



Manual Breast Pump

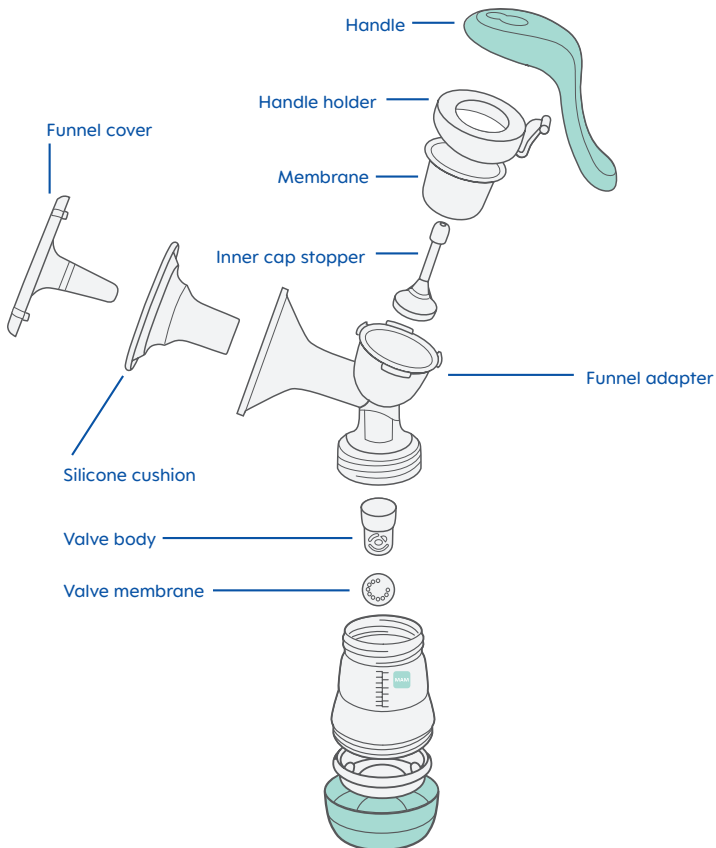
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Manual Breast Pump

Please read all instructions carefully before using the MAM Manual Breast Pump for the first time. Keep these instructions in a safe place for future reference.

1. Product description for manual use



2. Cleaning and maintaining the appliance

Before using your MAM Manual Breast Pump for the first time and after each use; all parts that come into contact with the breast and breast milk must be separated, cleaned and sterilised.

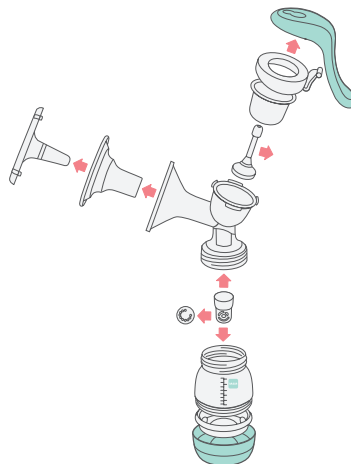
- Only drinking-quality water must be used for cleaning.
- Completely air dry or towel dry before reassembly for next use.
- Please ensure that all parts are completely dry before use.
- Take care not to damage parts of the pump set during cleaning.

2.1. Cleaning by hand

Before cleaning, all parts of the pump have to be separated. Begin by rinsing all parts in cold, clear water. Then wash all parts in warm soapy water with a damp cloth or sponge and rinse thoroughly with cold water afterwards. Do not use any abrasive cleaning agents such as anti-bacterial solutions, as these could damage the appliance's surface. Dry with a clean cloth or leave to dry on a clean cloth.

2.2. Cleaning in the dishwasher

To clean the breast pump in the dishwasher, place the separated parts on the top rack of the dishwasher or in the cutlery section. When washing the pump parts in the dishwasher, the components may become discoloured by food pigments – this does not affect their function. We recommend to carefully clean the valve body and valve membrane by hand, to prevent damage and to ensure that those small components do not get lost.



2.3. Sterilising the breast pump

Before using the pump for the first time and after each use, all parts of the pump must be sterilised.

The separated pump parts can be sterilised in boiling water for at least 10 minutes, in an electric or microwave steam steriliser or in cold sterilising liquid. Store the pump set in a clean bag or container and use the funnel cover for further protection of the silicone cushion until next use.

