

Tip - if the Calypso unit goes into error mode it could be your tubes may have been restricted. Disconnect pumpset, plug pump in with nothing attached, and if the pump starts without the error code attach the pumpset back on and happy pumping.

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.

The 3 P's for successful pumping!

Positive Emotions - hearing, seeing, smelling or skin to skin with your baby. Don't look at the pump!

Perform Massage -- massaging the breast before pumping encourages the let-down reflex.

Professional Breastpump - NHS approved, Class 2 medical device, adjustable cycles and vacuum, single or double pumping option.

Expressing Help Videos

- Getting more Breast Milk
- Hands on / Power Pumping
- Choosing Breast Shell Sizes
- Assembling and cleaning the Pumpset
- Double and Single Pumping
- Storing Breastmilk
- Troubleshooting
- Milk Ejection Reflex / Let down
- Breast Massage
- Nipple Shields
- Pumping & Travelling

Help Videos

ASSEMBLING THE PUMPSET

OPERATING THE CALYPSO BREASTPUMP



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) **Double Pumping** - attach two tubes to the connector.



Single Pumping - attach one tube to the connector and ensure the other stopper is closed.



1) Connect the power adapter to the back of the pump and the pumpset's to the front of the pump unit.




2) Put the breastshell/s to the breast. Switch on the pump by pressing the on/off switch. The green LED light will come on. The vacuum & cycles are set at the lowest level.

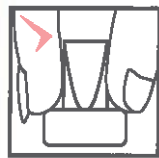


3) Cycles is stimulation mode - Brief massaging before expressing will encourage milk flow and stimulate the milk ejection reflex (let down). Setting the cycles high and the vacuum low will replicate the rapid sucking and low suction the baby does when feeding.



4) Vacuum is expressing mode - ONLY when 'let down' occurs and milk is released do you increase the vacuum and reduce the cycles. Find the most comfortable level for you. If your milk flow stops we suggest you turn the pump off, massage your breast and restart again in the stimulation mode (3).





IMPORTANT INFORMATION
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.

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 higher
and the cycles lower

IMPORTANT - vary the cycles and vacuum levels to maintain the milk flow and comfort, as this mimics the natural sucking rhythm of the baby.



If you need any further help please refer to the Calypso user manual, visit our website for videos and guides, or contact us for an online consultation.