- Do not leave breastmilk sitting at room temperature.
- Do not refreeze breastmilk that has been thawed.
- Do not combine fresh expressed breastmilk with stored one.

	Freezer	Refrigerator
Fresh breastmilk	3 weeks	24 hours
Thawed breastmilk	Do not refreeze	24 hours



## About the included nursing bottle and nipple

This nipple can only be used with Pigeon Peristaltic PLUS™ Nursing Bottle.

Note: If your baby becomes comfortable with one certain nipple, he or she may reject new ones. So rotate 2 or more nipples and replace them about every 2 months. If the nipples become worn out, replace them without regard to how many times they have been used.

### For your child's safety and health

- Always use this product with adult supervision.
- Never use nipples as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.
- Inspect before each use and pull the nipple in all directions. The nipples may be worn by biting. Special attention is needed for teething child. Throw away at the first signs of damage or weakness.
- Clean before each use.
- Do not leave a nipple in direct sunlight or heat, or leave in disinfectant ("sterilizing solution") for longer than recommended, as this may weaken the nipple.
- When not in use, keep in a dry, covered container.



### Warning

#### Follow the warnings below carefully. Not doing so can cause burns.

- The bottle may become hot when preparing formula. Be careful not to burn yourself.
- Do not prepare formula near your baby, as there is a danger of burns.
- Be sure to check the temperature of the milk or other fluid before feeding.
- The bottle may be hot after boiling or microwave sterilization. Be careful not to burn yourself.
- When preparing formula, if you shake the upright bottle, hot liquid may gush out, causing burns. Handle the bottle carefully.
- Do not attach the hood and shake the bottle. If the hood is attached, the high temperatures may cause the pressure inside the bottle to rise, leading to leaks or spouting of the hot liquid.

- Nursing bottles are for feeding your baby milk or other drink. Do not use them for any other purpose.
- The scale on the nursing bottle can be used as a guide when preparing formula. If you need to be more precise, use a measuring cup or measuring spoon.

### Formula

See the milk powder package for details on how to prepare formula.

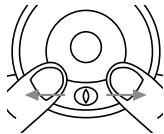
### Feeding

Feed your baby the formula after cooling it to approximately body temperature.

- Only a caregiver should feed the baby.
- If you tighten the cap too hard, the nipple may collapse.
- Consume the formula immediately once prepared. Discard any formula if you don't use within 2 hours of preparation.

### How to assemble nipple and cap

\*Insert the nipple into top of the cap.



Gently pull the ventilation valve on the nipple flange from behind and check whether the ventilation valve opens.



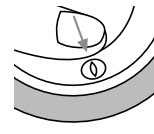
Grasp the shield firmly.



Place over the cap.



Press down firmly.



Press with your finger to make sure that the ventilation valve opens.

### Quality Indication

Parts name	Material	Heat resistance	Sterilization method
Flange / Stem / Main body / Hood / Cap / Bottle stand / Handle	Polypropylene	120°C	Boiling, Steam, Microwave, Chemical
Bottle	Polypropylene	110°C	
Comfort ProperFit™ flange / Diaphragm / Silicone valve / Nipple / Sealing disk	Silicone rubber	120°C	





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**PIGEON** 

**PIGEON CORPORATION**

4-4 Nihonbashi Hisamatsu-cho,  
Chuo-ku, Tokyo 103-8480 JAPAN  
[www.pigeon.com](http://www.pigeon.com)

