

the **first** years™

quiet expressions™ **double electric breast pump**
Instruction Manual

Y6228



made without BPA*

*Food contact components are made without BPA.
Product does not contain polycarbonate or epoxy.

Contents

Breastfeeding Tips	4
Baby at the Breast	4
Starting to Pump	4
When to Contact Your Lactation Consultant	5
Safety Instructions	6
Parts Diagram	8
Assembly	9
To Use	11
Remove Bottle Assembly	12
Breast Pump Care	12
Cleaning Guide	13
Milk Storage	14
Tips for Freezing Milk	14
Product Return Policy	15
Install/Change Batteries	15
Troubleshooting	17
Warranty	18

Congratulations on your new baby! We are happy to offer moms products and support they need to enjoy every moment of The First Years.

Breastfeeding is the most precious gift you can give to your child. Human milk is the most beneficial nutrition available and contains ingredients not found in formula. It also contains antibodies which help protect your baby from infection and stimulates the baby's immune system.

Although the primary benefit of breastfeeding is nutritional, nursing is about more than feeding your baby. It's also a comforting and nurturing experience. Follow these simple suggestions, and you and your baby will both benefit from the wonderful bond you will share through breastfeeding.

Breastfeeding Tips

Baby at the breast

Make a nesting station so you can nurse your baby without interruption.

- Comfortable chair w/footstool or sitting upright in bed
- Lots of pillows
- Pitcher of water
- Cut up fruit, veggies, snack, etc.
- TV remote
- When baby is at the breast his/her belly should touch your body, in whatever position you choose to feed (cradle, clutch, or lying down).
- Use lots of pillows to keep baby level with your breasts, being sure to always hold the baby.
- Tickle the baby's nose with your nipple. Make him/her open their mouth **very** wide.
- Guide your baby onto the breast (not the nipple). Babies need to suck the breast not just the nipple.
- Once the baby is comfortably latched on, sit back, take a drink of water, relax and **enjoy!**

Most breastfed babies will want to eat about every 2–3hrs

Starting to pump

- Wash your hands.
- Wherever you are, try to make a comfortable/private space.
- Keep a picture of your baby with you, and his/her shirt or blanket (to smell).
- Fill a pitcher with water or juice.

You may do breast massage or hand expression prior to placing the Flexi-Fit™ shields on your breasts.

- Place the Flexi Fit™ shields on your breasts. Make sure your nipple is centered in the shield.
- Turn the pump on.
- Relax, think of your baby, and allow your letdown reflex to work for you.
- If you experience any pain or discomfort, turn off the pump, reposition and start again.
- Increase the suction to a level that is comfortable for you.
- Milk should begin flowing into the bottle.
- You should pump each breast for 15 minutes.
- You may get a small amount of milk in the beginning. No mechanical device can ever be as efficient as your nursing baby. Pumping is likely to yield more once you become more comfortable with the process.
- When you are done, turn your settings back to low before taking the Flexi-Fit™ shields off your breasts.
- Before storing, label milk with name and date.

When to contact your lactation consultant

- If baby is less than 4 weeks old
- If baby is premature (less than 36 week gestation)
- If mother is engorged
- If mother has sore nipples
- If mother has low milk supply
- If baby has difficulty latching onto breast
- If skin irritation occurs when using your pump

Safety Instructions

This product is intended for pumping breast milk only.

Clean all parts before use. See “Breast Pump Care” for instructions.

Important Safeguards

This is a single user product which cannot be autoclaved or sterilized without destroying the product. Use by more than one person may present a health risk and will void the warranty.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This ClassB digital apparatus complies with CAN ICES-3(B)/NMB-3(B).



Warning: Changes or modifications to this unit not expressly approved by TOMY could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio / TV technician for help.

Read all instructions prior to use

When using electrical devices, especially when children are present, basic safety precautions should always be followed, including the following:



DANGER

To reduce the risk of electrocution:

1. **Always** unplug this product immediately after using.
2. **Do not** use while bathing.
3. **Do not** place or store product where it can fall or be pulled into a tub or sink.
4. **Do not** place or drop into water or other liquid.
5. **Do not** reach for a product that has fallen into water. Unplug immediately.