Please note: Never sterilise the assembled pump – always separate the parts.

Important: Allow all parts of the Breast Pump to fully cool and dry before use.

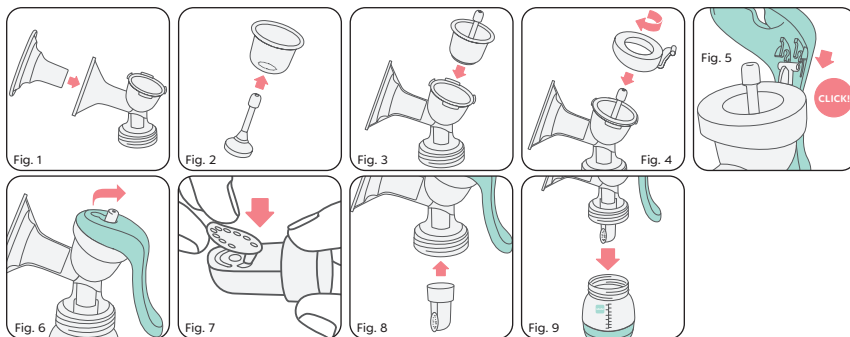
3. Using the appliance

3.1. Manual pumping

3.1.1. Assembly

For hygienic purposes, please wash your hands thoroughly before assembling the breast pump.

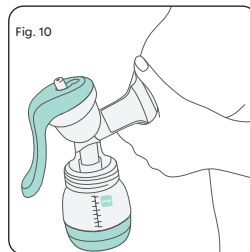
- Place the silicone cushion into the funnel adapter. Make sure to connect the silicone cushion to the rim of the funnel properly by fitting it over the rim (Fig. 1).
- Insert the inner cap stopper into the membrane until it engages properly (Fig. 2).
- Insert both parts into the funnel adaptor (Fig. 3).
- Screw the handle holder on top of the membrane (Fig. 4).
- Connect the handle to the handle holder so that it clicks firmly into place (Fig. 5). Then place the inner cap stopper in lock position by pulling the upper part of the cap stopper into the opening closer to the pump handle (Fig. 6).
- Carefully press the valve membrane into the hole of the valve body until it engages. The valve membrane should be pressed flat and tight to avoid air leakage (Fig. 7).
- Now correctly place the valve membrane with the valve body onto the funnel adapter (Fig. 8).
- Screw the bottle onto the funnel adaptor tightly (Fig. 9).



3.1.2. Preparing for pumping

- Wash your hands with soap and your breasts and nipples with a warm wash cloth and clean fresh water.
- Squeeze a little bit of milk out of each nipple to make sure the milk ducts are not clogged.
- Ensure all parts are clean before use.
- Before using, make sure that the pump is properly assembled and fully screwed onto the bottle.
- Sit comfortably and lean forward slightly. Place a glass of water within easy reach.

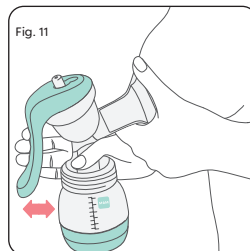
- Place the funnel firmly on your breast. Make sure no air escapes through the side, otherwise no suction will develop.
- Support the breast with your hand from below and hold the funnel onto your breast with your thumb and index finger (Fig. 10).
- Expressing milk without using the silicone inlay is more effective than with the silicone inlay. So you may want to remove the inlay once you become more comfortable with expressing.



3.1.3. Pumping

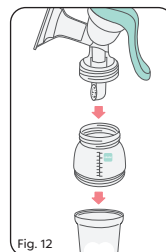
- Use your other hand for pumping.
- Hold the adaptor neck with your thumb and the handle with your remaining fingers.
- Press and release the handle to operate the pump at a speed of approximately 60 times per minute. Only squeeze the handle as far as it remains comfortable and adjust the speed to your personal preference (Fig. 11).
- We recommend a faster pump rhythm to stimulate milk flow. Once the milk starts flowing, you can switch to a slower rhythm.
- Try to pump consistently to keep the milk flow established.

Expressing milk or stimulating does not come easily to everyone. If you find it is less comfortable than you had hoped, ask your midwife or other healthcare professional for advice.



