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E

Solo desde España...Si tiene alguna pregunta sobre los productos AVENT o tiene dificultad en adquirirlos, por favor llámenos al:

TELÉFONO GRATUÍTO 900 97 44 35

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Se quiser receber o nosso catálogo grátis ou se tiver dificuldades em comprar os nossos produtos, por favor telefone-nos:

800 20 47 23 (Chamada Gratuita)

IL

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AVENT
Naturally

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AVENT™
Naturally
ISIS™

Breast Pump
Instructions for use

Extractor de
Leche Manual

Instrucciones de uso

Bomba Tira
Leite

Instruções de uso

משאבת חלב
ISIS

הוראות שימוש



CLINICALLY PROVEN
AS EFFECTIVE AS HOSPITAL ELECTRIC*
AND BATTERY PUMPS†

CLÍNICAMENTE PRUBADO
TAN EFICAZ COMO UN EXTRACTOR
DE LECHE ELECTRICO DE HOSPITAL*
O UN EXTRACTOR A PILAS†

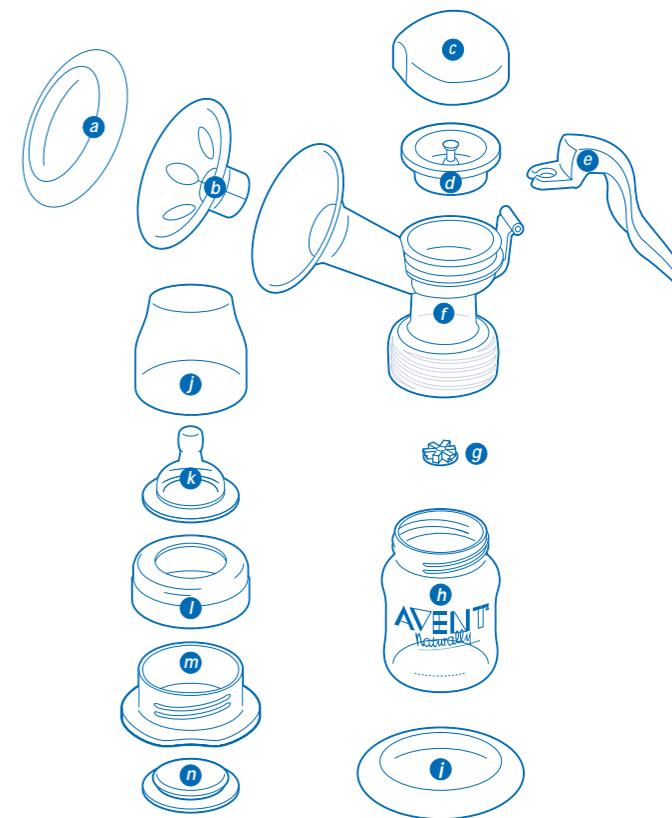
CLINICAMENTE TESTADO
COMO SENDO TÃO EFICAZ
COMO AS BOMBAS ELÉCTRICAS*
OU A PILHAS HOSPITALARES†

מחקר קליני מוכיח:
המשאבה היעילה ביותר*

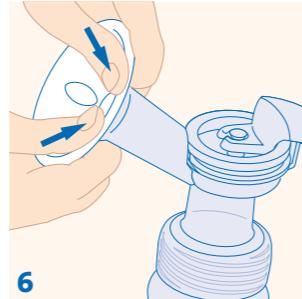
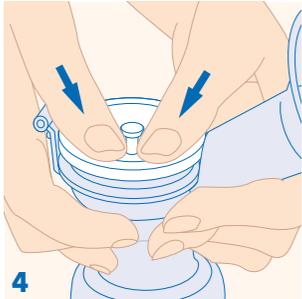
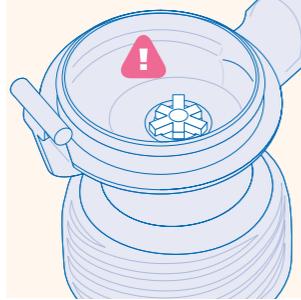
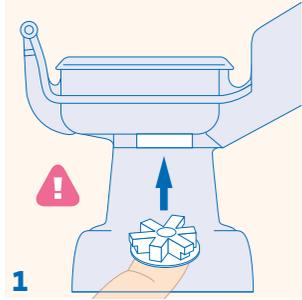
* Randomized Trial Comparing the Efficacy of a Novel Manual Breast Pump With a Standard Electric Breast Pump in Mothers Who Delivered Preterm Infants. M S Fewtrell, P Lucas et al. MRC Childhood Nutrition Research Centre, London. Pediatrics June 2001.

