

ASSEMBLING THE PUMPSET



1) Clean components before use (excluding lid and tubing) and ensure all parts are **FULLY DRY** before assembly.
NB see important notes below about the lip valve.



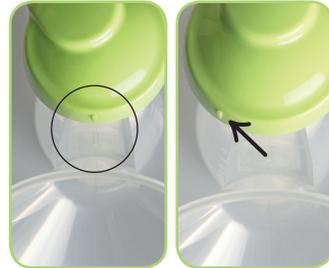
2) Take the breast shell and screw it onto the bottle.



3) Place the flexible membrane pot, smooth side out, in the top of the breast shell and press down firmly.



4) Press the green top on the breast shell and attach the tubing onto the back of the lid.

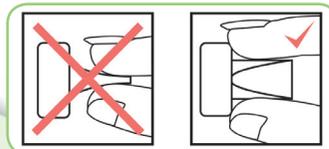


5) Line up the central mark on the green top with the mark on the breast shell, and gently turn the top to the right.



6) Single Pumping - attach one tube to the pump and ensure the other stopper is closed.

Double Pumping - attach two tubes to the pump.



Lip Valve - Attach and remove this part carefully from the breast shell as indicated. **DO NOT** use a cleaning brush to clean this valve, just rinse before sterilising. If the valve is damaged the breast pump will not work. Spare valve(s) are included with the pumpset.

Hygienic Barrier  Vacuum Seal

BPA FREE 

WHO CODE COMPLIANT 

ARDO is WHO Code compliant

ARDO
Hospital Recommended

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CARUM BREASTPUMP

Help me please!

Mummies, stop and read, it will make your expressing journey so much easier.



Easy to follow guides and video instruction.

At Ardo we understand what it is like to be a new mum and feel overwhelmed by having a new born baby and the need to express. This leaflet illustrates how to use the pump, assemble the pumpsets, plus a troubleshooting section. The following videos and guides are available on our website and YouTube.

Instructions and Expressing Help Videos



What's in the box
Setting up the pump



Getting more Breast Milk
Hands on / Power Pumping
Choosing Breast Shell Sizes
Expressing into Easy Freeze Bags
Assembling and Cleaning Pumpsets
Double and Single Pumping
Storing Breastmilk
Troubleshooting
Milk Ejection/Let Down Reflex
Breast Massage
Nipple Shields
Pumping & Travelling



View the Videos



www.ardobreastpumps.co.uk/help-me-please
www.youtube.com/user/ardomedicaluk



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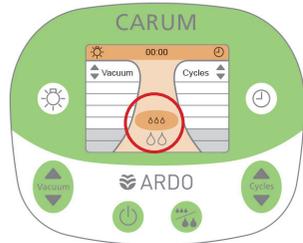
OPERATING INSTRUCTIONS

Expressing with stimulation mode



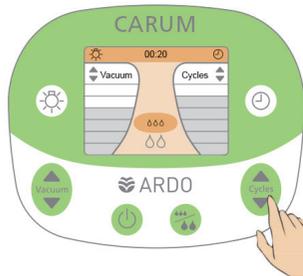
Switch the unit on by pressing the  on/off button. The breastpump displays a welcome message.

When positioning the Breastshell light pressure is required for a good seal, firm pressure will inhibit your milk flow as the milk ducts are easily compressed.



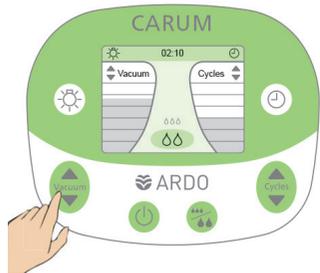
The LCD display has an orange background indicating stimulation mode and the small droplet icon is displayed.

The pump automatically starts in stimulation mode.



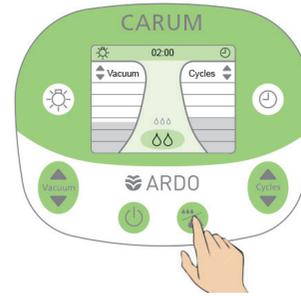
The cycle and vacuum can be adjusted one level at a time, by repeatedly pressing   or by holding down the  button.

Cycles is stimulation mode - Brief massaging before expressing will encourage milk flow and stimulate the milk ejection reflex (let down). Setting the cycles high and the vacuum low will replicate the rapid sucking and low suction the baby does when feeding.

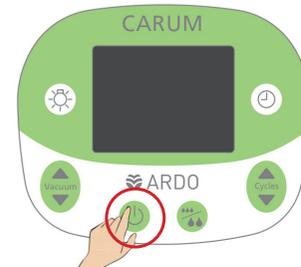


Vacuum is expressing mode - The pump automatically switches to expression mode after two minutes. If 'let down' has occurred and your milk is flowing, reduce the cycles and increase the vacuum until you find the most comfortable level for you. If 'let down' does not occur go to 'Repeat Stimulation' stage.

Repeat stimulation



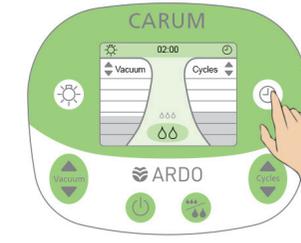
IMPORTANT If 'let down' has not been achieved and the milk is not flowing press the droplet button once and it will return to stimulation mode and will start the two minute cycle again.



If your milk flow stops and you are double pumping turn the pump off, massage the breasts and start again. If you are single pumping turn the pump off, switch to the other breast and start again

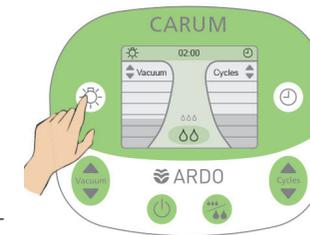
Press the  button when finished.

Timer operation



Timing starts automatically when the Carum is switched on. To stop the timer press the  button when the breastpump is running. The timer will remain de-activated until it is restarted by pressing the button again. The timer can be switched on and off in either stimulation or expression mode.

Backlight button



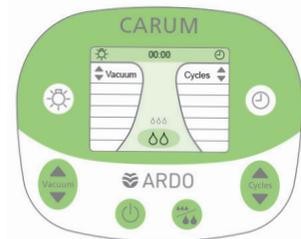
Press the  button once to reduce the intensity of the backlight. The dim function can be turned on and off as required.

Sensitive Setting



Switch on the unit by pressing the  on/off button.

Immediately press the droplet  button and the machine changes to sensitive mode.



The LCD displays the green background for expression mode and the larger droplet icon is displayed.

The expression mode starts with an especially mild, gentle and low level vacuum and cycle. Gently adjust the vacuum and cycle to a level that feels comfortable.

Pumping Poem

To get the milk to start to flow
set the cycles high
and the vacuum low

Once the milk starts to flow
set the vacuum high
and the cycles low

Individual
Phases



Sensitive
Programme