3.2. Use in combination with the MAM Storage Solution

- Remove the Easy Start base with its silicone valve and screw the Storage Solution on in its place. This unit can now be screwed onto the pump. All sizes of Easy Start bottle can be used in this way (Fig. 12).
- Bring the pump to the breast and express. Please refer to the instructions for manual pumping above.
- Unscrew the Storage Solution and close securely with the lid.
- To label with the date and time of expression, use the special two-part area on the Storage Solution. A pencil is best.



4. Storing and warming breast milk

4.1. Storage

- Expressed breast milk can be stored either in the MAM Easy Start bottle or in the Storage Solution.
- The Easy Start bottle with the expressed milk can be sealed with the bottle screw ring, teat and lid.
- Breast milk can be stored in the fridge for up to 8 days at 4c or lower.
- Breast milk can be kept in the Storage Solution in the freezer for up to 6 months. Please note: the Easy Start bottle is not suitable for storing expressed milk in the freezer or freezer compartment.
- Do not store breast milk in the door of the refrigerator. Instead, choose the coldest part of your refrigerator (this is at the back of the glass shelf above the vegetable compartment).
- If you have a 3-star freezer in your fridge, do not store milk for longer than 2 weeks.
- It is recommended that breast milk is frozen in small portions of 50–120ml / 1.5–4.0 UK fluid ounces. Fill the Storage Solution only up to the 120ml level mark for freezing. Never overfill.
- Use milk that has been stored the longest first.
- When transporting breast milk, it is important that the cooling chain is not interrupted.

4.2. Milk warming

- Defrost frozen milk in the fridge overnight, carefully in a water bath or with a bottle warmer that offers a defrost setting, such as the MAM Electric Steriliser & Express Bottle Warmer.
- Do not put the milk in a microwave to heat: if you do, micronutrients and important immunological properties will be lost.
- To warm the milk, place in a bath of hot water or a bottle warmer. To warm to body temperature, running water can also be used. Start with cold running water and gradually increase the temperature until the milk is warm.

- Breast milk should never be refrozen. Pour warmed unused milk away.
- For MAM Easy Start Anti Colic bottles if warming in a bottle warmer or a jug of water you MUST remove the lid/teat and collar as a whole beforehand. NEVER heat a sealed bottle if heating with these methods as this may cause water to flow into the bottle

- Never mix newly expressed breast milk with frozen milk.
- Always check the temperature of the milk before feeding.
- Once your baby has drunk from a bottle of breast milk, it should be used within the hour and anything left over should be thrown away.

5. Feeding

MAM recommends the MAM Easy Start™ Anti-Colic Bottle for feeding breast milk.

5.1. Easy Start™ Anti-Colic Bottle

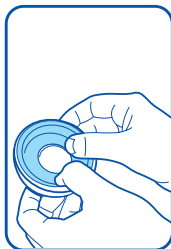
Tip: MAM recommend following our instructions carefully and taking note of the highlighted red text, warnings and ‘MAM tips’: due to the smart design of the bottle which offers great features like self-sterilising and the vented base for reducing colic, it just needs a little more care and attention for use.

Quick Start

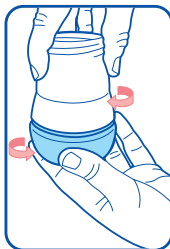
- Before first use, disassemble and clean the product and then place the components in boiling water for 5 minutes. This is to ensure hygiene. See specific chapter to find out more about cleaning.
- Inspect all individual bottle parts before each use and pull the feeding teat in all directions. Throw away at the first signs of damage or weakness.
- Assemble the bottle as per diagram below, ensuring the valve is firmly/correctly pressed down and parts screwed together correctly.



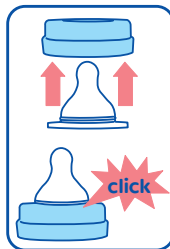
1. Place the silicone valve into bottom ring.



2. Press down firmly on the raised perimeter of the silicone valve.



3. Screw the assembled base onto the bottom of bottle, in a slow and steady manner.



4. Insert the teat into the top of bottle screw ring until you hear a “click”.

Cleaning

- **Before first use place in boiling water for 5 minutes. This is to ensure hygiene.**
- Before first and each use, clean in warm soapy water and rinse well with clean water before sterilising, in order to ensure hygiene. Avoid harmful ingredients in the soap such as alcohol, chlorine, and/or microplastics.
- Do not leave items standing in the cleaning detergent like soapy water longer than recommended – this could affect the product print design and scale fading/coming off. All bottle parts **MUST** be disassembled for proper cleaning. Cleaning/sterilising while assembled can damage the bottle.
- Dishwasher safe on top dishwasher rack (max 65 c) but please be aware food colourants may discolour the bottle components.
- Do not use abrasive cleaning agents. You can clean the bottle parts with a soft bottle brush such as the MAM Soft Brush, which can also be used to gently clean inside the teat. Hard scourers may scratch the plastic.
- Ensure no residual food remains in the bottle parts after cleaning and sterilising.