WARNING

To reduce the risk of burns, electrocutions, fire or injury to persons:

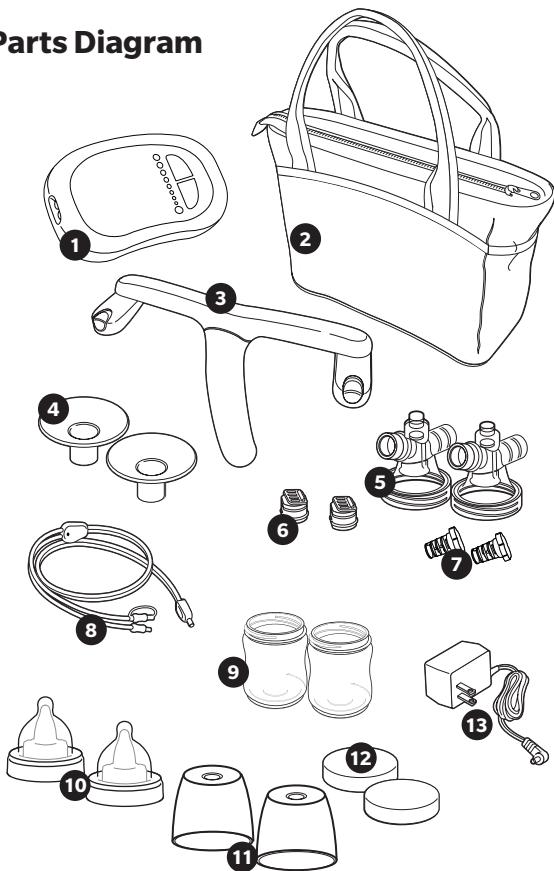
1. This product should **never** be left unattended when plugged in.
2. Close supervision is necessary when this product is used near infants or children.
3. Use this product only for its intended use as described in this manual. **Do not** use attachments not recommended by TOMY.
4. **Never** operate this product if it has a damaged cord or plug, any missing components, not working properly, has been dropped or damaged or has been dropped into water.
5. **Keep** the cord away from heated surfaces.
6. **Never** use while sleeping or drowsy.
7. **Do not** operate where aerosol (spray) products are being used or where oxygen is being administered.
8. **The AC Adapter** should be unplugged from the outlet when not in use. When unit is not going to be used for an extended period of time, store carefully in a cool, dry place.
9. **The user should not** attempt to service or repair the breast pump, refer all servicing to TOMY. No user serviceable parts inside.

SAVE THESE INSTRUCTIONS

Double Electric Breast Pump

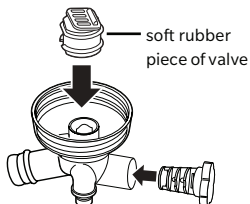
Parts Diagram

- 1 Pump
- 2 Tote bag
- 3 Pump handle
- 4 Flexi-Fit™ breast shields
- 5 3-way adapters
- 6 Valves
- 7 3-way adapter baffles
- 8 Hose with Y-adapter and single pump stopper
- 9 Breastflow® bottles
- 10 Breastflow® nipple and collar
- 11 Bottle cover
- 12 Travel covers
- 13 AC adapter

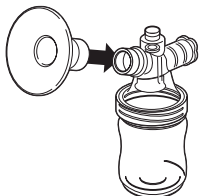


Assembly

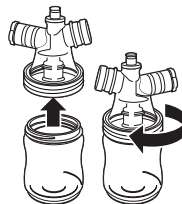
Clean all parts before use. See "Breast Pump Care" (page 12) for instructions.



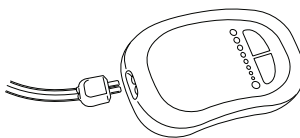
1. Insert valve into the bottom of the 3-way adapter. Firmly press valve into place.
2. Insert 3-way adapter baffle into 3-way adapter. **Do not** attempt to remove the soft rubber piece attached to the hard valve, as this may damage the unit.



