

KNOWING YOUR BREAST PUMP



- A. Breast Shield Cover;
 - B. Breast Shield Cushion;
 - C. Breast Pump Adaptor;
 - D. Pump Body (with seal ring);
 - E. Pump Diaphragm (with poles);
 - F. Pump Cap;
 - G. Pump Handle;
 - H. Valve;
 - I. Babybelle Feeding Bottle (5oz);
 - J. Bottle Stand;
 - K. Bottle Cap;
 - L. Newborn Flow Teat;
 - M. Screw Ring;
 - N. Sealing Disc
- } Breast Pump parts
- } Bottle parts

Note: The breast pump is supplied with a full set of 5oz Babybelle feeding bottle

SAFETY

IMPORTANT SAFEGUARDS READ ALL INSTRUCTIONS

- This manual breast pump is not a toy; NEVER allow children to play with it.
- Before the first use, clean the product (refer "BEFORE FIRST USE" section).
- AVOID pumping too fast or too hard as this may cause nipple irritation.
- When using the pump with the bottle, PREVENT overflow
- Your Babybelle manual breast pump is a personal care item that should not be shared with others.
- ALWAYS wash hands thoroughly before pumping.
- If recommended by your physician, clean breast and surrounding area with a damp cloth. NEVER use alcohol or soap to clean the nipples, as it can dry the skin and cause cracked nipples.
- If milk reaches the 5 oz level, stop pumping immediately or otherwise may damage the pump. If you wish to continue pumping, remove the full bottle and replace it with an empty one. If your milk flow is in average over 4oz/125ml, please use the 9oz/250ml bottle with the pump in order to prevent overfills.
- NEVER heat bottle in microwave oven
- NEVER put children to bed with the feeding bottle. Prolonged contact with liquids may cause tooth decay.

THIS PRODUCT IS INTENDED FOR HOUSEHOLD USE ONLY

WHY USE THE BREAST PUMP?

- If baby is not able to be nursed because of premature
- If baby is not able to be fed because of illness of mom or baby.
- If mom's nipple are flat or inverted and hence not possible to breast-feeding

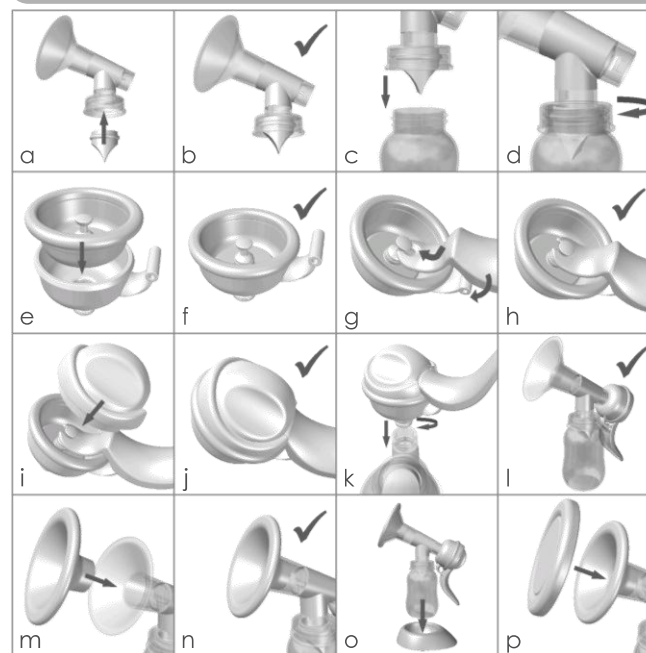
- If baby has an anatomical problem, like cleft lip or palate, breast-feeding may be difficult or even impossible.
- If mom's breasts are engorged (painful and swollen), express a small amount of milk before or between feeds to ease the pain. It also helps your baby latch on the nipple for breast-feeding more easily.
- If mom is back to work and want to continue breast milk feeding.
- If mom needs to spend some time away from the baby occasionally.
- If mom is separated from baby and wish to continue to breastfeed when they are reunited, Mom should express milk regularly to stimulate your breast for continuity of milk supply.
- Expressing milk means that your partner and others can join in during the feeding.