Sterilising

- After cleaning, you are now ready to sterilise using one of the following methods: Cold water tablet/liquid solution, boiling for 10 minutes, steam sterilising (electric or microwave according to manufacturers instructions) or self-sterilising.
- UV sterilising of MAM bottles is not recommended.
- **NEVER screw bottle parts together when sterilising or self-sterilising.** This can damage the bottle and distort the threads where the bottle screws together which could cause leaking.
- Do not leave bottle parts in direct sunlight or heat longer than recommended, as this may affect the product function.

- Do not leave bottle in sterilising solution longer than recommended, as this could affect the product print design and scale fading/coming off
- **ATTENTION:** be careful when dealing with disinfected products as they may still be hot.
- Always handle disinfected products with clean hands and/or teat tongs. Teat should not be touched by hands after disinfection.
- After sterilising, we recommend leaving your bottles to cool for at least 10 minutes before making up a feed.

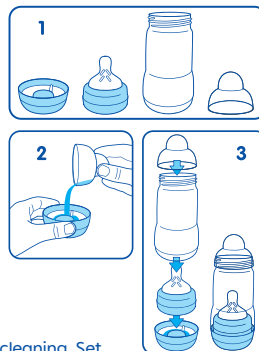
Self-Sterilising

- The self-sterilising feature of the Easy Start Bottle, is proven to be effective for killing common household germs and bacteria. For best results, please follow all instructions carefully:
- Clean thoroughly as instructed above before self-sterilising.

Step 1: After cleaning, assemble bottle parts in the following way: base with white silicone valve, teat with screw ring/collar, bottle body and lid.

Step 2: Using the scale on the bottle lid, measure 20mls of tap water and pour this into the base (with white valve).

Step 3: Place the screw ring/collar with teat on the bottle base with water. Place and rest the bottle body over this. (**DO NOT SCREW DOWN**). Place the lid on top – your bottle is now ready for self-sterilising.



- Set your microwave timer according to how many bottles you are simultaneously cleaning. Set microwave from 500 to 1000 Watts.

Number of bottles sterilised at the same time	1	2	3	4	5	6
Estimated duration of sterilising [min]	3	4	5	6	7	8

- After self-sterilising allow bottle to cool down before removing from the microwave.
- **Recommended cooling time at least 10 mins with opened microwave door.** Be careful to hold the base and keep the bottle straight when removing from the microwave to avoid spilling any left over hot water.

After the process is complete, if the bottle is left as assembled in step 3, it will remain disinfected for up to 48 hours. When self-sterilising on the go, you should self-sterilise, assemble your bottle and make up your feed straight after self-sterilising.

- After cooling time and using the bottle straight away: remove from the microwave and pour away any leftover water carefully. Shake parts to remove excess water.
- When assembling do not worry about some water remaining on the bottle parts, this has been disinfected.

Self-Sterilising – IMPORTANT FACTS

- Follow the user manual instructions for your microwave/device.
- Ensure that all parts from the self-sterilising bottle and microwave (including waveguide cover and turntable) are **COMPLETELY** clean and free from dirt, food residue, fat or oil splashes. If not this could lead to the product melting, the microwave sparking or the waveguide cover burning!
- The self-sterilising bottle should always be placed on the outer sides of the turn plate, and not in the centre of the plate as this could result in uneven heat distribution for disinfection.
- Do not leave your microwave unattended during the sterilising process.
- Never self-sterilise your bottle without water or incorrect water level; please be sure to use exactly 20mls of tap water.
- Always set the microwave to the correct power and time. If using a combination microwave, ensure the bottle is not exposed to the heat of the grill because this will damage it.

Making up your bottle – Formula Feeding

- **NEVER PREPARE A BOTTLE WITH A BABY/TODDLER PRESENT/CLOSE**
- **NEVER POUR BOILING WATER INTO THE BOTTLE**
- Make sure you leave your sterilised bottle to cool for at least 10 minutes before making up a feed in it.
- After you have cleaned/sterilised your bottle you are now ready to make up your bottle making sure all parts are assembled correctly/tightly.

- Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before). Once boiled, the water should be left to cool for at least 20 minutes up to 30 minutes*. NHS recommend a temperature of 70°C when making up a bottle. *(Cooling time of at least 20 minutes is suggested by MAM for the boiled water to cool enough to be used for making up a bottle, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding.)

Tip: If sterilising and making up a feed in one go, we recommend: Start by boiling the kettle. While this is boiling and cooling for at least 20 minutes up to 30 minutes (as instructed above), you can sterilise your bottle and leave this to cool for at least 10 minutes before assembling and pouring in the cooled water from your kettle. It is extremely important not to pour boiling water into the bottle, especially while it is still very hot from sterilising.

- Follow instructions included in your formula pack/tub to know how much formula/water is needed.
- Once you have put in your formula and cooled down boiled water, place the teat with collar and lid on top and mix together formula and water. To do so, either gently shake the bottle over a sink and away from you and baby or stir it with a spoon to avoid any air bubbles which might cause colic.
- We recommend wrapping a towel/cloth around the base when shaking.
- **WARNING:** Boiled water that has not been left to cool long enough (at least 20 minutes / as instructed above) can cause a considerable amount of pressure to build up in the bottle; this could cause the base to become loose and cause accidents. There is a serious risk of scalding if you do not leave the water in the kettle to cool for at least 20 minutes, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding. – Especially if you have not allowed your bottle to cool after sterilising.
- Before feeding to your baby, you should check the bottle is tightly screwed together and test the temperature of the milk. – You are now ready to feed your baby.

Tip: MAM Recommend, after the initial 5 seconds of gently shaking, it might be worth undoing the lid, teat and collar to release any build-up of pressure caused by the hot water, you may notice the build-up of pressure from the teat expanding.

Heating

- Heating methods: Bottle warmer, jug of water, running water.
- For MAM Easy Start Anti Colic bottles if warming in a bottle warmer or a jug of water you **MUST** remove the lid/teat and collar as a whole beforehand. NEVER heat a sealed bottle if heating with these methods as this may cause water to flow into the bottle.
- Never place in heated oven. NEVER heat the bottle on open flame or fire.
- Do not overheat as this may damage the bottle.
- NHS do not recommend warming in a microwave as this can cause hot spots in the milk.
- After heating milk, stir thoroughly or gently shake to evenly distribute the heat. Always check feeding temperature before giving this to your baby. NEVER heat the bottle with food in it above 70°C.

Cooling

- Cooling methods: Leave at room temperature, jug of water, running water.
- For MAM Easy Start Anti Colic bottles if cooling in a jug of water you **MUST** remove the lid/teat and collar as a whole beforehand. NEVER cool a sealed bottle in a jug of water as this may cause water to flow into the bottle.

Tip: MAM recommend, after heating, wrap a cloth or towel around the bottom of the bottle to absorb any excess water and ensure base is tightly screwed on.

Breastmilk use and storage:

- You can store your breastmilk in the Easy Start Bottle in the fridge for up to eight days at 4C or lower.
- The Easy Start Bottle is not suitable for storing milk in the freezer. We recommend using the MAM Storage Solution Pots for freezer storing.

Sterilising/how long will my bottle remain disinfected?

- Refer to your steriliser instruction leaflet for sterilising times and information.
- Bottles that are self sterilised remain disinfected for up to 48 hours, depending on the cleanliness of hands, surfaces and environmental factors.
- Once a bottle has been removed from a steriliser, the bottle should be used to make a bottle straight away, in keeping with cooling times and safe bottle preparation as stated within these instructions.
- MAM recommends storing all bottles dry, assembled and away from direct sunlight or heat and in a cool and dry environment.

WARNINGS: For your child's safety and health WARNING!

- Always prepare a bottle away from baby!
- Serious risk of scalding if Self-Sterilising & Making up your bottle instructions are not followed correctly.
- Always use this product under adult supervision, never leave baby alone with this product.
- Never use feeding teats as a soother
- Never attach to cords, ribbons, laces or loose parts of clothing. The child can be strangled.
- Continuous and prolonged sucking of fluids will cause tooth decay – do not put baby to bed with a bottle.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children
- Throw away at the first signs of damage or weakness.
- NEVER heat a sealed bottle in a bottle warmer or jug of water as this may cause water to flow into the bottle. You MUST remove the lid/teat and collar as a whole beforehand.
- NEVER cool a sealed bottle in a jug of water as this may cause water to flow into the bottle. You MUST remove the lid/teat and collar as a whole beforehand.

