

How to use: Medela Symphony Hospital-grade Pump:

- Hook up your Symphony kit. Make sure caps are fully pushed down and lid is able to be closed all the way.
- Massage your breasts gently for 15-30 seconds, lean over and give them a shake - this helps to prepare milk to flow!
- Lubricate your flanges, and center on your nipple.
- Turn pump on and turn up the suction to where it's comfortable but not painful.
- Pump will be in the letdown mode for 2 minutes, but if you start to see sprays of milk, or drips a lot faster, hit the letdown button.
- Once milk stops flowing (maybe a drop every few sucks or so), hit the letdown button again to bring it back to the faster stimulation phase.
- Once milk starts flowing faster with your letdown, hit the button again!
- We recommend pumping through 2 letdowns (approx 15-25 minutes)

Pump not working?

- Check your caps for tears
- Check membranes/valves and replace
- Make sure flange is positioned flush to skin
- Text Nurture Omaha below

Need help? Need a kit?
Text us at 402-915-1559



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