WHEN TO EXPRESS MILK

- As practice is essential to get the best milk expression results as well as the best position and operation of it, therefore we recommend you practice 1 to 2 weeks before your regular expression. You can try pumping after a breastfeed, or pump between feedings. During the practice period, you also can start collect and store breast milk for your baby when your return to work.
- If you want to build up a good supply of expressed milk, wait until you have established a steady supply of milk, and you feel comfortably with breastfed. This usually takes 3-4 weeks after birth.
- You may need to find the best times of the day for expressing your milk, e.g. Early in the morning when your breasts are full, just before or after your baby's first feed.
- You may express milk after a feed, if baby has not emptied both breasts.
- You may also express between feeds or in a break if you have return to work.
- Professionals claim breast milk should be continued with complementary food until the baby is at least two years of age.

NOTE: DO NOT worry that you will run out of milk – the fact is the more often you breastfeed or express, the more milk you will produce.

ASSEMBLY OF YOUR BREAST PUMP



Before touching any cleaned/sterilized part with your hands, wash your hands thoroughly first. Then refer to the instruction below with the help of the above pictures to assemble your breast pump.

1. Insert the small valve into the pump adaptor (a), ensure the valve is pushed upward for best sealing (b). Bad sealing of the valve with the adaptor will result in no suction.
2. Place the pump adaptor onto the Babybelle feeding bottle and turn clockwise gently until secured (d).
3. If you had clear the pump unit, then follow assemble the pump unit as follows or otherwise jump to point 7.
4. Place the pump diaphragm (with poles) to the pump body (with seal ring) (e). Fit it on and ensure it fits securely around the rim with a perfect seal by pressing down with your fingers (f).
5. Insert the forked end of the pump handle and latch the fork to the narrow part of the pole and then gently press the handle downward (g) until it clips to the pivot on the pump body (h).
6. Align and place the pump diaphragm to the pump cover (i) and firmly fit it on until home (j).
7. Align the assembled pump unit to the narrow end of the pump adaptor and insert it to the adaptor. Then turn the pump unit clockwise to lock it with pump adaptor (k).
8. Now insert the breast shield cushion into the pump shield and make sure it is perfectly seal with the rim of the shield by pressing the cushion around the shield with your thumbs.
9. Now the pump is ready for use (n).
10. For stability of the pump (assembled with the bottle), insert the bottle into the bottle stand (o).
11. To keep the pump assembly for use in the last stage, cover the breast shield cover with the supplied shield cover (p).

BEFORE FIRST USE

1. Disassemble the Pump
2. Wash all parts gently in warm soapy water
3. Rinse all parts thoroughly
4. Sterilize all parts in a Babybelle sterilizer, or by boiling for over 5 minutes. Refer to the sterilizer instruction if use the Babybelle steam sterilizer.

Duration of a normal pumping suction SECTION?

- Pumping times varies between mothers, usually you will be expressing for up to 30 minutes, so find a comfortable chair where you can relax.
- When you first start expressing milk, use the pump for only 3-5 minutes on each breast. Over time you will be able to build up to 10-15 minutes on each breast.
- The amount of milk you can express and the time it takes will vary (do not be worry as this is normal). Usually, you will express 30-75ml (1-3oz) at a time, and it should take up to around 30 minutes to drain full breasts. The quantity may be less than this for the first few times of expressing.

HOW TO USE THE BREAST PUMP

- Wash your hands thoroughly and make sure your breasts are clean.
- Gently squeeze a little milk from each nipple to ensure milk ducts are not blocked.
- Make sure you have a clean pump, bottle and assembled your pump exactly as per the "ASSEMBLY OF YOUR BREAST PUMP" section.
- Hold the bottle with the pump handle in whichever hand that is most comfortable to you.
- Press the pump shield firmly against your breast so that it creates a seal all the way round. A sealed pump shield with your breast is necessary to create suction. *Note: Do not press the pump too hard with your breast as it may affect the milk flow and expression result.*
- Be sure that your nipple is centered within the opening of the soft shield cushion. Improper positioning of your nipple may cause nipple irritation.
- Level of vacuum is controlled by the compression and speed of the handle stroke. You can decide the pumping rhythm that is most suitable to you.
- Begin with rapidly squeezing and releasing the pump handle to build the vacuum. After that, gently squeeze and release pump handle more rhythmically – best to follow the rhythm while you breastfeed your baby. This cycle imitate your baby's natural sucking pattern and milk will start flow between cycles after numerous strokes. Releasing the handle allows the valve to open, so that milk can flow into the bottle. Don't worry if your milk flow does not start immediately, relax and continue pumping.

