



Whittlestone
Expresser™

User Instructions





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Congratulations on the birth of your baby.

Thank you for choosing the Whittlestone Expresser to help you to breastfeed longer. Whether you are having a rest, out for a few hours or returning to work, your baby can still enjoy the benefits of your breastmilk. Even if you can't be there to give it yourself.

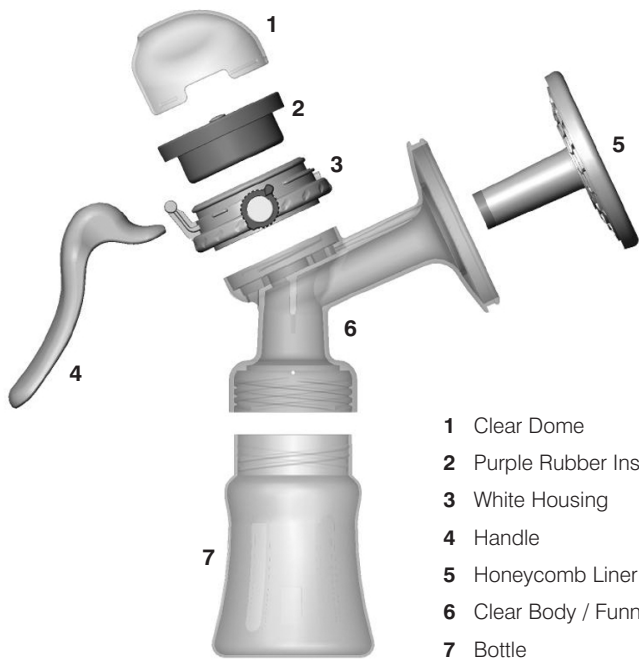
The Whittlestone Expresser stimulates the breast with the use of gentle pulsation, which means faster let-down, more milk for your baby and unrivalled comfort for you.

Clinical trials show that stimulation is proven to help mothers initiate and maintain a long-term milk supply.



Whittlestone

Expresser™



- 1 Clear Dome
- 2 Purple Rubber Insert
- 3 White Housing
- 4 Handle
- 5 Honeycomb Liner
- 6 Clear Body / Funnel
- 7 Bottle

Before First and Every Use

Disassemble the Whittlestone Expresser

Step 1. Firstly, unscrew the bottle.



Step 2.
Remove
honeycomb



Step 3.
Remove the
clear dome



Step 4.
Lift the handle
and remove



Step 5.
Remove the rubber
purple insert



Step 6.
Twist off the
white housing

Be careful not to dislodge the purple rubber plugs within the white housing.

Cleaning and Sterilisation

Gently wash all the parts in warm soapy water, or in the dishwasher* and rinse.

Sterilise in cold water sterilisation solution, following the manufacturers guidelines, or by immersing in a pan of boiling water for 3 minutes, or by using a steam steriliser.

* *All parts to the Whittlestone Expresser are dishwasher safe, however, frequent washing in a dishwasher may eventually reduce the Expressers performance.*

Reassemble the Whittlestone Expresser

- Wash your hands thoroughly
- Twist on the white housing (3) to clear body (6)
- Reinsert purple rubber insert (2)....making sure that the edges click firmly into place
- Click handle (4) firmly into place....making sure to engage the stem, located in the middle of the purple rubber insert
- Click clear dome (1) into place
- Insert honeycomb liner (5)....making sure that the edges click firmly into place
- Screw in bottle (7) firmly

Note: Honeycomb liner and purple rubber insert should be kept in original shape. If folded or crimped for long periods, they will stay that way. If this occurs, submerge rubber parts in boiling water until original shape returns.

**ALWAYS DETACH HANDLE WHEN STORING
OR TRANSPORTING PUMP**

Important Note:

**Always examine pump for firm and proper fit BEFORE USE.
An airtight fit is essential for proper operation.**

How to Use your Whittlestone Expresser

1. Wash your hands thoroughly and make sure your breasts are clean
2. Make sure that you have sterilised and assembled your expresser exactly as shown on page 4 - 5
3. Refer to the "Successful Breastmilk Expression" section
4. Relax in a comfortable chair leaning forward slightly
5. Set vacuum dial on white housing (3) to medium setting
6. Centre nipple into honeycomb liner opening
7. Begin squeezing and releasing handle (4) (approximately once per second)
8. Milk should begin to flow after the first few strokes.

Do not worry if your milk does not flow immediately, relax and continue pumping.

Note: Medium setting is good for most Mums, but if too high or low, adjust vacuum dial accordingly: towards the breast for less vacuum - away from the breast for higher vacuum.

Expressed Breastmilk Storage

1. Storage containers should be sterilised before use.
2. Expressed breastmilk should be refrigerated as soon as possible and within a day of collection.
3. Expressed breastmilk can be stored in the refrigerator (consistently at 4°C or below) for up to 8 days.
4. In a well used refrigerator where the temperature may rise above 4°C expressed breastmilk should be used within 3 days
5. Expressed milk can be stored in a freezer for up to 6 months

Ref: The Breastfeeding Network MIDRIS Midwifery Digest 13:3 2003

Expressed Breastmilk Defrosting and Warming

1. Wash your hands thoroughly before handling breastmilk
2. Defrost expressed milk in the fridge. If needed quickly defrost under cool, then warm running water.
3. Dry the outside of the container with paper before use

DO NOT USE A MICROWAVE TO DEFROST OR WARM EXPRESSED BREASTMILK.

IF THE EXPRESSED MILK SMELLS SOUR DISCARD IMMEDIATELY

Successful Breastmilk Expression

The Whittlestone Expresser is very simple and easy to use, you will soon get used to expressing your milk. However, you may need to try a few times before you succeed initially.

1. Try not to express when you are rushed. Choose a time when you can relax, free of interruptions.
2. "Let-down" can be encouraged by having your baby, or a photo of your baby, nearby.
3. Warmth and relaxation can encourage milk flow
4. Try expressing after a bath or a shower.
5. Try expressing from one breast while your baby is feeding from the other, or continue expressing straight after a feed.

If you experience difficulties with breastmilk expression please consult your breastfeeding advisor.



Useful Information

National Childbirth Trust

0870 444 8708 (Breastfeeding Line)

Association of Breastfeeding Mothers

020 7813 1481 (24 hr helpline)

Breastfeeding Network

0870 900 8787 (Support line)

La Leche League

020 7242 1278 (24 hr helpline)

www.breastpumps.co.uk

Mail Order Breastpumps - Breastfeeding Products
(including Whittlestone Spare Parts)

Whittlestone Europe

CMS House

Basford Lane

Leek

Staffordshire ST13 7DT

Tel: 01538 386650

Fax: 01538 399572

www.whittlestone.co.uk

info@whittlestone.co.uk

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