4. Press Flexi-Fit™ Shield on to 3-way adapter.

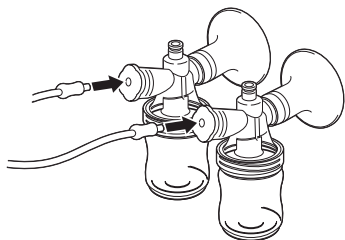


3. Screw bottle into assembled adapter.

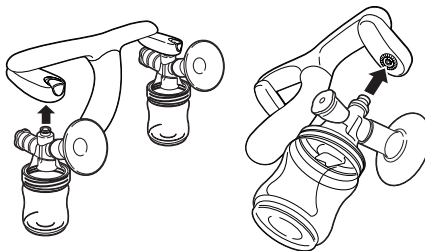


5. Attach double end of hose to pump.

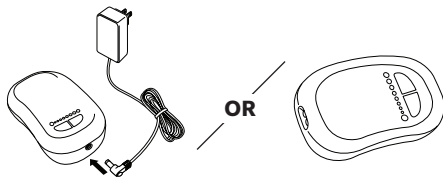
Assembly (continued)



6. Attach one single hose end to each of the 3-way adapter baffles.

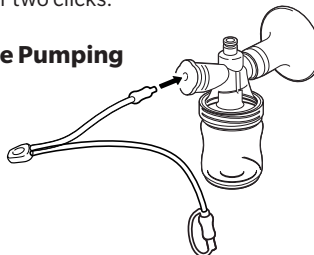


7. When using handle for double pump, push bottle with 3-way adapter into opening of handle as shown until you hear two clicks.



8. Plug AC adapter into side of pump as shown. Plug AC adapter into outlet. For Battery operation, insert batteries into pump (see "Install/Change Batteries" page 15).

Single Pumping



- Note:** If using a single pump, attach one single hose end into one of the 3-way adapter baffles. Take the other hose and cover the hose end with the single pump stopper.

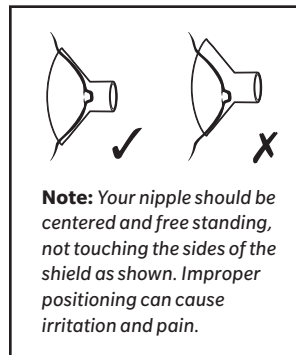
To Use: Always Wash Your Hands Before Pumping

1. To start milk flow: express a few drops of milk by hand.
2. Turn pump on by pressing and holding power button.
Note: The pump **always** powers on at level one.
3. To pump: Sit upright. Grasp the bottle by the 3-way adapter and insert breast into the Flexi-Fit™ shield. Your breast should completely fill the shield but the shield does not need to completely fit around your breast.
4. To increase suction: press the “+” button. There are eight suction levels. The blue suction indicator lights illuminate as suction is increased. When the last light is illuminated, the highest suction setting has been reached.
5. To reduce suction: press the “-” button.

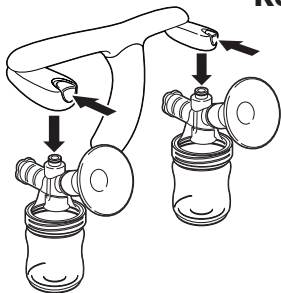
Note: If using as a single pump, ensure single pump stopper is pushed into unused hose end. If not properly secured, you may notice a reduction in suction.

To immediately reduce suction, turn pump off and remove shield from breast

CAUTION: Do not fill past the 5 oz or 9 oz marking on the bottle. Pumping into an overfilled bottle could damage the pump. If you wish to continue pumping, remove full bottle and replace it with an empty bottle.

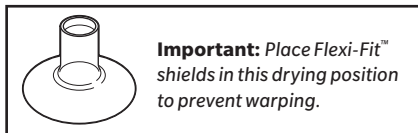


Remove Bottle Assembly



If Using Pump Handle

1. Remove bottle assembly by pushing the release buttons.
2. Remove hose connectors from 3-way adapter.
3. Remove shield, adapter, valve and baffle for cleaning.



Important: Place Flexi-Fit™ shields in this drying position to prevent warping.

Breast Pump Care

Clean all parts prior to initial use and after each use.

Important: Do not sterilize any part of the breast pump in the microwave.