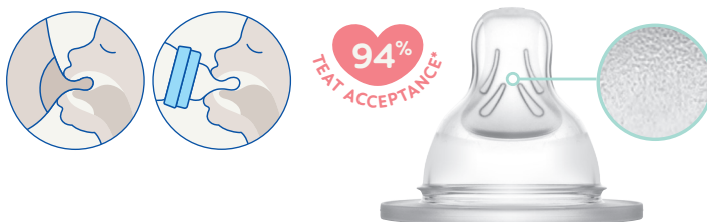
Other advice:

- The bottle lid is a possible suffocation hazard. Keep out of reach of children.
- The bottle is made from a soft plastic called polypropylene which is hygienic and easy to clean. Avoid any heavy pressure on it, as this may affect the function.
- Do not use a pin or other sharp object to enlarge the feeding hole of the teat.
- Teats MUST be replaced every 1–2 months for hygiene & safety reasons.
- Do not let babies self-feed
- Only use MAM teats with the MAM bottles. Bottle teat fits all MAM wide neck bottles and the Trainer.
- Use sugar free foods or liquids only
- To avoid injury do not let baby walk around with the bottle
- Do not put your baby to bed with a bottle. Prolonged contact with liquids may cause severe tooth decay.
- On first use and sometimes during use, the ventilation slit (in the raised bubble on the underside of the teat base) can stick together. This will prevent air from entering the bottle during feeding and as a result, cause the teat to collapse. Slowly brush over or pinch the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.

5.2. MAM Teat with SkinSoft™ silicone surface

94%* of babies accept this teat quickly and easily.

This is thanks to the time and energy invested in the choice of material, wall thickness, shape and surfaces during product development.



The oval shape of the MAM teat is modelled to the shape of mother's nipple during feeding. When baby pauses from drinking, the oval nipple shape can be briefly seen before returning to its original state.

*Market Research 2009-2023, tested with 1,808 babies.

MAM teat size 0 with especially small mouthpiece and opening – ideal for breast milk



MAM TEAT
with SkinSoft™ silicone surface

- Easily accepted by babies – for a familiar feeling

SYMMETRIC SHAPE

- Always fits perfectly in baby's mouth



TEAT SIZE

- Especially soft lip rest and small mouthpiece – ideal for newborns

AIR VALVE






- Prevents the teat from collapsing
- Allows for a smooth drinking flow

MAM teat size 0 has been especially developed for newborns.

The very soft lip rest with its SkinSoft™ silicone surface and small mouthpiece fits perfectly with newborns' features.

The teat is especially small, symmetrical and flattened, with an opening that has been carefully adapted to allow thin breast milk to pass through.

The MAM teat is available in five different sizes:

0 Months  Extra Slow Flow	0+ Months  Slow Flow	2+ Months  Medium Flow	4+ Months  Fast Flow	6+ Months  Ideal for Thick Liquids
Just a recommendation. May vary depending on your baby's drinking patterns.				

6. Troubleshooting – Manual Breast Pump

If there is low or no suction

- Check that all connections are properly attached at all connection points.
- Check that the silicone cushion is firmly seated in the funnel adapter.
- Check that the valve body is firmly connected to the funnel adapter.
- Check that the membrane cap/handle holder is properly connected.
- Ensure that the breast shield forms a complete seal around the breast.

Milk backflow

- If milk or water is found in the membrane, rinse the membrane with clean, hot water.
- Check to ensure that the membrane is not damaged.

IMPORTANT INSTRUCTIONS:

- Serious risk of scalding if instructions are not followed correctly!
- Never pour boiling water into the bottle.
- Cooled boiled water can still be extremely hot, pressure build up in the bottle can happen.
- If shaking when making up a feed, shake over the sink, with base facing away. Ideally with a towel/ cloth wrapped around.
- Never prepare the bottle whilst holding a baby.
- Never screw any parts of the bottle together when self sterilising/sterilising.
- It is very important to allow sterilised bottles to cool down for at least 10 minutes before preparing a feed.