

Symphony PLUS Pumping Programs

For mothers of term and preterm infants.

Quick start instructions



Symphony Instructional Videos

Visit the “Medela Canada” YouTube Channel. In Playlists, select “Symphony PLUS Education”



PROGRAM 1

The **INITIATE** program is designed to help you to INITIATE your milk production. The program mimics the irregular and more rapid sucking and pausing feeding pattern of your new born infant. Use the INITIATE program as follows:

- ✓ Within the FIRST hour post birth if breastfeeding is not possible
- ✓ Every 2-3 hours or 8 times a day
- ✓ For up to five days **OR** until you have expressed a minimum of 20 ml from both breasts combined in 3 consecutive pumping sessions

Once selected, the INITIATE program runs automatically for 15 minutes, with several pauses. It is important that you complete the full program. At the end of the program the display shows “Program complete” and the pump switches off automatically.

PROGRAM 2

The **MAINTAIN** program is designed to BUILD and MAINTAIN an adequate milk supply, optimizing your milk output after your milk has come in. The program features exclusive, patented 2-Phase Expression technology, that mimics your infant’s sucking pattern during established lactation. Use the MAINTAIN program if:

- The INITIATE Program has been successfully used
- ✓ as per above, **OR**
- ✓ Breastfeeding has been established, **OR**
- ✓ You are more than five days post birth

Continue pumping until your breasts feel well drained and soft all over. Switch the pump off manually when you are finished, keeping in mind that, on average, pumping sessions last approximately 15 minutes.



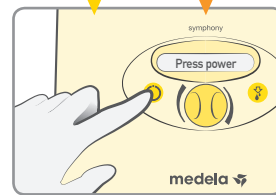
Note: These quick instructions do not replace the regular Instructions for Use. Please refer to Symphony Instructions for Use for more detailed information.

The Symphony PLUS breast pump features two pumping programs that are research-based and have been specifically developed to support mothers throughout their lactation journey. These programs help mothers INITIATE, BUILD and MAINTAIN an adequate milk supply. For best results, simultaneous double pumping is always recommended.

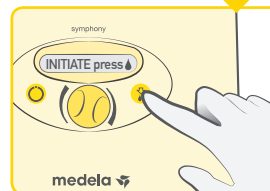
Instructions

1 INITIATE

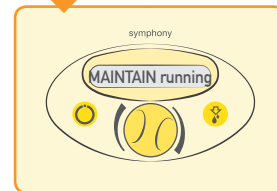
2 MAINTAIN



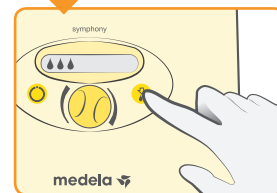
Press the Power button to switch the breast pump on.



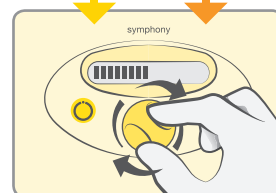
To select the INITIATE Program, press the let-down button **within 10 seconds** of turning the pump on. Sit back and relax as the program will turn off automatically after 15 minutes.



The MAINTAIN program starts automatically in stimulation phase and changes to the expression phase after 2 minutes.



If your milk starts to flow before the end of the 2 minutes, press the let-down button to change to the expression phase.¹



Rotate the dial to the right to increase vacuum until you experience slight discomfort, then rotate to the left to reduce the vacuum to your maximum comfortable level.

¹ Press the “let-down” button to revert from the expression phase to the stimulation phase if milk has not begun to flow. If milk does not flow after 2 successive stimulation phases, take a break and try again in 15–30 minutes. Massaging your breasts before your next pumping session may help (ask your lactation professional or health care practitioners).