1. Always separate the 3-way adapter from breast shield before cleaning.
2. **After cleaning the valve, gently lift the end of the soft rubber piece (the end with the raised bumps) to ensure the soft rubber piece can flap freely and that it is not stuck to the valve.** If the end is stuck to the valve, wash valve again in warm soapy water. **Do not press or pull hard on the flexible flapper end. Damage can occur if the flapper tears.**

3. Wipe hose clean with clean damp cloth.

To store: Make sure pump and all components are completely dry before placing in tote bag. If you have installed batteries, remove them prior to storing the pump for a prolonged time period.

Cleaning Guide

Cleaning Guide	Flexi-Fit™ Shield	3-way Adapter	Valve	Bottle Parts	Tote Bag	Pump	Hose
Surface Wipe Only					✓	✓	✓
Warm Water/Mild Liquid Soap	✓	✓	✓	✓			
Top Rack Dishwasher-Safe	✓	✓	✓	✓			
(2–5 min) **Boil-safe **Sterilizer (use as instructed)	✓ ✓	✓	✓ ✓	✓ ✓			

** Harmless color change possible. Allow all parts to cool before reassembling.

Milk Storage

Breast Milk	Room Temperature	Refrigerator	Freezer
Freshly expressed into closed container	6–8 hour (78°F or lower)	3–5 days (39°F or lower)	<ul style="list-style-type: none"> • 2 weeks in freezer compartment inside refrigerator. • 3 months in freezer section of refrigerator with separate door • 6–12 months in deep freeze (0°F or lower)
Previously frozen— Thawed in refrigerator but not warmed or used	4 hours or less (i.e. next feeding)	Store in refrigerator 24 hours	Do not refreeze
Infant has begun feeding	Only for completion of feeding; then discard	Discard	Discard

From: *Breastfeeding: A Guide for the Medical Professional*, by Ruth A. Lawrence, page 894

Tips for Freezing Milk

- Only fill container $\frac{3}{4}$ full before freezing to allow for milk expansion.
- Freeze milk in quantities of 2 to 4 ounce portions. This allows milk to thaw quicker and creates less waste if your baby does not drink it all.
- **Always** use thawed milk within 24 hours of thawing.
- **Never** refreeze milk once it has been defrosted.
- **Do not** use a microwave oven to thaw frozen breast milk.
- Thaw frozen breast milk in the refrigerator for several hours or with warm water. If thawing with warm water, you may need to gently shake the container to blend any fat that has separated.

WARNING

- **Do not** warm milk in a microwave oven as it destroys nutrients and antibodies and can create hot spots harmful for your baby.
- **Do not** use a bottle warmer to warm breast milk, unless the bottle warmer is specially designed to work with breast milk.
- **Never** immerse a frozen bottle into boiling water as this may cause the bottle to crack.

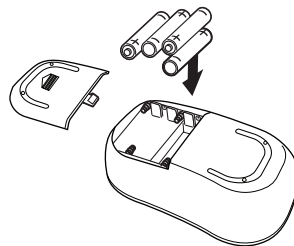
Product Return Policy

For reasons of hygiene, this breast pump cannot be returned to the store once it has been opened. However, The First Years offers product replacement under terms of its 90-day manufacturer's warranty.

Install/Change Batteries

It's a good idea to keep fresh batteries with you so you can replace them immediately, if necessary, during pumping (especially if an outlet is not available). You'll know batteries are getting weak if the pump slows down and begins to make straining noises. If the batteries die completely, the pump will stop.

1. Turn pump over to expose battery door; slide door in direction of arrow to open.
2. Insert 4 AA batteries (alkaline recommended for best performance). Position batteries as shown in the compartment.
3. Replace cover and slide closed.



IMPORTANT: Each battery must be positioned correctly otherwise pump will not function.



CAUTION: To Avoid Battery Leakage

- **Do not** attempt to recharge non-rechargeable batteries.
- **Be sure** to position “+” and “-” symbols as indicated in battery compartment.
- **Do not** mix old and new batteries.
- **Do not** mix alkaline, standard (Carbon zinc) or rechargeable (nickel-cadmium) batteries.
- Different types of batteries or new and used batteries are not to be mixed.
- The supply terminals are not to be short-circuited.
- Do not use rechargeable batteries.
- **Always** remove exhausted batteries from pump.
- **Never** use a screwdriver or any other tool to pry batteries from compartment, as doing so may short circuit supply terminals.
- **Keep batteries away from children.** Parents are urged to exercise care in the storage, use and disposal of all batteries.

