

Congratulations on your selection of *PJ's* multi-user electric breast pump. We are certain you will be pleased with your purchase and find it an invaluable aid in providing your infant with the finest nutrition available: your own milk.

Limerick, Inc., is proud that *PJ's breast pumps* are designed by breastfeeding mothers for breast-feeding mothers. Our company is owned by a mother daughter team who are certified lactation consultants with over 20 years of experience assisting mothers who use our pumps in the workplace.

We want you to get the best results from your new breast pump. This manual is designed to help you operate it efficiently and safely. Should you have any questions or concerns, our trained staff will be pleased to assist you. Please find our contact information on page 28 or on the back cover.

Best Wishes,  
Patricia and Joan

**Before operating your new PJ's Comfort hospital grade,  
multi user electric breast pump  
or your new PJ's Bliss multi user electric breast pump  
please read the instructions completely.**

**View instructional DVD on Limerick's web site  
[www.limerickinc.com](http://www.limerickinc.com)**



The Food and Drug Administration also known as the FDA has designated breast pumps as either multiple user or a single user pump. Most retail electric breast pumps are single-user. Single-user pumps can never be shared, borrowed or even returned to a retailer. Potentially infectious particles may survive in the breast pump and or its accessories for a surprisingly long time and cause disease in the next baby or mom. Only multi-user breast pumps like PJ's breast pumps are specifically designed to decrease the risk of contamination and re-infection, and are safe to be used by more than one person in the hospital setting, at work or at home. The designation of "hospital grade" is not recognized by the FDA but is an industry term.

The following is a definition of terms:

**Multi – User electric breast pump:** This is an FDA designation indicating that this type of breast pump prevents contamination from a back flow of breast milk, infectious particles and organisms between different users (cross contamination) due to the pump's filter/design. Different women using the same multi – user pump should have their own individual, personal use Sof- touch™ kit which contains a filter to prevent cross contamination. Multi – user designed pumps are also used by a single-user as their personal pump because they provide an extra level of safety.

**Hospital Grade/ Rental-Grade Electric pump:** These breast pumps are utilized in the hospital setting and by rental after discharge. There is an implication that these types of breast pumps are intended for multiple, different users for mother-infant dyads facing significant medical challenges.

**Limerick's definition of hospital grade, multi user breast pump –**

PJ's Comfort hospital grade breast pump is research proven to initiate a milk supply in the most challenged of mothers such as mothers of very low birth weight infants or premature infants. PJ's Comfort is a safe closed system with a filter on the Sof – touch™ kit that prevents milk, infectious particles and organisms from entering the pump thus minimizing the risk for cross contamination. (Limerick's Sof – touch™ kit includes a 1 – micron filter that has a study to validate it prevents bacteria virus and fluid from passing through the filter.) PJ's Comfort motor is more robust and has a life expectancy of at least 3 years. When used in a hospital setting a power cord meeting hospital requirements is supplied.

The Owner's Manual and Instructional DVD can also be found on the Limerick Inc website  
**Para instrucciones de vídeo, por favor visite nuestro sitio web en:  
[www.limerickinc.com](http://www.limerickinc.com)**

To be in compliance with the World Health Organization (WHO) we are not sending nipples with our storage containers. Any standard size nipple will work with the cap.

## An overview of how to use your new multi-user breast pump

1. Sanitize storage containers, caps and gaskets . . . . See page 10
2. Learn use of pump controls . . . . . See page 12
3. Accessory kit assembly . . . . . See page 18  
*Some part may already be assembled*
4. Attach power cord to back of pump . . . . . See page 12
5. Express milk . . . . . See page 22
6. Store milk properly . . . . . See page 23
7. Cleaning accessory kit . . . . . See page 27

\* This overview is not intended to provide complete user instructions.  
Read the entire manual before operating pump.

**Caution:** If the accessory kit is not labeled sterile see page 10 for instructions on sanitizing the accessory kit. Sanitizing the accessory kit needs to be done before the first time you use it. After the first time you use the pump, the accessory kit will only need a simple cleaning procedure found on page 27.



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# Health and Safety

## IMPORTANT SAFEGUARDS

**When using your PJ's Comfort® multi-user hospital grade breast pump and PJ's Bliss™ multi-user electric breast pump, basic safety precautions should always be followed, including the following:**

————— READ ALL INSTRUCTIONS BEFORE USE —————

**WARNING** Every electrical device has a potential for danger. To reduce the risk of burns, electrocution, fire, injury or infection to persons:

1. Always unplug your *PJ's Comfort®* or *PJ's Bliss™* breast pump immediately after using. Unplugging the breast pump is the only way to assure the power is disconnected.
2. Do not use while bathing or showering.
3. Do not place or drop motor unit (pump) or power supply into water or other liquid. If either part falls into water, unplug from wall, then remove it from the water. **Do not use pump or power supply again;** the pump and power supply cannot be repaired after being in water.
4. Do not store or use your breast pump where it can fall or be pulled into a tub, sink or other water container.
5. To avoid damaging the power cord do not wrap/wind power cord around the power adapter.
6. Never operate your pump if it has a damaged power supply cord or plug.
7. Only use the electric power supply/cord that comes with the *PJ's Comfort®* or *PJ's Bliss™* electric breast pump.
8. The breast cup/ storage container Accessory Kits are personal care items designed to be used by one woman only. They are not to be shared between mothers.
9. The filter needs to be replaced if it gets wet.
10. Make sure the outlet power is compatible with the pump. If you plan to use this pump in another country where voltage and outlet plugs may differ, a plug adapter may be required. Please contact Limerick Inc., for recommendations.
11. Do not use while sleeping or when overly drowsy.
12. Supervision is needed when using pump near children.
13. In the rare occasion the amount of suction becomes strong enough to cause pain, immediately pull the filter (part #9 on page15) off the pump's filter connector (#5) and turn pump off. Should the cup remain stuck with suction to your breast after you have removed the

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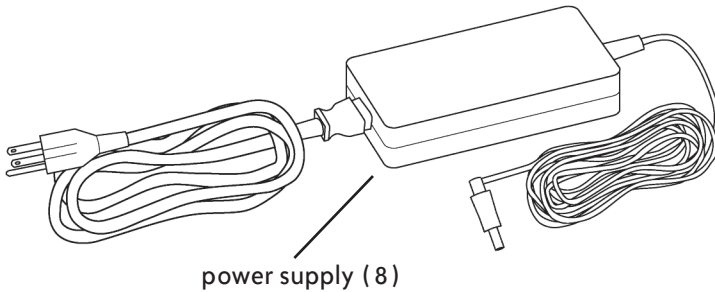
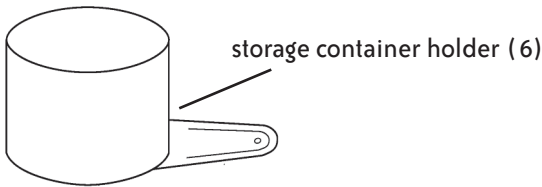
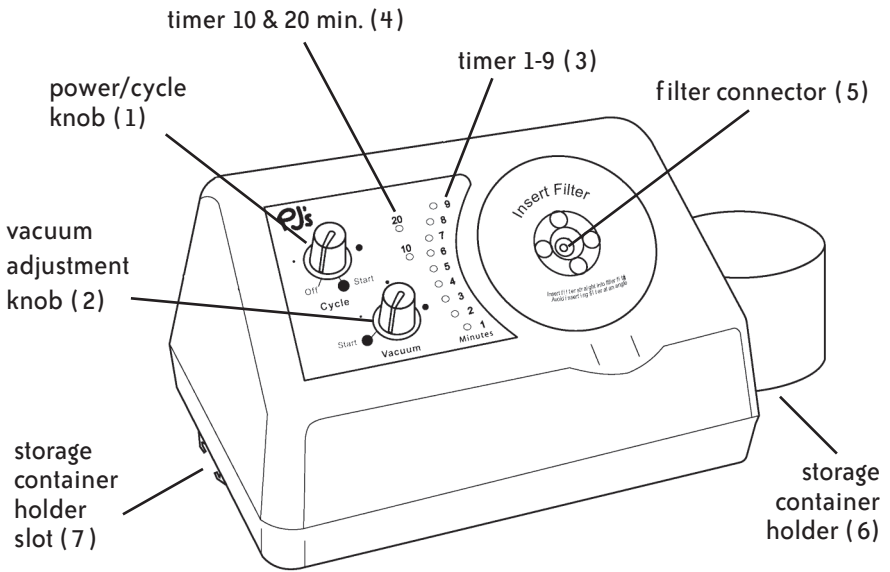
filter and turned off the power, insert your finger between the cup and your breast to break the seal.