† Randomized Study Comparing the Efficacy of a Novel Manual Breast Pump With a Mini-Electric Breast Pump in Mothers of Term Infants M S Fewtrell, P Lucas et al. MRC Childhood Nutrition Research Centre, London. Journal of Human Lactation May 2001.

2.



6. (1)-(7)



! **IMPORTANT: DO NOT LOSE THE WHITE VALVE. YOUR PUMP WILL NOT WORK WITHOUT IT OR IF IT IS FITTED INCORRECTLY.** If lost, spare valves are available direct from AVENT.

! **IMPORTANTE: NO PIERDA LA VÁLVULA BLANCA. EL EXTRACTOR NO FUNCIONA SIN ELLA O SI ESTÁ COLOCADA DE MANERA INCORRECTA.** Si se perdiera, puede solicitar piezas de repuesto a AVENT directamente.

! **IMPORTANTE: NÃO PERCA A VÁLVULA BRANCA. A BOMBA NÃO FUNCIONARÁ SE NÃO TIVER A VÁLVULA OU SE ESTIVER MONTADA INCORRECTAMENTE.** Se a perder, poderá encomendar válvulas sobressalentes directamente à AVENT.

! חשוב! אל תאבדי את שסתום הלבן. המשאבה שלך לא תפעל בלעדיו או כאשר אינו מורכב נכון. במוקרה של אובדנו ניתן לרכוש חלפים ישירות ב-AVENT.

Instructions for use

Please take five minutes to read through the **WHOLE** of this leaflet before you use your AVENT ISIS Breast Pump for the first time.

Contents

1. Introducing the AVENT ISIS Breast Pump
2. AVENT ISIS Breast Pump parts
3. To clean and sterilise your pump
4. To keep your pump sterile and compact for travel
5. Using the AVENT Disposable System with your ISIS Breast Pump
6. How to assemble your AVENT ISIS Breast Pump
7. When to use your AVENT ISIS Breast Pump
8. Hints to help you succeed
9. How to use your AVENT ISIS Breast Pump
10. How to store your expressed breast milk
11. Feeding your baby your expressed breast milk
12. Choosing the right teat for your baby
13. Troubleshooting Guide
14. Other breastfeeding products from AVENT

Should you ever lose these instructions, they are available on our website: www.avent.com

: 14. מוצרים נוספים מבית AVENT



סטריליזטור למיקרו מסדרת לחיטוי של בקטריות וחידקים תוך 4 דקות. יכול להכיל עד 4 בקבוקים ואביזרים נלווים. מותאם במיוחד לסטריליזציה של משאבת חלב ISIS.



מחמם בקבוקים - הדרך המהירה והבטוחה לחימום חלב, תחליפי חלב ומזון מוצק. מתאים לכל סוגי הבקבוקים.



מגיני פטמות מבית AVENT - להגנה על פטמות כואבות/סדוקות במהלך הנקה (במידות קטנות ורגילות).



מכלי חלב אם/ מזון לתינוק מבית AVENT לאחסון חלב האם/ מזון לתינוק במקרר או במקפיא.



מערכת בקבוק חד פעמי ושקיות חד פעמיות של אוונט שקיות אחסון מחוטות מראש, לאחסון והקפאה של חלב אם שנשאב.

1. Introducing the AVENT ISIS Breast Pump

CLINICALLY PROVEN AS EFFECTIVE AS HOSPITAL ELECTRIC* AND BATTERY PUMPS†

The AVENT ISIS Breast Pump is a breakthrough in breast pump design. Its silicone diaphragm provides 100% reliable suction, whilst the let-down massage cushion naturally imitates your baby's suckling action to provide fast milk flow – silently, comfortably and gently. The pump is easy to assemble, discreet to use and all parts are dishwasher safe.

Doctors recommend breast milk is the best nutrition for babies during the first year, combined with solid food after 6 months. Your milk is specially adapted for your baby's needs and contains antibodies which help protect your baby against infection and allergies.

