

# Symphony pumping programs

## Quick start instructions

The Symphony breast pump with its research-based pumping programs has been developed specifically to support mothers throughout their lactation journey: to initiate, build and maintain an adequate milk production.



Symphony contains two pumping programs:

- 1 The INITIATE program** supports pump-dependent mothers to successfully initiate milk production. The program mimics the irregular and more rapid sucking and pausing pattern of a term born infant in the first days of lactation.
- 2 The MAINTAIN program** is designed to optimise milk output after secretory activation (milk coming in) has occurred, in order to build and maintain an adequate milk production. The program with its 2-Phase Expression technology mimics the term born infant's sucking pattern during established lactation.

Double-pumping is recommended, as this can help to increase and maintain milk production.



## 1 The INITIATE program

Use the INITIATE program directly after birth:

- I Until you have pumped at least 20 mL in total in each of your last three pumping sessions, **OR**
- I Throughout the first five days. If secretory activation has not occurred after five days, change to the MAINTAIN program.

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

## 2 The MAINTAIN program

Use the MAINTAIN program after secretory activation:

- I Once you have pumped at least 20 mL in total in each of your last three pumping sessions, **OR**
- I Beginning day six, whichever comes first.

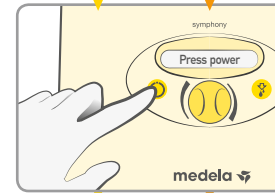
Continue pumping until the breast feels well drained and soft all over (Medela recommends a pumping time of at least 15 minutes). The pump program must be switched off manually. Consult your breastfeeding and lactation consultant or midwife for further information.



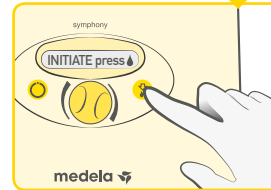
**Note:** These quick instructions do not replace the regular Instructions for Use. Please refer to Symphony Instructions for Use for more detailed information.

## 1 INITIATE

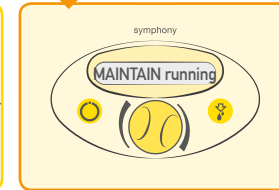
## 2 MAINTAIN



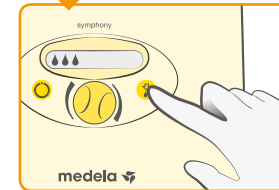
Switch on the breast pump (with power button).



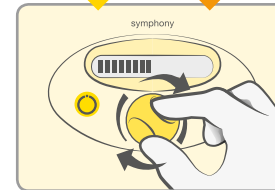
Press let-down button within 10 seconds.



The stimulation phase begins. The breast pump will automatically change to the expression phase after two minutes.



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



Set comfort vacuum: Rotate the dial to the right to increase vacuum until there is a slight discomfort, then rotate to the left to reduce the vacuum to your maximum comfortable vacuum.