14. If the Accessory Kit is not marked *sterile* see pages 10 -11 for sanitizing accessories before first use and pages 26-27 for cleaning after each use.

**CAUTION:** To reduce the likelihood of malfunction, pump failure, damage to pump or damage to other property:

1. Your *PJ's Comfort*® or *PJ's Bliss*™ breast pump should never be left unattended when plugged into an electric outlet.
2. Use the pump only for its intended use as described in this manual.
3. Use **ONLY** Accessory Kits manufactured by Limerick, Inc. Your *PJ's Comfort*® or *PJ's Bliss*™ breast pump operates differently than other pumps, so other kits will not work properly with it. **Use of incorrect parts voids warranty.**
4. Use the pump only in an upright position.
5. Never operate your pump if it is not working properly.
6. Do not use outdoors or where pump could get wet.
7. Keep the cord and all components away from heated surfaces.
8. If the filter becomes plugged, replace the filter.  
Do not tamper with the filter.
9. **DO NOT ATTEMPT TO REPAIR PJ's Comfort® or PJ's Bliss™ multi-user electric breast pump.** There are no user-serviceable parts inside.
10. Your pump has a temperature sensor that shuts it off if the temperature inside gets to high. In the unlikely event that this sensor should fail, and the pump begins to smell hot, turn it off immediately, and call Limerick, Inc., to return it for the repair.
11. In the unlikely event that the pump motor should stop running or cycling and the power is still connected, turn it off immediately and call Limerick, Inc., to return it for repair.

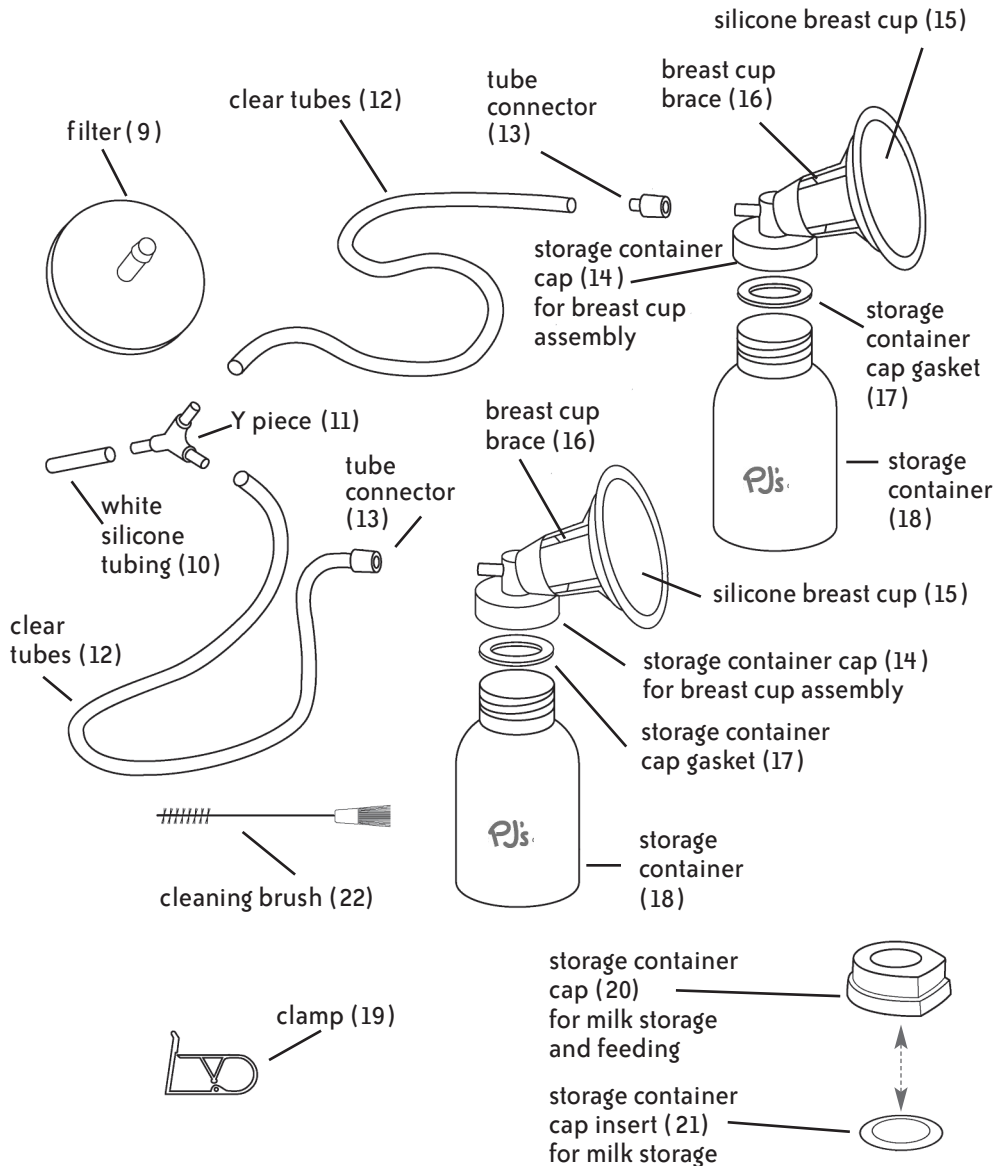
# Pump Component Identification \_\_\_\_\_



**The pump, power supply and storage container holders may be shared by two or more women. See page 25 for details**



# Accessory Kit Components



**This Accessory Kit with filter has been designed for single-person use and should not be shared between mothers.**

Use ONLY Limerick parts; other brands will not work properly with this pump. The use of other brands of accessories will void the warranty.

# Introduction to Breast Pumps ---

## **Purpose of *PJ's Comfort*<sup>®</sup> multi-user hospital grade breast pump and *PJ's Bliss*<sup>™</sup> multi-user breast pump.**

The purpose of the breast pump is to express and collect breast milk. Milk can be collected from both breasts at the same time (double pumping) or from just one breast (single pumping). Specific instructions appear on page 21 and in the “Expressing Milk” section beginning on page 22.

Multiple users: The pump can be used by several women (at different times). For safety, it is important that each woman have her own accessory kit with filter. See page 25 for instructions.

## **Reasons to use a breast pump**

Breast milk is the best possible nutrition you can give your baby. Breast-feeding allows you to give your baby the best possible start in life. While putting your baby to the breast is one way the baby will receive breast milk, there are several reasons for pumping and feeding your baby expressed breast milk.

For information on reasons to use a breast pump, please go to: [www.bfmed.org](http://www.bfmed.org) or find this book at your library or bookstore:

Lawrence, RA, Lawrence, RM: *Breastfeeding: A Guide for the Medical Profession*, ed 7, Missouri, 2005, Mosby.