Your AVENT ISIS Breast Pump will help you breastfeed longer. You can express and store your milk so that – whether you are out for a few hours, taking a well deserved rest, or back at work – your baby can still enjoy the benefits of your breast milk, even if you can't be there to give it yourself. As the pump is so silent and discreet you can take it with you anywhere, allowing you to express milk at your own convenience and maintain your milk supply.

Since the AVENT bottle and teat were specially designed to mimic breastfeeding, your baby will switch easily between breast and bottle. So working mothers can continue to breastfeed morning and evening and another carer can give their expressed breast milk during the day.

* Randomized Trial Comparing the Efficacy of a Novel Manual Breast Pump With a Standard Electric Breast Pump in Mothers Who Delivered Preterm Infants. **M S Fewtrell, P Lucas et al. MRC Childhood Nutrition Research Centre, London.** Pediatrics June 2001.

† Randomized Study Comparing the Efficacy of a Novel Manual Breast Pump With a Mini-Electric Breast Pump in Mothers of Term Infants **M S Fewtrell, P Lucas et al. MRC Childhood Nutrition Research Centre, London.** Journal of Human Lactation May 2001.

2. AVENT ISIS Breast Pump parts

PUMP

- a) Funnel cover
- b) Let-down massage cushion
- c) Pump cover
- d) Silicone diaphragm and stem*
- e) Handle
- f) Pump body and funnel
- g) White valve*

BOTTLE

- h) Reusable bottle (125ml/4oz) or Disposable Bottle System
 - i) Stand
 - j) Dome cap
 - k) Newborn teat (0m+)
 - l) Screw ring
 - m) Travel cover
 - n) Sealing disc
- *spares included

3. To clean and sterilise your pump

Before you use your breast pump for the first time and every time before use:

Separate all parts, then wash in the dishwasher or in warm soapy water and rinse. Do not use antibacterial cleaners/detergents. Sterilise in an AVENT Steam Steriliser (electric or microwave), or by boiling for 10 minutes or in a chemical sterilising solution, following the manufacturer's guidelines. If using an AVENT Steam Steriliser, the pump will remain sterile in the Steriliser for 3 hours provided the lid is not removed.



4. To keep your pump sterile and compact for travel

After sterilising all parts, you can clip the cover (a) over the funnel and let-down massage cushion and screw the travel cover (m) onto the pump body (f) in place of the bottle or bottle holder.



5. Using the AVENT Disposable System with your ISIS Breast Pump

Simply replace the reusable AVENT bottle with the AVENT Disposable Bottle Holder fitted with a disposable bottle bag.



6. How to assemble your AVENT ISIS Breast Pump

Separate all parts and ensure pump has been cleaned and sterilised as in section 3:

- 1 Wash your hands thoroughly. Click the white valve (g) into the pump body (f) from underneath making sure the flat side of the valve is downwards.
- 2 Place the pump body (f) onto the bottle (h).
- 3 Twist gently clockwise until it 'clicks' in place. **DO NOT OVERTIGHTEN**
- 4 Place the silicone diaphragm and stem (d) into the pump body (f). Make sure it fits securely round the rim by pressing down with your fingers to ensure a perfect seal. (This is easier if assembled whilst wet.)
- 5 Place the forked end of the handle (e) under the diaphragm stem (d) and push down gently on the handle until it clicks into place.
- 6 Carefully insert the let-down massage cushion (b) into the pump funnel (f) making sure it is perfectly sealed all round the rim of the funnel. (This is easier if assembled whilst wet.)
- 7 Click the pump cover (c) onto the pump body (f). To make the pump completely stable insert the bottle into the stand (i).

7. When to use your AVENT ISIS Breast Pump

- 1 If possible, wait until your milk supply and breastfeeding schedule are well established, normally at least 2-4 weeks after birth, unless told otherwise by your doctor or breastfeeding adviser

- 2 The exceptions to the above are:
 - a) If you are expressing milk for your baby to be given in hospital.
 - b) If your breasts are engorged (painful or swollen), you can express a small amount of milk before or between feeds to ease the pain and to help your baby latch on more easily.
 - c) If you have sore or cracked nipples, you may wish to express your milk until they are healed.
 - d) If you are separated from your baby and wish to continue to breastfeed when you are reunited, you should express your milk regularly to stimulate your milk supply.
- 3 You will need to find the right times of the day for you to express your milk, e.g.
 - a) Early in the morning when your breasts are full, just before or after your baby's first feed.
 - b) After a feed, if your baby has not emptied both breasts.
 - c) Between feeds, or in a break if you have returned to work.

