

Using a Spectra Breast Pump

Assembling the Parts & Pump Features

- See the instruction manual for assembling the kit parts. When assembling the back-flow protector, insert the silicone membrane into the smaller half and press down around the outside edge. Attach the larger half over the silicone membrane.
- The power button (dark center button) will turn your pump on/off. The massage/expression button (above the power button: white with wavy lines) will allow you to go back and forth as needed from the massage phase to the expression phase. To the left are the cycle buttons - they allow you to adjust the cycle speed (how many times the pump sucks and releases per minute). To the right are the vacuum pressure buttons - they adjust the strength of the suction. Your pump has a nightlight (button to the far right).
- The Spectra will display the length of time that you have been pumping and will automatically remember your settings for your next pumping session.
- The Spectra S1 breast pump with a built-in battery should not be charged overnight. 2-3 hours of charge is all your pump needs to provide 3 hours of pumping without using a power outlet.

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- Place the breast shield against your breast with your nipple centered in the opening. If desired, you may pump only one breast at a time by removing one of the tubes from the machine and closing the port with the cap.
- Spectra breast shields come in 4 sizes (20, 24, 28 and 32mm). There is also a massage insert available. You may find that pumping is most comfortable when only your nipple (not your areola) enters the tunnel. If your nipples rub on the side of the tunnel and pumping is painful, you may want to try a larger size breast shield. For more information, see Correct Fit of a Breast Shield.
- Press the power button to turn your pump on. The Spectra will begin in the expression mode. Most moms start pumping in the massage mode to encourage milk to release or “let down”. During the massage mode, adjust the vacuum pressure (suction) to what is most comfortable for you. Increase the vacuum pressure to the point of minor discomfort, and then decrease it until the pressure (suction) is comfortable. Remember, pumping should not hurt.
- When you notice milk starting to drip, press the massage/expression button again to switch to the expression phase. During the expression phase, you have the option to customize both the vacuum pressure and the cycle speed by pressing the corresponding set of buttons up or down.
- Every woman is different. Experiment to find what settings work best for you. The goal is to maximize the amount of milk removed by finding the settings that are both comfortable and effective for you.

Cleaning Your Pump Parts

Before first use:

- Spectra recommends the following: Bring a pan of water to boil on your stove. Once the pan of water is boiling, remove the pan from your stove, and carefully place the bottles, bottle caps and lids, breast shields, and plastic casings of the backflow protectors (but not the white silicone membranes) in the



water. Leave the parts in the water for no more than 5 minutes. If you place your pump parts in actively boiling water, or if they are submerged for more than 5 minutes, you may damage your parts.

- Hand wash the white duckbill valves and the white silicone membranes (in the backflow protectors) in warm, soapy water. Do not wash or boil the tubing. Milk should not enter the tubing.

After each use:

- Wash the parts that come into direct contact with your breast and your milk in warm, soapy water, rinse, and place on a clean surface to air dry.
- It is not necessary to wash the backflow protector after each use. However, it is recommended that the protector and membranes be taken apart and placed on a clean surface. This allows any moisture or condensation to dry.
- If you choose to clean your pump parts in the dishwasher, the breast shield connector and bottles should not be crowded. Spectra parts may be damaged if cleaned in the dishwasher. Duckbill valves, the silicone backflow protector piece, and the tubing should never be placed in the dishwasher.
- Spectra does not recommend using microwave bags or drying your pump parts in the dishwasher.

When using your pump:

- It is important that the duckbill valves are completely dry. If attached while wet, they may become loose and slip off. The valves may need to be replaced every several months.
- The tubing does not come in contact with your milk. You may wipe down the outside of the tubing periodically with a clean cloth. If you notice condensation (moisture) in the tubing after you pump, leave your pump on for a couple minutes after pumping. This will dry the tubing. If moisture builds up in the tubing, squirt isopropyl alcohol through the tubing and hang to dry. Replace your tubing if any residue builds up in the tubing.

Please note: The above guidelines are for healthy babies. If your baby was born prematurely or has a weakened immune system due to illness or medical treatments, extra protection is recommended. See guidelines above for sanitizing “before first use”. You may follow this cleaning procedure once a day.

How often should I pump?

If your baby is not going to breast:

- Pump at least every 2-3 hours during the day and every 3-4 hours at night, or at least 8 times in 24 hours. You may pump more often if you need to increase your supply.

If you are going to be separated from your baby temporarily:

- Pump whenever you would be feeding your baby, or whenever your baby gets fed from a bottle in your absence.

If baby is going to breast, but is not gaining well, and you need milk for supplementation:

- If you think that your supply is low, pump about 30 minutes after your baby nurses. This break before additional removal may stimulate more milk production. If you think that your supply is good, but your baby may not be removing milk well and is not gaining weight, pump after your baby feeds at the breast and schedule an appointment with a lactation consultant.

How long should I pump?

- We recommend that you pump for ~10-15 minutes. Pumping for more than 15 minutes may result in nipple pain. Pumping more frequently, rather than for a longer time period, may help to build your milk supply.

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