## **Benefits of using *PJ's Comfort*<sup>®</sup> multi-user hospital grade breast pump and *PJ's Bliss*<sup>™</sup> multi user breast pump.**

- Maintain milk production by emptying the breast if breast-feeding is temporarily interrupted
- Increase milk production
- Continue to provide infant with breast milk when mother and infant are separated
- This portable, lightweight *multi-user* pump can easily be carried by the mother when she must be separated from her baby.
- Optional accessories are available to facilitate pumping away from home:
  - ✓ A stylish tote bag can be worn over one shoulder or as a backpack and is roomy enough for the pump, accessory kit and a cooler for the storage containers.
  - ✓ An insulated cooler has room for 4 five-ounce storage containers and 3 ice packs to keep milk cold on the road.
  - ✓ Extra storage containers for storage of milk
  - ✓ Ice packs to keep milk cold
  - ✓ On the road? No problem! The *PJ's Comfort*<sup>®</sup> or *PJ's Bliss*<sup>™</sup> breast pump can be used in any vehicle with a lighter plug. A special 12-volt adapter allows you to pump while traveling.
  - ✓ No outlet? No Problem! A rechargeable battery pack can be purchased for times when electricity is not available.

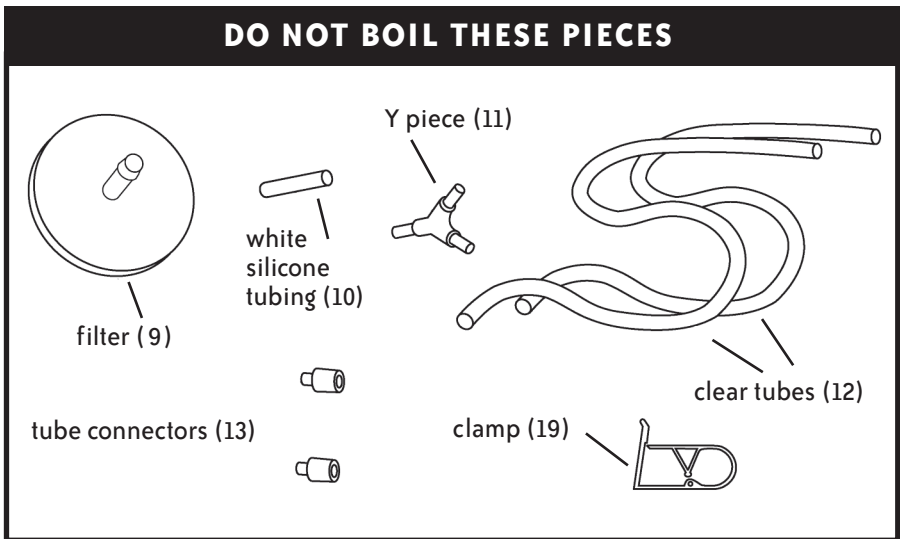
*Page 30 has a list of optional accessories and replacements parts.*

*For a free catalog visit [www.limerickinc.com](http://www.limerickinc.com)*

# Accessory Kit Sanitizing

**Caution:** Unless there is a label stating **sterile** on the kit the accessory kit is not supplied sterile. It is not necessary that the parts be sterile, but some must be sanitized before the first time you use it. After the first time you use the pump, the accessories will only need a simple cleaning procedure found on page 27.

## Before using the accessory kit for the first time:



1. Remove filter and white tube connector/clear tubing assembly (9-13) from both breast cup storage containers assemblies (14-18).

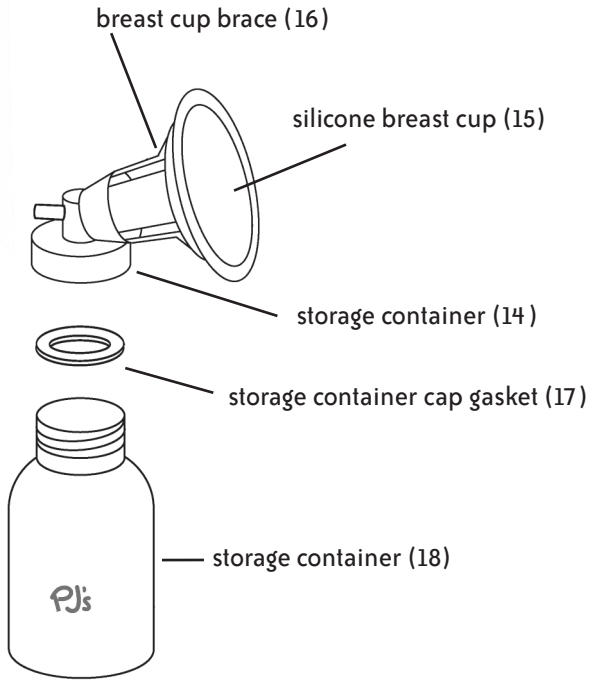
**DO NOT BOIL THE FILTER (9), TUBING (10 & 12), Y PIECE (11) OR CONNECTORS (13).**

These parts do not need cleaning, as they do not come in contact with your milk, if properly used.

# Disassemble the following parts as shown and boil them according to the instructions below

Breast cup/storage container cap assembly (parts 14-16)

There is no need to take these apart.

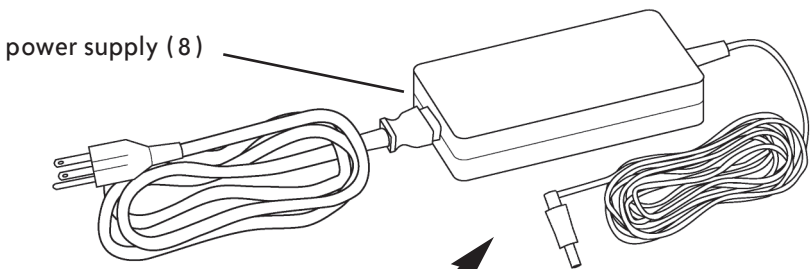
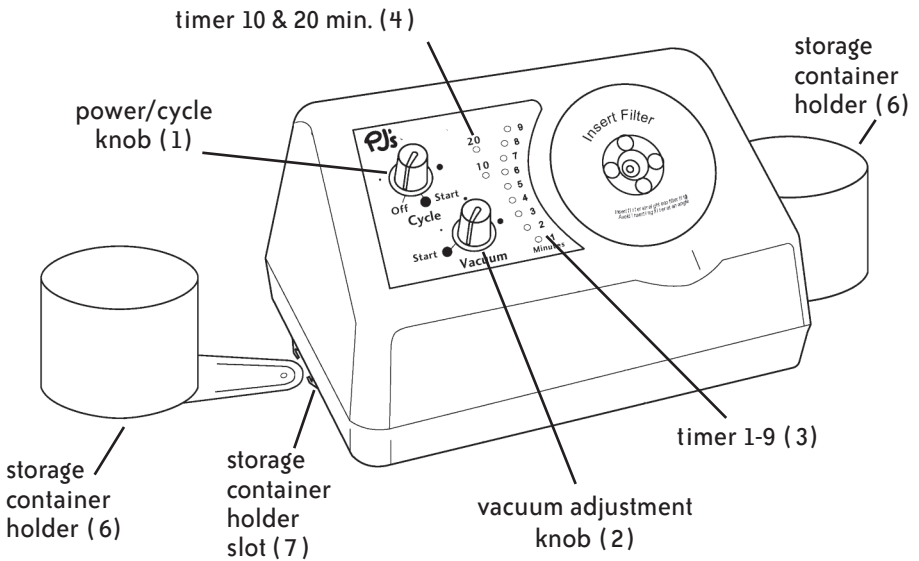


2. Unscrew storage container (18) from storage container caps (14).
3. Remove the storage container cap gaskets (17). It is not necessary to remove the breast cups (15) and breast cup braces (16) from the storage container caps (14)
4. Place breast cup/storage container cap units (14-16), cap gaskets (17), and storage container (18) in a 4-5 quart pan.
5. Fill pan with water to about one inch from the top of pan, making sure all parts are covered with water.
6. Place pan on stove and bring to boil.
7. Reduce heat and boil for 5-15 minutes maximum.
8. Drain water and remove parts from pan using tongs
9. Place on a clean towel and allow to air dry.