8. Hints to help you succeed

Using a breast pump takes practice – you may need to make several attempts before you succeed, but because the AVENT ISIS Breast pump is so simple and natural to use, you will soon get used to expressing your milk.

- 1 Choose a time when you're not rushed and won't be interrupted.
- 2 Having your baby or a photograph of your baby nearby can help encourage 'let-down'.
- 3 Placing a warm cloth on the breasts for a few minutes before you start pumping can encourage milk flow and soothe painful breasts.
- 4 Warmth and relaxation can encourage milk flow. Try expressing after a bath or shower.
- 5 Try expressing from one breast while your baby is feeding from the other, or continue expressing just after a feed.

- 6 Repositioning the pump on the breast from time to time can help stimulate your milk ducts.

Practice with your pump to find the best technique for you. However, if the process becomes very painful, stop and consult your breastfeeding adviser.

9. How to use your AVENT ISIS Breast Pump

- 1 Wash your hands thoroughly and make sure your breasts are clean. Gently squeeze a little milk from each nipple to ensure milk ducts are not blocked.
- 2 Make sure you have sterilised and carefully assembled your pump exactly as shown in sections 3 and 6.
- 3 Consult the 'Hints to help you succeed' section.
- 4 Relax in a comfortable chair, leaning slightly forward (use cushions to support your back). Make sure you have a glass of water nearby.
- 5 Press the funnel and let-down massage cushion of the pump firmly against your breast, making sure that no air can escape – otherwise there will be no suction.
- 6 As you gently push down on the pump handle, you will feel the suction on your breast. You don't need to depress the handle fully to create a vacuum – only as much as is comfortable. Your milk will soon start flowing, even though you may not use all the suction the pump can generate.
- 7 Begin by pumping 5-6 times rapidly to initiate let-down. Then, hold the handle down for 2-3 seconds, and allow it to return to its resting place. These 2-3 second cycles imitate your baby's natural suckling pattern and allow the milk to flow into the bottle between strokes.
- 8 Milk should begin to flow after the first few strokes. Don't worry if your milk does not flow immediately. Relax and continue pumping.

Do not continue pumping for more than 5 minutes at a time if NO result is achieved. Try expressing at another time during the day.

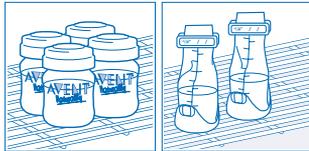
Please remember that, should the process become very painful or uncomfortable, you should stop using the pump and consult your doctor or breastfeeding adviser.

- 9 Whilst some women may prefer to use the pump without the let-down massage cushion, extensive trials show that, in most cases, the massaging effect of the petals flexing in and out around the areola stimulates the let-down reflex and allows you to express more milk more quickly.
- 10 On average you will need to pump for 10 minutes to express 60/120ml or 2/4 ozs. However, this is just a guide and varies from woman to woman. If you find that you regularly express more than 120ml per session, please use a 9oz/260ml AVENT bottle.

Do not overfill the bottle and keep it upright, otherwise it may leak from below the pump body.

10. How to store your expressed breast milk

- Breast milk can be stored in the fridge or freezer in either sterile Breast Milk Storage Containers (4oz/125ml or 9oz/260ml bottles fitted with sealing discs) or in pre-sterilised disposable bags, sealed with a clip.
- Only milk collected with a sterile pump should be stored to be fed to your baby.
- Expressed milk should be refrigerated immediately.
- Expressed breast milk can be stored in the refrigerator for up to 24 hours (not in the door) or in the freezer for up to 3 months.
- If you are storing milk in the fridge to add to during the day, only add milk which has been expressed into a sterile container. Milk can only be kept like this for a maximum of 24 hours (from first expression) after which it must be used immediately or frozen for future use.
- NEVER refreeze breast milk.
- DO NOT add fresh breast milk to already frozen milk.



Storing your milk in AVENT Reusable Bottles

If your expressed breast milk will be fed to your baby within 24 hours, assemble the teat, screw ring and dome cap and attach onto the bottle for storage in the fridge.

To store in the freezer (for up to 3 months), use an AVENT Sealing Disc in place of the teat and dome cap. The storage container should be clearly labelled with the date and time of expression and older milk used up first.

