Milkflow™
One-Piece Breast Pump
**CARE & CLEANING:**
Clean and sterilize before first use and after each use. Dishwasher safe, or simply hand wash in warm, soapy water with sponge or soft bristled brush. Rinse & dry thoroughly. Safe to sterilize in boiling water, or steam and microwave sterilizers. After sterilizing, let cool before using. Do not use bleach, abrasive cleaning agents or harsh chemicals. Rough scrubbing can damage surface. Store in a cool dry place away from sunlight. Inspect before each use, checking for tears or breaks. If damage is found, discard & replace.

**CAUTION:**
Using a breast pump should be a comfortable experience. Discontinue use if pain occurs and persists after adjustments to placement are made. Consult your healthcare provider or a lactation consultant if you have any questions regarding breastfeeding & pumping.

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**Easy To Use**

- Squeeze the base of the pump to create suction.
- Position the flange over your breast, centering the nipple in the neck of the pump.
- Release the base, creating suction on nipple.
- Gentle, constant suction will draw milk out and keep pump in place - no hands needed!
- Lift edge of flange to remove, and immediately transfer milk to storage bottle or other container.

**Helpful Tips**

- For best results, squeeze the frosted area near the bottom of the pump. Squeezing in the middle or near the top will distort the shape of the flange and the pump may not attach as securely.
- When positioning your nipple in the neck of the pump, make sure that it is not touching the side walls. Check again after releasing suction to ensure that it remains away from the sides. This will yield the most effective and comfortable results.
- For stronger suction & more secure placement, try the flip method: Invert the flange by flipping it backwards, squeeze the base, position nipple in center of the neck, flip the flange onto the breast, and release suction.
- To use the pump to relieve engorgement pressure or as a gentle pump, first stimulate letdown by massaging breast and/or applying a warm, damp washcloth. After pump is suctioned onto breast, gently and slowly squeeze the pump at the base to increase the suction.
- To prevent spills or potential milk contamination, remove the pump as soon as milk nears the top measurement.