# Controls and Assembly

## Pump Assembly

1. Place pump on a level surface.
2. Make sure the power/cycle knob (1) is turned off - all the way to the left.
3. Turn vacuum adjustment knob (2) all the way to the left.
4. Insert the two storage container holders (6) into the storage container holder slots (7) on either side of the base of the pump.
5. Connect the power supply cord (8) to the back of the pump and the wall outlet.



**Insert this plug  
into back of pump**

# Purpose of Pump Controls and Timer (5 pages)

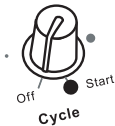
For part locations, see the illustration on the facing page ( page 12 ).

## Power/cycle knob (1):

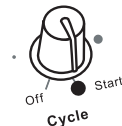
The power/cycle knob (1) turns the pump on and controls the suction rhythm (cycle). It does this by changing the speed of the pump motor to pump faster or slower. An example of the suction rhythm (cycle) is when the soft silicone breast cup collapses around the areola (dark area behind your nipple) and releases. This can be related to how many times your baby sucks per minute.

The slowest suction rhythm (cycle) is with the knob turned all the way to the left, just above the on/off point. This provides the fewest sucks per minute.

The fastest suction rhythm (cycle), with the knob turned all the way to the right to the black dot labeled "Start", provides the greatest number of sucks per minute and is the most comfortable setting.



Slowest suction rhythm (cycle)



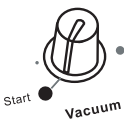
Fastest suction rhythm (cycle)  
*Most comfortable setting*

The suction rhythm (cycle) also determines how long the suction strength (vacuum) is applied to your breast. For example a slow suction rhythm (cycle), would apply suction strength (vacuum) for slightly longer period of time.

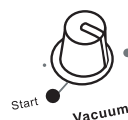
On the other hand a faster suction rhythm (cycle) would apply suction strength (vacuum) for a shorter period of time (most comfortable). Adjust the cycle knob only after you have used the pumped 2-3 times and feel comfortable with your PJ's breast pump.

The cycle knob is used to fine tune the suction rhythm to best mimic your baby's suckling.

## Vacuum adjustment knob (2):



Lower suction strength  
*Faster Cycle*



Stronger suction strength  
*Slower Cycle*

The vacuum adjustment knob (2) controls the suction strength (vacuum) for balancing effectiveness and comfort and also will slow down cycle speed as vacuum is increased. The Vacuum knob set to the black dot labeled "Start" applies a low suction strength (vacuum). To provide stronger suction strength (vacuum) turn clockwise (to the right). Your PJ's breast pump always maintains a slight vacuum.

# Purpose of Pump Controls and Timer (con't)

## How to use the controls:

Since each mother/baby couple's breast-feeding experience is different, the adjustment of these knobs will be an individual choice. The goal is to adjust the suction rhythm (cycle) to what best mimics your baby's sucking pattern and to adjust the suction strength (vacuum) to a comfortable setting.

Note that the vacuum knob adjustment will also affect the suction rhythm (cycle). Increasing vacuum level (turning knob to right) will decrease the number of cycles per minute (slow cycles).



Adjusting the cycle speed will not change the vacuum level  
**Cycle knob is independent of vacuum strength**

When you begin to use PJ's electric breast pump, it is recommended that you use a fast suction rhythm (cycle) and low suction strength (vacuum). This will allow for a comfortable setting so you can get used to the pump. To do this, turn the power/cycle knob clockwise to the black dot labeled "Start" and turn the vacuum adjustment knob to the black dot labeled "Start". ( See picture )

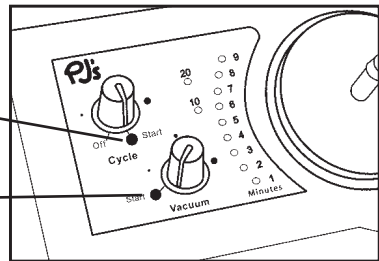
You will feel a flutter-like sensation.

### Power/cycle knob (1)

Start at the black dot

### Vacuum adjustment knob (2)

Start at the black dot



After 1 to 2 minutes of pumping, increase the suction strength (vacuum) by turning the vacuum knob clockwise (to the right) to a suction strength that feels comfortable to you and similar to your baby's suck.

To slow cycle down:

- Increase vacuum (turn knob to right) to slow the number of cycles per minute
- If the vacuum is comfortable – turn the cycle knob to the left to slow down the cycles per minute



# Purpose of Pump Controls and Timer (con't)

## Recommended settings for 1st time user

- **Setting for Cycle** turn knob all the way to the right to the start dot.
- **Setting for Vacuum** turn knob to the left on the start dot.

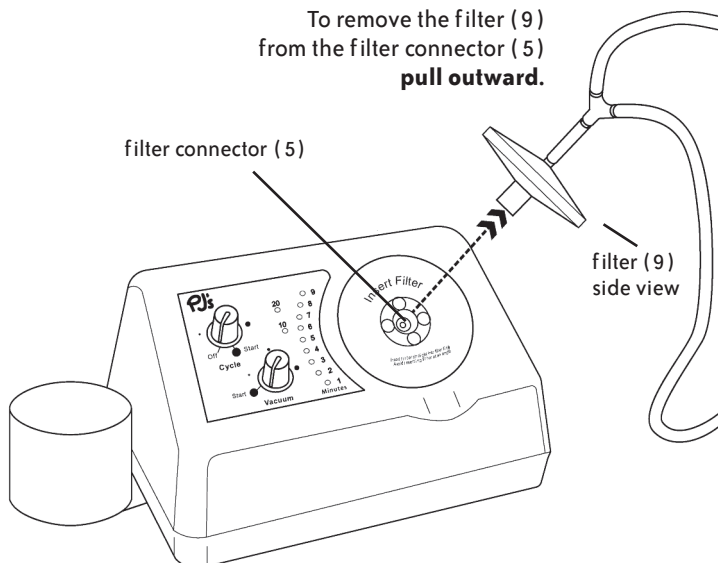
### Adjust vacuum only

- Pump for the first minute or two before adjusting the vacuum. Recommend increasing the vacuum by turning the knob to the right in small increments up to the level that feels comfortable to you.
- Recommended pumping time is about 15 - 20 minutes or for 2 minutes after milk stops to flow.

**Turn off pump** prior to removing the breast cups from breast.



**Please Note:** In the event of a problem or malfunction, it is possible to experience a higher than normal suction strength (vacuum). Should you feel pain, immediately pull the filter (part 9 in drawing below) off the pump's filter connector (5). Turn off the pump. Should the cup remain stuck with suction to your breast after you have removed the filter and turned off the power, insert your finger between the cup and your breast to break the seal.



