

Do I need to sterilise the pumpsets?

Only the parts that come into contact with your milk need cleaning, not the silicone tube, connector and lid.

For rapid and reliable cleaning use Easy Clean microwave bags, they hold 2 pumpsets and each bag can be used 20 times.



How do I store breast milk?

Expressed breast milk can be kept in the refrigerator (4°C or lower) for up to 5-8 days. In order to stock up, the expressed breast milk can be stored for three months in the freezer compartment of the refrigerator and six months is optimal in the deep freeze at a temperature of -18 to -20°C.

The specially designed Easy Store bags are manufactured from premium-quality materials free from BPA. For easy measuring, each bag is graduated up to 180ml and the bags can be stacked and stored to save space.



The double zip closure prevents leaks.

Tips for happier breastfeeding and expressing:

- If your baby is in special care or ill and you cannot see her/him, looking at a video or photograph as you express really seems to help.
- Sitting forward while expressing prevents leakage.
- Try double pumping - expressing both breasts at once is quicker for most women.
- If your nipples are sensitive, keep your breastpump setting on 'minimum'.
- Holding your pre-term baby against your breast, skin to skin, will help your milk supply, even when your baby cannot yet feed directly.
- Do not judge your milk by looking at it. The quality of breastmilk is always just fine, even if you are not eating or resting well.

If you need further help with breastfeeding and expressing, please speak to a midwife, health visitor or healthcare professional. Alternatively, contact one of the following organisations or visit their website:

NCT
0300 330 0770, www.nct.org.uk

La Leche
0345 120 2918, www.laleche.org.uk

Association of Breastfeeding Mothers
0300 330 5453, www.abm.me.uk

National Breastfeeding Helpline
0300 100 0212, www.breastfeedingnetwork.org.uk

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WHO code compliant

Scan the QR code to watch our range of help videos!



Practical Pumping

Help and guidance for mums expressing precious breast milk.



When do I need to use a breastpump?

A breastpump allows you to express breastmilk when the baby does not remove it by breastfeeding. Expressing does two things:

- It allows milk to become available to a baby who is then fed it via a bottle, cup, syringe or tube.
- It tells the mother's body to make milk. Removal of breastmilk is what drives the production of breastmilk.

The main reasons you may need to use a breastpump are:

- If you are separated from your baby for whatever reason.
- If your baby is unable to feed directly from you.
- For comfort, if your breasts are engorged or if your nipples are sore.
- As a supplement to your baby's 'direct' breastfeed - if there is concern about how effectively she/he is feeding and to help her/him gain weight.
- To increase your milk supply.
- To let someone else share the feeding.
- To donate to a breastmilk bank.
- To build up a milk supply to prepare for an adopted or surrogate baby.

Note: you can express breastmilk by hand, but many mums find a good breastpump is more convenient and easier, especially if they need to express more than just occasionally.

How do I choose the right breastpump?

There are two kinds of pumps to choose from, a manual or electric breastpump. For occasional use, the Amaryll manual pump can be used. For frequent expressing, the Calypso electric breast pump is recommended. For long-term use it makes sense to use the Carum hospital grade electric breastpump. The Calypso and Carum can be used as either single or double pumps.



Carum

Calypso

Amaryll

How do I use a breastpump?

If your newborn baby does not suck strongly, it may be necessary to use a breastpump in order to stimulate milk production. Also, in the case of separation, e.g. premature birth, if the baby is sick, or mum is returning to work, milk production can be built up and maintained through regular expressing. Occasionally, milk does not start flowing immediately as fear and pain can block the milk ejection reflex. However, the milk ejection reflex can be promoted with a breast massage or relaxation exercises.

What is the let-down reflex?

When you breastfeed, your baby's sucking stimulates nerves in your nipple. These nerves carry a message to your brain, and a hormone, called oxytocin, is released. Oxytocin flows through your bloodstream to your breasts, where it causes tiny muscle cells around your milk glands to squeeze milk out of the glands and into the milk ducts. This is known as the let-down reflex or the milk ejection reflex. If you are unsure about achieving let-down, please visit our website, YouTube channel or simply scan the QR code at the back, where you can find helpful videos.

Should I single or double express?

Single expression - you generally get a better result if you express from one breast for a few minutes, switch breasts when you notice the milk flow is slowing, then switch back again and again. Experiment until you find what works best for you.

A pattern of five minutes on each side, then three, then two, works well for a lot of women, but you might find 15 minutes going back and forth works better than 20 minutes. Frequent, shorter sessions (up to 20 minutes) work better than longer, less frequent ones.

Note: switch the breastpump off before moving the Pumpset from one breast to the other.

Double expression - this improves the milk supply and increases Prolactin level. The production of breast milk can be optimally stimulated through double pumping. Studies show that a mother can pump significantly more milk if she is double pumping instead of single pumping. Double pumping ensures that mums collect all their precious breast milk and do not lose any from their other breast.

There are expression bras you can buy to double pump hands free, however, these can be costly. For a more cost effective option take an old bra or sports bra, make some horizontal incisions and this will keep the breastshells in place and you can be hands free!

If you want to learn more, please visit our website, YouTube channel or simply scan the QR code at the back, where you can find helpful videos.

How often should I express?

If you are expressing to keep up a milk supply, or to build one up because you want to start breastfeeding again, then your breastpump is effectively taking the place of your baby. So you need to express at least as often as your baby would feed. In practical terms this means at least 8 times in 24 hours, including at least once at night.

If you do not express as often as this, then your body starts to produce less and, over time, your milk supply will dwindle.

If you are expressing to collect your milk for your baby's carer to give, or to increase your supply, then you can express whenever is convenient for you to do so even during a feed. Many women find it useful to express straight after a feed, if the baby is settled and asleep.

Do not worry about 'pinching' the milk from your baby's next feed; expressing stimulates milk production, just as feeding your baby does.

How do I know which breastshell size to use?

A breastshell that does not fit correctly can prevent efficient expressing and cause pain and sore nipples. The breastshell is correct if the nipple moves freely in the funnel and can follow the rhythmic movements of the pump.

No part, or very little, of the areola is in the funnel. The breastmilk flows and the breast feels uniformly soft after expression.

Ardo provides a 26mm breastshell as standard with the pumpsets, however, 22, 28, 31 and 36mm sizes are available.



Do I need an OPTIFLOW massage insert?

A soft massage insert sits inside the cup part of the 31mm breastshell, improving the fit and comfort against your breast. The Optiflow insert allows you to massage the breast whilst pumping, this helps to remove the breastmilk more effectively.

