



MOM INSPIRED. HOSPITAL TRUSTED.

Purely Yours® Breast Pump QUICK START

With suggested start-up settings

I. HOW TO CLEAN YOUR PARTS AND PUMP

NOTE: Before first use, boil diaphragm(s), flange(s), valve(s), milk storage bottle(s) and lid(s).

DO NOT put parts in Steam Bottle Sterilizers and Microwave Sterilizer Bags.

DO NOT WASH tubing adapter, tubing, adapter cap(s) or motor (can wipe these parts with a clean, damp cloth if needed).

*Daily cleaning instructions for diaphragm(s), flange(s), valve(s), milk storage bottle(s) and lid(s).**



1. After each use, rinse each part with cool, clean water.



2. Hand wash each part with warm, soapy water.



3. Rinse each part with warm, clean water.



4. Air dry each part.

*Dishwasher safe parts: flange, milk storage containers.

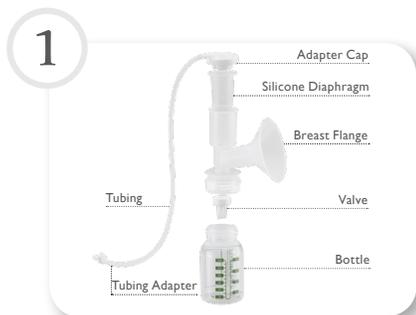


MyMilkApp



This easy-to-use, free app offers moms the ability to track breastfeeding times, breast pumping volumes, for one or multiple children along with daily/weekly trends and so much more! **Click** or scan QR code to learn how to download.

2. USING YOUR PURELY YOURS BREAST PUMP



Assemble HygieniKit®



Insert tubing adapter into pump firmly, then turn slightly to the right.



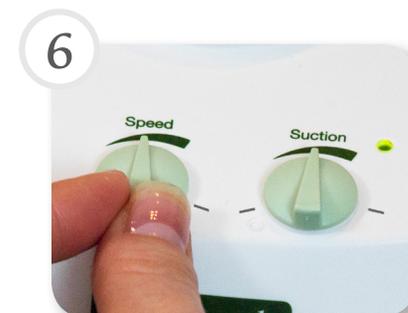
Center flange on breast to create seal.



Turn suction dial to right to turn on. Turn up to your highest comfortable suction level.



Turn speed dial all the way to the right to highest speed to start milk flow.



Once milk flows, turn speed dial to left to slow pump speed to help drain milk. Try half way, adjust as needed.



Once milk flow slows, try for another let-down. Turn speed all the way up, then slow speed when milk is flowing. Repeat as needed.



Turn suction dial to left to turn off.

*Speed and suction dials can turn all the way to the right, past the green mark to the raised mark, as needed.
Pump design may vary depending on pump model.



3. TROUBLESHOOTING



Slow milk flow or low suction?

1. Increase SUCTION.
2. Increase SPEED.
3. Inspect valve, silicone diaphragm and tubing adapter. If any part is torn, stretched or cracked, replace. Replacement parts available separately. Visit www.ameda.com to find your local distributor.
4. Check breast flange fit (see Breast Flange Fit Section).

Discomfort?

1. Decrease SUCTION.
2. Check breast flange fit (see Breast Flange Fit Section).

If you have **QUESTIONS** about how your breast pump is working, call **Ameda ParentCare 1-866-992-6332/ 1-866-99-AMEDA**

*If outside the US, please contact your local distributor.

Hours of Operation:

Monday - Friday 8:00 a.m. – 5:00 p.m.

Central Standard Time

ParentCare@ameda.com,

answered within 24 business hours

IMPORTANT:

If you have questions about your breast pump, please have your pump available for troubleshooting.

4. HOW TO FIT YOUR FLANGE



GOOD FIT -

During pumping, your nipple moves freely in the breast flange tunnel. You see space around the nipple. Not much areola is drawn into the tunnel with the nipple.



TOO SMALL -

During pumping, some or all of your nipple rubs against the sides of the breast flange tunnel.



TOO LARGE -

During pumping, more areola is drawn into the breast flange with your nipple. Your areola may rub against the side of the breast flange tunnel.

Additional flange sizes sold separately.