# Purpose of Pump Controls and Timer (con't)

## Timer Functions

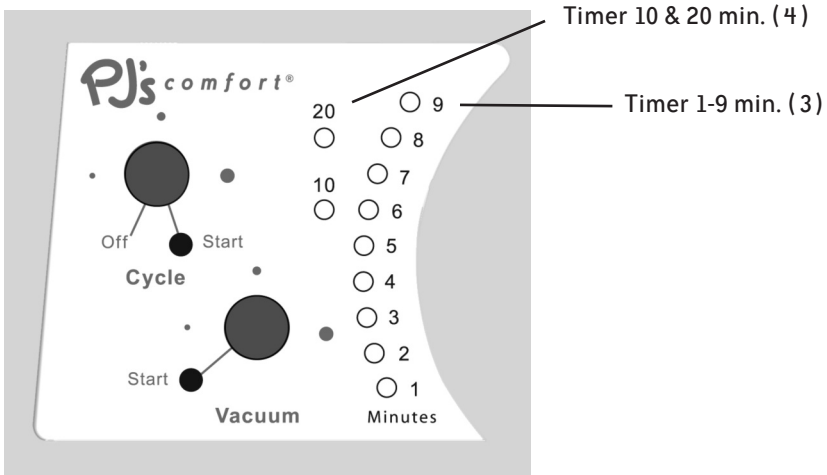
### Minute timer:

The two-timer indicators (3 & 4) allow a woman to know how many minutes she has been pumping. This is especially useful for mothers who work away from home and express milk on their breaks.

After 1 minute of pumping the 1-minute light will be on (3). After 2 minutes the 2-minute light will be on and the 1-minute light will be off. This pattern will continue for 10 minutes. Then the 10-minute light (4) only will be on. After 11-minutes the 1-minute light will again be on (3) and the 10-minute (4) light will stay on. The minute lights will repeat the sequence above while the 10-minute light stays on. After 20-minutes the 10-minute light will turn off and the 20-minute light only will turn on.

At 21 minutes the 1-minute light turns on (3) and the 20-minute light (4) stays on. The minute lights will repeat the sequence above while the 20-minute light stays on. After 30 minutes the 20-minute light turns off and no lights will be on. At 31 minutes the 1-minute light will be on and the process will start over again.

It is recommended that you only pump for 15 to 20 minutes or for 2 minutes after milk stops to flow. The pump will not automatically turn off. It is recommended that you **turn off pump first before removing breast cups from breast and place storage containers in storage container holders.**

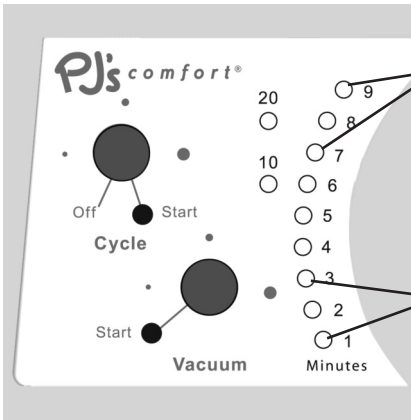


# Purpose of Pump Controls and Timer (con't)

Timer Functions (con't)

## Problem indication:

A group of 3 flashing lights on the minute timer (3) indicates a problem. When any of the 3 groups of lights flash, the timer will stop indicating time, and the pump will stop working. When you start the pump again the timer is reset and will start displaying time after one minute.



**a Top three lights flashing:**  
excess vacuum level;  
not user repairable; return  
to factory for repair.

**b Bottom three lights flashing:**  
pump has overheated;  
turn pump off and allow to cool  
for fifteen minutes; resume use.  
If this happens often, return pump  
to the factory for repair.

### Situation “a”:

Do not reset if the top 3 lights come on.  
You will need to return pump to Limerick for repair.

### Situation “b”:

To reset the pump, turn power/cycle knob off. Remove power plug from back of pump for about 30 seconds. Place plug back into the back of the pump and turn pump on.

### Other Situations that may occur and no lights will come on

#### Situation “c”:

If tubing becomes kinked or milk back flows into the filter the pump will lose vacuum and pulsate quickly. You will either need to un-kink tubing or change the filter if milk is in the filter as the filter can not be cleaned. (filter is a safety feature that prevents milk, bacterias and viruses from getting into the motor of the pump.) It is important to **remember to turn off pump first before removing breast cups from breast.** This will minimize risk for back flow of milk.

#### Situation “d”:

You may see moisture accumulate in the tubing. This is normal due to the difference in body temperature versus room temperature. If this occurs after you have finished pumping remove tubing from storage container caps and keep pump running for a few minutes to allow air flow through tubing. This will help dry tubing.

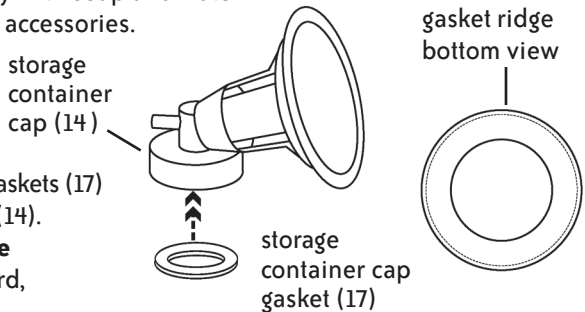
# Accessory Kit Assembly (4 pages)

**Caution:** Use only Accessory Kits made by Limerick, Inc. The PJ's Comfort® or PJ's Bliss™ pump operates differently than other pumps so other kits manufactured by another company will not work properly with PJ's breast pumps and will void warranty.

Wash your hands thoroughly with soap and water before assembling pumping accessories.

## Step 1

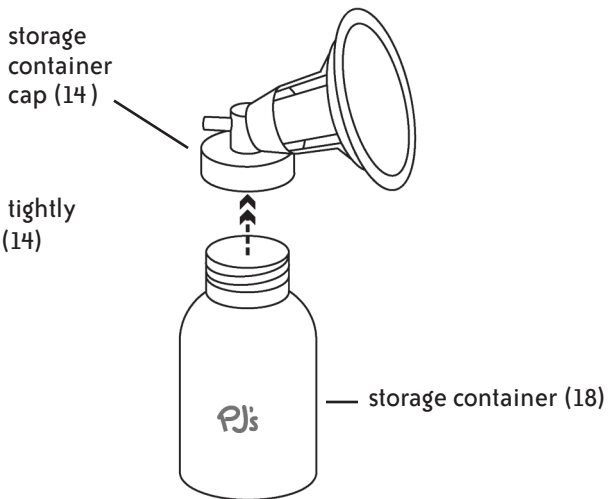
Insert storage container cap gaskets (17) into storage container caps (14). The **ridge on the outer edge** of gasket should face outward, towards storage container.



## Step 2

Screw storage container (18) tightly onto storage container caps (14) to prevent air leaks.

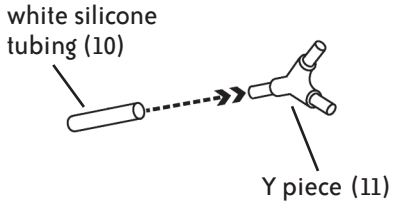
**NOTE: some parts may already be assembled when you purchase the pump.**



**Warning:** The Accessory Kits are personal care items and are not to be shared between mothers. If two or more women wish to share a pump, each must purchase her own Accessory Kit with Filter. See page 30 for ordering information.