NOTE: Do not continue pumping for more than 5 minutes at a time if you CANNOT achieve any result, refer to the troubleshooting section in this manual and try again at another time during the day.

- You can help stimulate your milk flow by gently stroking your breast.
- Your milk should start to release in drops and will gradually build up to a stream. First you will release your foremilk, a watery and bluish liquid. This will be followed by your hindmilk, whiter than foremilk, which resembles skimmed milk. Don't worry that the foremilk looks thin and watery – It is important for you to give both foremilk and hindmilk to provide complete meal with the correct nutrition that your baby needs
- Continue pumping until you have expressed the desired amount of milk and gently remove the pump from breast. Hold the pump and bottle upright, carefully unscrew the bottle from the pump body, cover, and tighten the filled bottle to seal, then store accordingly as mentioned in the "STORING YOUR BREAST MILK" section. Once the bottle is safely stored, disassemble pump and clean accordingly.
- After use, take the milk contact parts apart and wash it to remove the milk deposits. You do not need to sterilize the parts until you are ready to use it again.

TIPS FOR SUCCESSFUL EXPRESSION

- Ensure you know how your breast pump works.
- Always examine pump for firm and proper fit before use. Make sure the feeding bottle is screwed in straight, otherwise milk may spill.
- The best time for expression is after the first feed of the day.
- It is highly recommended that you drink a full glass of water before pumping and keep a glass of water ready for you while pumping.
- Be comfortable and relax, e.g., take a few deep breaths and listen to your favorite music playing.
- Choose a time that you are not in a rush and also will not be interrupted.
- Expressing after a bath will help as relaxation encourage milk flow.
- Squeeze a little milk gently from the nipple(s) to ensure milk ducts are not blocked.
- Try expressing from one breast, while you feed your baby with the other.
- Try continuing expressing just after a feed if your breasts are not emptied.
- When your first use of the pump, you may feel a bit of clumsy. Practice is necessary to find the most comfortable position and operation for expression. Several attempts may be needed before success. This breast pump is simple to use, and you will soon get used to expressing your milk comfortably.
- To help start your milk flow, gently massage your breast, or express a few drops of milk by hand. With palms on either side, hold gently but firmly, exerting pressure from the back of the breast toward the nipple.
- DO NOT forget that you are only expressing milk from behind the nipple – strong suction is not necessary at all.
- Use of the breast pump should not create any pain. If you experience any pain, then try using the pump more gently first. If there is any red or hot areas found, then consult your breast feeding advisor immediately.
- Don't be disappointed if only a few ounces yield at first pumping. Pumping is likely to yield more once you make use of it and become comfortable with the process.
- Stop using the pump once your milk has stopped flowing.
- Express at least once overnight to maintain your milk supply. Study shows most mother cannot maintain good milk supply over a prolonged period if they do not remove milk at least every four to five hours. The milk making hormone, Prolactin, is at the highest level between midnight to 04:00, so try to express during this time to get best milk supplies.

CLEANING, STORAGE & CARE

- With correct use of the pump, pump body (D), pump diaphragm (E), pump cap (F) and pump handle (G) only needs to be cleaned periodically(Note: DO NOT remove the small seal ring and the pole from the pump body and the diaphragm respectively if cleaning is really required.)
- We recommend to disassemble and wash milk contact parts:Breast shield cushion (B), Pump adaptor (C) and Valve (H), right after each pumping section.
- Milk bottle and its related parts should be sterilized well for milk storage.

WHY FEED WITH BREAST MILK?

Breast milk feeding not only benefits your baby but also benefits mother too !

BENEFITS FOR BABY:

- Breast milk contains adequate calories and nutrition in the amounts necessary for your baby. It gives your baby everything that he needs for healthy growth and development for the first 4-6 months.
- Breast milk is clean
- It is economical and the milk is easiest to digest.
- Breast milk contains substances which prevent harmful bacteria from growing in intestines and causing loose stools.
- Breast milk also have antibodies to help protect your baby from infection while your baby's immune system develops.
- Breast milk reduces the risks of a wide range of both infectious and chronic illnesses.
- Breast milk aids in the development of the baby's brain (some studies claims that breastfeeding can add as much as eight more points to the baby's IQ).

