

## FAQ

### How do I clean or sanitize my breast pump parts?

Before using for the first time, clean **and** sanitize kit parts: breast shields, breast shield connectors, white membranes, yellow valves, breast milk bottles and lids.

**CAUTION:** Take apart and wash all parts that come in contact with your breast and breast milk immediately after use to avoid dry up of milk residues and to prevent growth of bacteria.

**CAUTION:** Only use drinking quality-tap or bottled water for cleaning.

**CAUTION:** Do not store wet or damp parts as mold may develop.

### Clean

Clean breast pump kit parts after each use.

1. Separate breast shields from breast shield connectors.
2. Twist and pull the yellow valves off of the breast shield connectors.
3. Remove the white membranes from the yellow valves.
4. Rinse in cool water all separated parts that came in contact with your breast and breast milk in order to remove breast milk residue.
5. Washing options: Wash in sink or dishwasher.
  - a. Washing in sink:
    - Soak all separated parts in warm soapy water for 5 minutes.
    - Clean with a clean dish-cloth or soft brush.
    - Rinse all separated parts with clear water.
    - Allow all parts to air dry in a clean area.
    - Store dry parts when not in use.
  - b. Washing in dishwasher:
    - Wash all separated parts on top rack of dishwasher.
    - Allow all breast pump parts to air dry in a clean area.
    - Store dry parts when not in use.

### Sanitize

Sanitize breast pump kit parts once daily.

1. Fill a pot with enough water to cover all parts.
2. Bring water to a boil.
3. Place parts in boiling water for 10 minutes.
4. Allow water to cool and gently remove parts from water with tongs.
5. Place parts on a clean surface and/or towel.
  - Allow parts to air dry
  - Store parts when not in use.
  - Do NOT store wet or damp parts.

Or you may sanitize your kit parts by following the instructions on Medela's Quick Clean™ Micro-Steam™ bag.

### **What do I do if milk gets in the tubing?**

Inspect tubing after each pumping session. Clean tubing if there is any sign of condensation and/or milk.

**CAUTION:** If tubing becomes moldy, discontinue use and replace tubing. Shop for Swing™ tubing

**CAUTION:** Do not store wet or damp parts as mold may develop.

**NOTE:** Tubing should be washed if dirty or milk is present.

1. Turn off breast pump
2. Unplug breast pump from power source.
3. Remove tubing by pulling straight out of tubing ports. Do not wiggle or pull tubing at an angle.
4. Remove tubing from breast shield.
5. Rinse tubing in cool water to remove breast milk.
6. Wash tubing in warm soapy water.
  - a. Rinse tubing with clear water.
  - b. Hang to air dry.

### **Does altitude affect the suction level?**

The higher the altitude, the more chance the suction level will decrease.

### **What do I do if milk accidentally gets into the Swing motor?**

Turn off the pump and unplug from the power source. Use a damp (not wet) cloth to wipe the motor and proceed as follows:

1. Remove battery compartment cover from bottom of motor.
2. Remove small, black foam piece from bottom of pump.
3. Rinse the foam piece with clear lukewarm water, and squeeze out excess water. Allow to dry thoroughly before inserting back into pump.
4. Pour about 2 ounces of warm soapy water into a container.
5. Connect the tubing to the motor, leaving the other end unconnected.
6. Connect the power cord to the motor, then plug into electrical outlet (do not power with battery).
7. Hold the end of the tubing that is not connected to the pump in the container with the soapy water.
8. Place the motor over a dry sink and switch on. The water will pump through the tubing into the motor and flow out through the opening beneath the battery cover. Allow it to pump until all the water has been flushed through.
9. Repeat this procedure again with 2 ounces of warm clear water.
10. Leave the motor switched on for an additional 3 minutes so it dries completely.
11. As soon as the foam piece is dry, put it in place again, and re-install the battery compartment cover.
12. If necessary, clean the pump kit according to cleaning instructions.

### **What do I do if there is low or no suction when pumping with the Swing breast pump?**

1. Make sure all connections of the kit and pump are secure.
2. Make sure the breast shield forms a complete seal around the breast.
3. Make sure the white membrane is laying flat against the yellow valve. Check that the yellow valve is clean and not damaged.
4. Make sure the tubing end fits securely into the pump body & motor.
5. Take care not to kink tubing. If milk is getting into tubing, check that the tubing is not kinked or pinched.
6. Perform rinsing procedure.

### **How do I sanitize the breast pump parts?**

Before using for the first time, clean and sanitize kit parts: PersonalFit™ breast shield, pump body, valve, membrane, bottles and bottle caps).

**CAUTION:** Take apart and wash all parts that come in contact with your breast and breast milk immediately after use to avoid dry up of milk residues and to prevent growth of bacteria.

**CAUTION:** Only use drinking quality-tap or bottled water for cleaning.

**CAUTION:** Do not store wet or damp parts as mold may develop.

Sanitize breast pump kit parts once daily.

1. Fill a pot with enough water to cover all parts.
  2. Bring water to a boil.
  3. Place parts in boiling water for 10 minutes.
  4. Allow water to cool and gently remove parts from water with tongs.
  5. Place parts on a clean surface and/or towel.
- Allow parts to air dry
  - Store parts when not in use.
  - Do NOT store wet or damp parts.

Or you may sanitize your kit parts by following the instructions on Medela's Quick Clean™ Micro-Steam™ bag.

### **Is there a quicker way to clean the breast pump parts?**

You can use Quick Clean™ Soap, Quick Clean Wipes or Quick Clean Micro-Steam™ bags. Please follow instructions included with each of the Quick Clean products.

### **How do I choose the right size breast shield?**

Learn how to choose the right size breast shield

**How long can breast milk be kept in a cooler carrier?**

- You can safely store your breast milk for up to 10 hours\* with Pump In Style Advanced and Freestyle breast pump cooler bags.
- Direct exposure to the sun, like leaving the cooler in a car, severely reduces the cooling effectiveness.
- Breast milk is safe stored in a cooler at/or below 59 degrees for up to 24 hours.
- The liquid inside the cooling elements is water with food grade dye. The liquid is non-toxic.
- Medela does not have recommendations for storing breast milk with dry ice. Consult a lactation consultant or healthcare provider for further information.