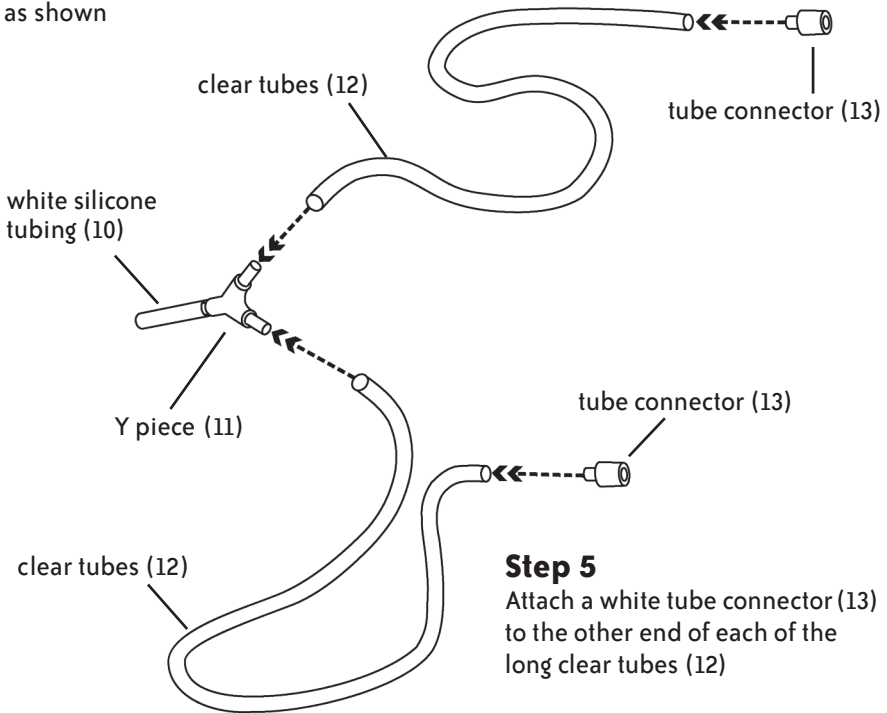
### Step 3

Attach white silicone tube (10) to bottom of the “Y” piece (11)  
Push in securely.



### Step 4

Attach the ends of the long clear tubes (12) to ends of “Y” piece (11) as shown



### Step 5

Attach a white tube connector (13) to the other end of each of the long clear tubes (12)

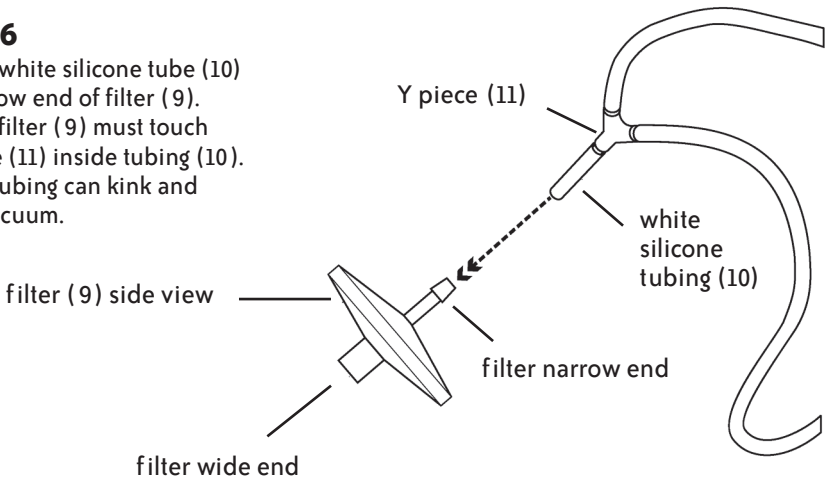
NOTE: Once parts 10-13 (shown on this page) have been assembled, you should not have to take these pieces apart again. If milk gets into tubing, remove filter, rinse with cool water, and then rinse with warm water. Shake tubing to remove water droplets. May flush tubes with 70% rubbing alcohol to help dry tubing. Hang over chair to air dry.

**Continued on the next two pages**

# Accessory Kit Assembly continued

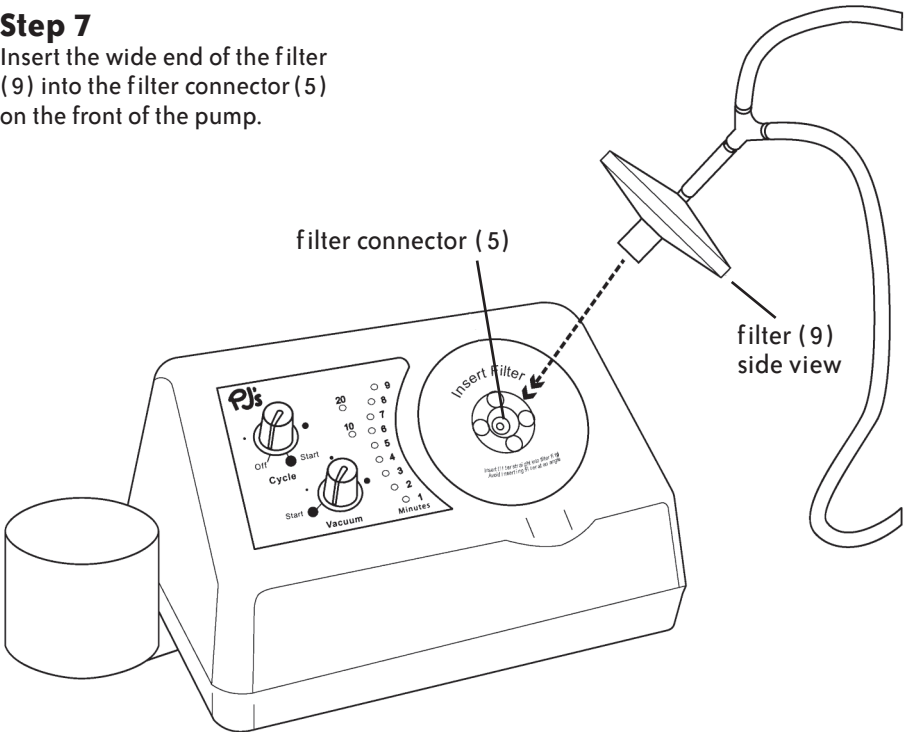
## Step 6

Attach white silicone tube (10) to narrow end of filter (9). End of filter (9) must touch Y piece (11) inside tubing (10). If not, tubing can kink and stop vacuum.



## Step 7

Insert the wide end of the filter (9) into the filter connector (5) on the front of the pump.



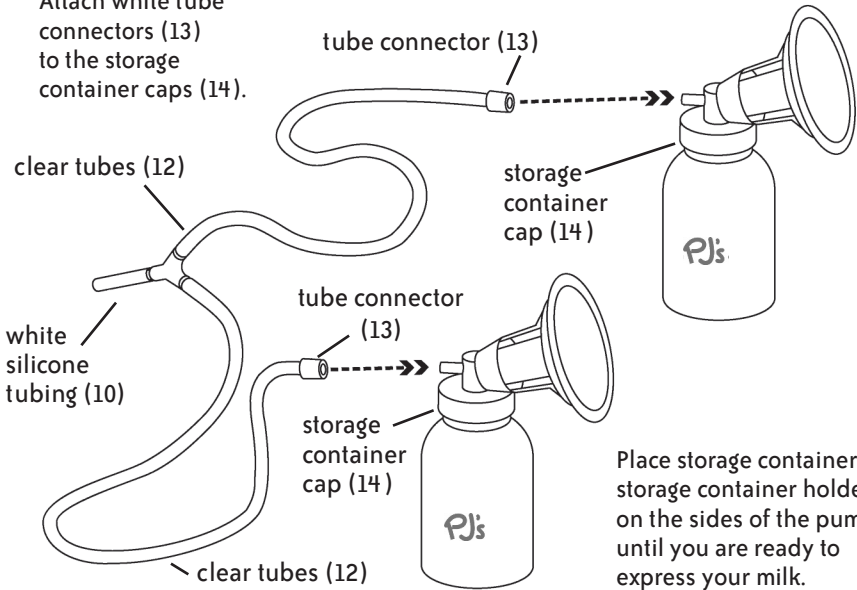
## Double Pumping Setup

Expressing milk from both breasts

The amount of time to double or single pump is given page 24.

### Step 8

Attach white tube connectors (13) to the storage container caps (14).