BENEFITS FOR MOTHER:

- Reduce chance of post-delivery hemorrhage and anemia.
- Breast feeding also uses up the extra fat accumulated by your body during pregnancy, and hence help you to get back in shape and prevents obesity.
- Decrease mom's risk of breast, ovarian and endometrial cancers.
- Decrease mom's chance of osteoporosis.

STORING YOUR BREAST MILK

Check with your hospital first if specific storage instruction can be provided.

- Wash your hands before touching the storage containers and avoid touching the interior of the containers and caps.
- Express your milk into clean and sterilized airtight containers. These may be glass, plastic bottles or sealable plastic bags.The feeding bottle supplied with this kit seals with the "sealing disc"and it is good for milk storage.
- After expression, date the filled containers with time and date immediately if milk is not used immediately.
- Refrigerate expressed milk immediately (within 1 hour of expressing).
- If you are going to use the expressed milk to feed your baby within 48 hours after expression, put the breast milk in the back area of the fridge where is coolest (4°C or lower),
- Freeze excess milk if you produce more than your baby's needs.
- Freeze refrigerated milk immediately (not more than 6 hours) for storage if it will not be use within next 48 hours.
- DO NOT fill storage container more than ¾ full to give room for expansion, if you are going to freeze milk. It is easiest to freeze milk in individual feed quantities of 60-125 ml (2-4 ounces).
- NEVER top up refrigerated or frozen milk with fresh milk, except you are going to use it to feed your baby within an hour.

NOTE: Refrigeration is the recommended method for storing breast milk because it preserves the natural immunity factors of the milk better than freezing.

GUIDELINE FOR STORAGE TIME

Method of milk storage	Use within
Un-refrigerated (at room temperature in closed container <77°F/25°C) – away from radiators & direct sunlight. Low Room temperature of (66-72 °F/19-22 °C) will extend the time up to 10 hours.	4 hours
Refrigerated only (32-39 °F/0-4 °C)	48 hours
Freeze compartment inside a fridge	2 weeks
Freezer is separate from fridge with its own door	3 months
Deep Freezer (< 0 °F/-18°C)	6-12 months
Defrosted in fringe to <39°F/4°C	24 hours
Defrosted to room temperature	4 hours
Refreezing	NEVER

NOTE: Chill expressed milk immediately before freeze.
Chilled breast milk must freeze in whole 6 hours

PREPARING STORED MILK FOR FEEDING

- Always be sure your hand is washed before preparing a feed.
- Be sure oldest milk is used first to minimize waste of expressed milk.
- Thaw frozen milk ahead of time.
- Thaw frozen milk in the fridge or by standing the bottle in lukewarm water until it had reached body temperature for feeding.
- Bottle warmer can be use to warm breast milk.

- If you need to take expressed milk with you when you are out, make sure it stays cold or frozen until needed.
- You will notice that stored milk separates out into two layers. You can gently swirl the bottle in circular motion to remix thoroughly before feeding.
- If your baby does not complete the bottle during a feeding, the milk should be discarded after half an hour as bacteria may build up.

IMPORTANT!

- NEVER defrost or heat breast milk in microwave oven;
- DO NOT add fresh milk to already frozen or refrigerated milk for storage.
- If defrosted in the fringe, the milk should be used for feeding immediately or keep in fridge for used within 24 hours.
- NEVER refreeze breast milk;
- DO NOT boil breast milk;
- Throw away any leftover milk half an hour after a feed.
- NEVER immerse a frozen bottle in boiling water as this may cause bottle to crack or split.
- Always date container at time of collection and use the oldest milk first.

TROUBLESHOOTING

IF there is no suction with the pump:

- Make sure the valve is inserted properly and pushed up all the way into the adaptor.
- Inspect the valve for any tears or damages.
- Make sure the handle is properly latched to the diaphragm poles.
- Make sure the diaphragm is fitted to the pump body properly.
- Make sure the shield cushion is fitted properly to the shield.
- Make sure the pump body is locked to the pump adaptor properly and not loose.

SAVE THESE INSTRUCTIONS



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BABYBELLE

MANUAL BREAST PUMP Model:BBP01



INSTRUCTION MANUAL

*To be a healthy mom and having
a healthy baby, feed your baby
with breast milk.*