

# 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.

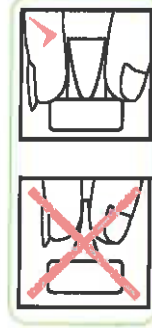


**5)** Line up the central mark on the green top with the mark on the breast shell, and gently turn the top to the right.



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

**Double Pumping** - attach two tubes to the pump.

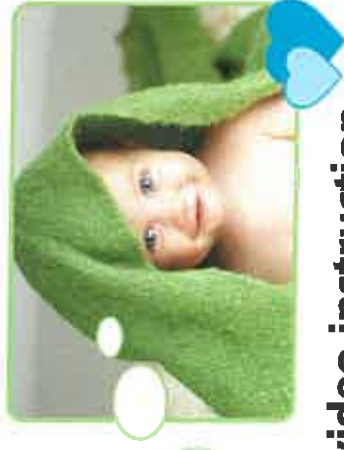


**Lip Valve** - Attach and remove this part carefully from the breast shell as indicated. **DO NOT** use a cleaning brush to clean this valve, just rinse before sterilising. If the valve is damaged the breast pump will not work. Spare valve(s) are included with the pumpset.



# 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 and assemble the pumpsets. 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  
View the Videos

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



# 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.



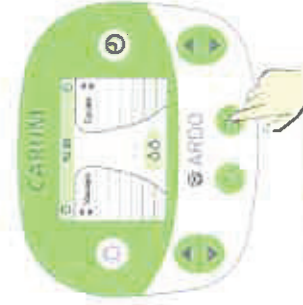
The cycle and vacuum can be adjusted one level at a time, by repeatedly pressing **▲▼** or by holding down the **▲▲▼▼** button.

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 **on/off** button when finished.

## Timer operation



Timing starts automatically when the Carum is switched on. To stop the timer press the **on/off** 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 **backlight** 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 higher and the cycles lower



If you need any further help please refer to the Carum instruction manual, check out our videos or contact us for an online consultation.