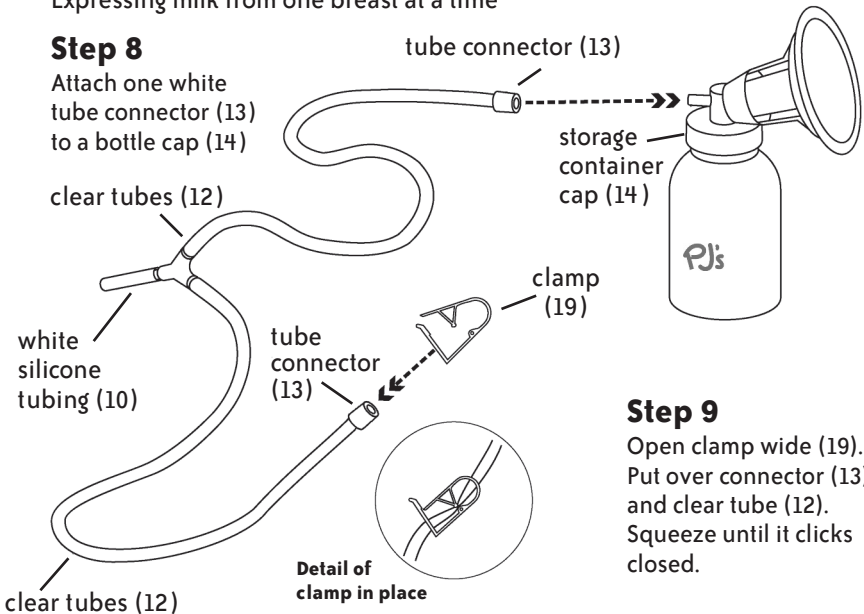
Place storage container in storage container holders on the sides of the pump until you are ready to express your milk.

## Single Pumping Setup

Expressing milk from one breast at a time

### Step 8

Attach one white tube connector (13) to a bottle cap (14)



### Step 9

Open clamp wide (19). Put over connector (13) and clear tube (12). Squeeze until it clicks closed.

# Expressing your milk

---

## Preparation for expressing breast milk

- ✓ The environment and your frame of mind are very important when you are getting ready to express your breast milk.
- ✓ Wash your hands thoroughly with soap and water before expressing your milk.
- ✓ Bring water to drink while you are pumping.
- ✓ Find a quiet, comfortable room (not too cold or too warm).
- ✓ Sit in a comfortable chair.
- ✓ Relax...close your eyes and take several slow deep breaths.
- ✓ A picture of your baby or a piece of clothing that smells like your baby will help your milk let-down.
- ✓ May help to record sounds of baby or video tape baby on electronic device and play back while pumping or listen to favorite music while pumping.
- ✓ Massage, compress or stroke your breast before and during pumping session.

### Test Vacuum Cycling and Suction before pumping:

Hold the two cups together (as shown on our web site) and turn both the power/cycling and vacuum knob to the 12 o'clock position.

Observe soft cups collapse and then inflate in rhythmic motion.

If they only collapse, there is an air leak. Make sure the gaskets are inserted properly (ridge should face the storage container) then tighten the storage container and the other connections.

## Expressing breast milk

Assemble pump and accessories as instructed on pages 12 - 21.

1. Plug cord into outlet.
2. Set Vacuum control knob (2) to the black dot labeled *Start*.
3. Center the breast cups over the nipples and turn the pump on by turning the power/cycle knob (1) clockwise. Set the power/cycle knob (1) to the black dot labeled *Start*.
4. Once pumping begins, you may adjust the vacuum ( knob 2) and cycling speed (knob1) to a comfortable setting. (See pages 13-15)

### Power/cycle knob ( 1):

Start at the black dot labeled *Start*.

### Vacuum adjustment knob (2):

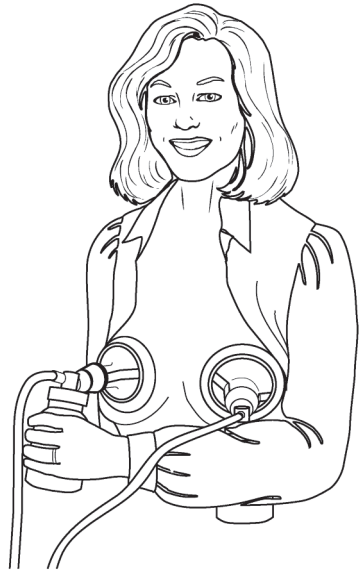
Start at the black dot labeled *Start*.

You will find a more detailed explanation of the pump controls on page 13-15





5. Hold one storage container in the crook of your arm and the other in your hand. Now one hand is free to adjust pump settings, rock the cradle or answer the phone.
6. When finished pumping, **turn off pump then remove breast cups from breast.** Carefully set storage containers into holders (#6, page 6) to prevent tipping over and milk spilling into tubing.



Holding storage container

**Caution: Turn off pump first before removing breast cups from breast.**

Do not tip storage containers or allow them to overflow or milk will enter tubing and filter. If this happens remove filter, rinse tubing with cool and then warm water. Air dry. The filter must be replaced if it gets wet. See page 19.

## Storage of milk at home or away from home for term infants

Your PJ's breast pumps are equipped with storage containers for collection and storage of milk. Also supplied are caps to hold the white seal for storage of breast milk (parts 20-21 on page 7). See page 30 for information on purchasing additional storage containers and accessories.

- ✓ Label container with date time and infants name if taking to daycare.
- ✓ Use fresh milk when ever possible.
- ✓ Freshly expressed milk is safe at room temperature (16 - 29°C/ 60 – 85°F) for ≤ 6 hours
- ✓ Refrigerate milk if going to use in the near future. (Milk is good in the refrigerator for 4 – 8 days).
- ✓ Use Limerick's cold packs and insulated cooler (supplied as part of the PJ's breast pump package) if you are expressing milk while away from home. Freshly expressed milk can be stored safely for up to 24 hours in in Limerick's cooler when all 3 frozen gel packs are used.
- ✓ Freeze milk immediately if not going to be using or shipping within 48–72 hours.
- ✓ Use milk stored in a self-defrosting freezer (separate from refrigerator)  
Ideal: 3 months. Optimal: 6 months  
Acceptable: 12 months in a deep freezer (-20°C/ - 4°F)

# Ways to Use PJ's Breast Pump to Express Milk

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Follow one of these pumping patterns unless otherwise prescribed by your physician or health care professional.

**Double pumping** (pumping both breasts at the same time is recommended as it yields higher milk volume):

*See kit assembly for double pumping page 21.*

Express milk from both breasts at the same time, which takes approximately 15 to 20 minutes.

**Single pumping** (pumping one breast at a time):

*See kit assembly for single pumping page 21.*

- a. If the infant has suckled on breast, or one breast does not need pumping for some other reason, milk may be expressed from the second breast continuously, which takes approximately 15 to 20 minutes.
- b. If both breasts are to be pumped, express milk from one breast at a time, switching sides as indicated below.  
This method takes approximately 30 minutes.

Pump first breast for 7 minutes.

Pump second breast for 7 minutes.

Go back to the first breast for 5 minutes

Then go to 2nd breast for 5 minutes.

Go back to first breast for 3 minutes.

Then pump 2nd breast for 3 minutes.

## **Caution: Do not allow collection containers to overfill!**

If overfilled, milk can enter the tubing and filter. Filter must be replaced (see page 26.) Tubing can usually be cleaned: rinse tubing with cool and then warm water. Air dry.

# Multiple User Instructions

The *PJ's Comfort*® and *PJ's Bliss*™ electric breast pump can be shared by multiple women, for example, in a hospital or a workplace.

