Symphony® Quick Start Guide

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easy step-by-step
instructions and videos



INITIATE program



When to switch from INITIATE to MAINTAIN?

INITIATING LACTATION

AFTER BIRTH



≥8x in 24h

Pumping session = 15 mins Stimulation phase:

Stimulation phases, expression phases and pauses



Once **20 mL or more** is expressed from **both breasts combined**, during one pumping session

or -



When physiological markers of milk 'coming in'* become apparent
*feeling of breast fullness

or

3



Switch to the MAINTAIN program no later than day 6

7

MAINTAIN program

BUILDING AND MAINTAINING LACTATION



≥8x in 24h

Pumping session ≥ 15 mins

2-Phase Expression (stimulation and expression phase)

 $\dot{\underline{\mathbb{N}}}$

Note: This quick guide does not replace the complete instructions for use. Please refer to the Symphony instructions for use for further information.



Wash hands thoroughly with soap and water before touching the breast pump, the pump sets and breasts.

INITIATE program

You can tell this program is running from these symbols on the display:



Press the On/off button



Press the 'Let-down' button within 10 seconds to use the **INITIATE** program



Set maximum comfort vacuum



NOTE: Program ends automatically





MAINTAIN program

You can tell this program is running from these symbols on the display:



Press the On/off button

wait



The MAINTAIN program will automatically start with the stimulation phase



If milk begins flowing before the two minutes have passed, press the 'Let-down' button to switch straight to the expression phase. After 2 minutes in the stimulation phase, the pump switches automatically to the expression phase.



Set maximum comfort vacuum



NOTE: Program does not end automatically

IMPORTANT!

For maximum effectiveness, efficiency and comfort, always double pump with your maximum comfort vacuum and correctly fitted breast shields. Go to www.medela.com/fittingquide to find your breast shield size.

Adjust to your maximum comfort vacuum by turning the vacuum knob to the right to increase suction until you experience slight discomfort. Next, turn it to the left to decrease suction until it is comfortable