In the European market the dustbin symbol indicates that batteries, rechargeable batteries, button cells, battery packs, etc. must not be put in the household waste. Batteries containing hazardous substances are harmful to the environment and to health. Please help to protect the environment from health risks and tell your children to dispose of batteries properly and take them to the local collecting points. Batteries are recycled safely in this manner. The chemical symbols Hg (Mercury), Cd (Cadmium) or Pb (Lead) shown on the dustbin symbol indicates that the content of that chemical exceeds a certain limit.

Troubleshooting

1. Make sure the single ends of the hose fit securely into each 3-way adapter baffle and make sure the double end of the hose fits securely into pump. If using the pump as a single, ensure single pump stopper is securely pushed on the end of the unused hose.
2. Make sure AC adapter is plugged into a working outlet and is firmly connected to pump.
3. If operating on DC power (batteries), batteries may be low so try using AC adapter.
4. When operating with batteries, make sure AC power cord is disconnected from pump.

If there is low or no suction:

1. Ensure nipple is properly centered in breast shield.
2. Try increasing the suction setting by pressing the “+” button.
3. Make sure only components supplied are being used.
4. If using as a single pump, ensure single pump stopper is pushed into unused hose end.

If milk is not flowing into bottles:

1. Ensure soft rubber piece on the valve is not stuck to the valve (gently lift the side of the soft rubber piece). If it is stuck, see “Breast Pump Care” for cleaning instructions.
2. Ensure nipple is properly centered in breast shield.
3. Check that breasts are expressing milk.

If your pump is not working, please call our Parent Service Center: 1-800-704-8697.
Visit us at: thefirstyears.com.

Warranty

Our Limited Warranty and Warranty Period

When we use the terms “we” “us” and “our,” we are referring to TOMY, and when we use the terms “you” and “your” we mean the original end-user customer. Our products are guaranteed to be free from defects in material and workmanship under normal and intended use for a period of 90 days from the date of your purchase.

Repair/Replacement

If our product fails to meet our limited warranty during the warranty period, we will, at our option, replace the product free of charge.

What Our Limited Warranty Does Not Cover

We offer this limited warranty only when the product is used by the original end-user customer. We offer no other warranty. Additionally, while our warranty is excellent, there are other limits to it. We offer NO WARRANTY in cases of damage in transit, inadequate care, abuse, abnormal use, misuse, accidents, normal wear and tear damage due to environmental or natural elements, failure to follow product instructions, immersion in water (except for products specifically identified by us in writing as intended for water use), battery leakage or improper installation, improper storage or maintenance of the products.

Disclaimer of Other Warranties

THE EXPRESS WARRANTIES IN THE PRECEDING SECTION ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES. However, to the extent applicable law does not permit disclaimers of certain implied warranties, such warranties are limited to the warranty period identified above. Some states and countries do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

Limitation on Damages

IN NO EVENT SHALL WE BE LIABLE FOR INCIDENTAL, COMPENSATORY, PUNITIVE, CONSEQUENTIAL, INDIRECT, SPECIAL OR OTHER DAMAGES. OUR AGGREGATE LIABILITY WITH RESPECT TO DEFFECTIVE PRODUCTS IS LIMITED TO THE MONIES PAID TO US FOR THE DEFFECTIVE GOOD. Some states and countries do not allow the exclusion or limitation of incidental, consequential or other damages, so the above limitation or exclusion may not apply to you.

State Variations

This warranty gives you specific legal rights, and you may also have other rights which vary based on state, province or country.

Contact Us

If you have a warranty claim or request, any customer care questions, please contact us via website thefirstyears.com or call us at 1-800-704-8697.

**MADE WITHOUT
BPA • PHTHALATES • PVC**

the **first** years™

help@thefirstyears.com / 1-800-704-8697 / www.thefirstyears.com

© TOMY 2018, TOMY International, 2015 Spring Rd., Oak Brook, IL 60523, U.S.A.
All Rights Reserved. Made in China. Y1095 091218

TOMY.