Storing your milk in AVENT Disposable Bottle Bags

If using AVENT Disposable Bags for storage, secure bag with clip and place in disposable holder base. Allow at least 25mm/1" of space between the milk and the clip as the milk will expand as it freezes. No more than 6fl.oz. (170ml) of milk should be stored in a disposable bag. Make sure it is well protected in the freezer to prevent crushing.

11. Feeding your baby expressed breast milk

If breast milk has been stored in an AVENT Breast Milk Storage Container, replace the sealing disc with a sterilised AVENT teat.

If breast milk has been stored in a Disposable Bottle Bag, fit the bag into the AVENT Disposable Bottle Holder. Assemble blue tinted teat, screw ring and dome cap and screw onto the top of the holder, securing the bag.

Frozen breast milk should be defrosted overnight in the refrigerator. However, in an emergency, it can be defrosted in a jug of hot water. Once thawed use within 24 hours.

Breast milk can be heated in the same way as any other bottle feed. Stand the bottle of milk in a bowl of hot water or alternatively, for a safe and fast way to warm feeds use the AVENT Express Bottle Warmer. Always make sure you test the temperature of the feed before giving to baby.

Never heat breast or formula milk in a microwave as this may destroy valuable nutrients/ and antibodies. In addition, the uneven heating may cause hot spots in the liquid which could cause burns to the throat.

12. Choosing the right teat for your baby

Teats are numbered on the side to indicate flow rate.

Do not use clear AVENT teats with your Disposable System as it will leak.



Reusable
(clear teat)

Disposable
(blue teat)

	Newborn – one hole Suitable for newborn and breast fed babies.	✓	✓
	Slow Flow – two holes For a slightly faster flow. Suitable for 1 month+ and breast fed babies.	✓	✓
	Medium Flow – three holes Recommended for babies 3 months and older.	✓	✓
	Fast Flow – four holes Recommended for babies 6 months and older.	✓	✓
	Variable – one slot With a slot instead of holes. Recommended for babies 3 months and older.	✓	n/a
	<i>By rotating the bottle and aligning the position marker on the side of the teat with the baby's nose, you can vary the flow to suit your baby's needs, generally faster at the beginning and slower towards the end (align marker I for slow flow, II for medium and III for fast flow).</i>	✓	n/a

13. Troubleshooting Guide

Lack of suction	Check that all the pump components have been assembled correctly and that the valve is the right way up. Ensure that the diaphragm and let-down massage cushion are fitted securely to the pump body and a perfect seal is created.
No milk being expressed	Ensure suction is created and the pump is correctly assembled. Relax and try again, expression may improve after practice. Please refer to the 'Hints to help you succeed' section.
Pain when expressing	You may be pumping too hard. You do not need to use all the suction the pump can generate. Try depressing the handle halfway and remember the 2-3 second pumping rhythm. Consult your health professional/breastfeeding adviser.
Milk is drawn up the petal massage cushion	Try removing and refitting the petal massager to ensure it is firmly attached and pushed far enough down the funnel. Try leaning slightly forward.
Cracking/discolouration of pump parts	Avoid contact with antibacterial detergents/cleaners as these can damage the plastic. Combinations of detergents, cleaning products, sterilising solution, softened water and temperature fluctuations may, under certain circumstances, cause the plastic to crack. If this occurs, do not use. Contact AVENT Customer Services for spare parts. The pump is dishwasher safe but food colourings may discolour components.
Lost or broken parts	Spare parts are available through AVENT Customer Services, telephone 0800 289064 or visit our web-site at www.avent.com

If you are still experiencing problems, please contact AVENT Customer Services on 0800 289064 (UK), 1800 509 021 (IRL) or email us at enquiries@avent.com or contact your health professional/breastfeeding adviser.

14. Other breastfeeding products from AVENT



ISIS Out & About Breast Pump Set –
for expressing and transporting
breast milk



ISIS Comfort Breast Shell Set
(2 pairs) with Ultrasoft Backing
Cushion – to protect sore/cracked
nipples, help ease engorgement
and collect leaking breast milk



AVENT Breast Milk/Baby Food Containers –
for storage of breast milk or baby food
in the fridge or freezer



AVENT Nipple Protectors –
to protect sore/cracked nipples
during breastfeeding (small and
standard sizes)



AVENT Breast Milk Storage Kit –
pre-sterilised disposable bags for storing
and freezing expressed breast milk



**Ultra Comfort Disposable
Breast Pads** – unique ULTRA
absorbent core guarantees total
dryness and comfort