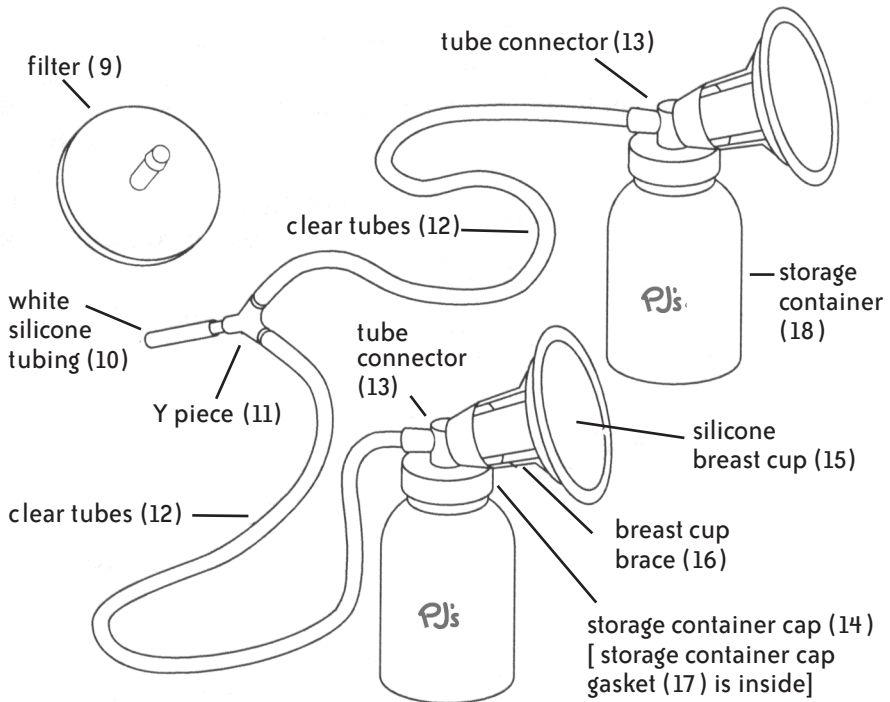
(Only one woman can use the pump at any one time.

Multiple users cannot pump simultaneously.)

**WARNING: ONLY THE PUMP ITSELF IS TO BE SHARED. The breast cup / storage container / tubing assembly and filter are personal care items designed to be used by one person only. EACH WOMAN MUST HAVE HER OWN ACCESSORY KIT WITH FILTER (pictured below).**

Contact your retail merchant or Limerick, Inc., to purchase additional accessory kits with filters. Limerick, Inc. contact information is on pages 28 and on back of cover.

Instructions for changing the filter and for cleaning the pump between users are on the following page.



**Do not share these parts.**

# Pump and Accessory Care

## Pump Care and Cleaning

Pumps used in the home or by a single user should be cleaned with a small amount of detergent on a damp (not wet) cloth. Make sure no liquid gets inside the pump casing. When pump is shared by multiple users, such as in the workplace or a hospital, wipe with a damp cloth containing a germicidal detergent. Dry with a softcloth. Wash bottle holders in detergent, using germicide when more than one person uses them.

**DO NOT IMMERSE PUMP IN WATER.**

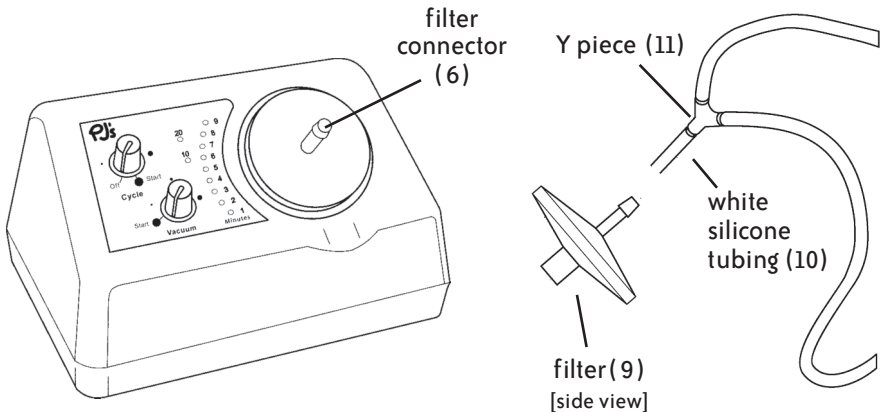
### When to change the filter

1. If milk enters filter
2. If the filter gets wet.

### How to change the filter

1. Remove filter (9) from filter connector (6) on the pump and from white silicone tube (10).
2. Press short white silicone tube (10) onto narrow end of filter (9). The end of the filter and the Y piece (11) should be touching. If they do not touch, the tubing could kink and stop the vacuum.
3. Insert large end of new filter (9) into filter connector (6).

Reminder: The large diameter end of the filter should face the connector on pump and be inserted into pump connector under the label: "INSERT FILTER".



# Accessory Kit Cleaning Instructions

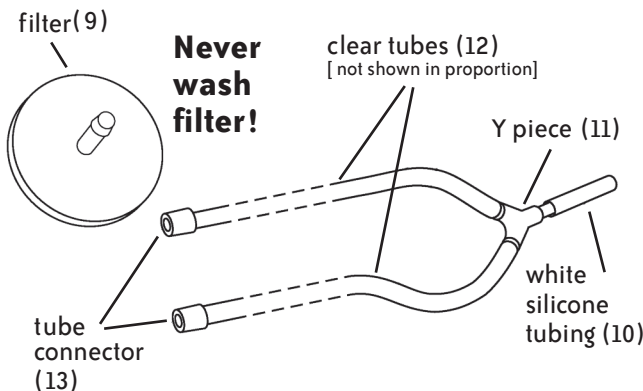
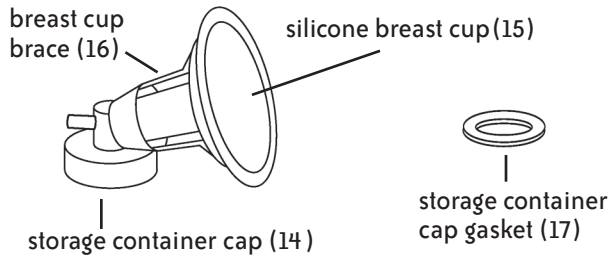
Before the **first time** you use your pump ,follow the sanitizing instructions on pages 10-11.

## After each use:

1. Remove tube connector/clear tubing assembly 10-13 from both breast cup storage container assemblies (14-16 ). **DO NOT WASH FILTER (9), TUBING (10 & 12), Y PIECE (11) or TUBE CONNECTOR (13).**
2. Unscrew storage container (18) from cap (14) and remove clear cap gasket (17). **It is not necessary to remove breast cups (15) and braces (16) from storage container caps (14).**
3. Rinse with cool water to remove milk residue
4. Wash breast cup/cap units (14- 16) and storage container cap gaskets(17) in warm soapy water. Breast cups are dishwasher safe but it is not recommended because of residue left from dishwasher.
5. Use cleaning brush (see 24, page 7) to clean inside lid of cap (14).
6. Rinse in warm water.
7. Place parts on a clean towel and let air dry. Cover after dry.
8. If milk spills on outside of tubing, wipe with a clean lightly soaped damp cloth and then with a plain clean damp cloth.
9. Storage container, cap and insert (18, 20, 21 page 7) are dishwasher safe.

## Wash these pieces:

the breast cup storage container assembly (parts 14-16) and gasket (17). Do not put in dishwasher.



## Don't Wash pieces 9 -13

If outside of pieces 10 -13 gets dirty, wipe with a damp lightly soaped cloth. If milk gets inside, see instructions on page 24.

# Troubleshooting

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Your *PJ's Comfort*® and *PJ's Bliss*™ breast pump are designed for ease of use, effectiveness and safety. Our high standards are the result of our certified lactation consultants' experience with thousands of mothers expressing milk for their infants. If you have any questions about the use or assembly of your *PJ's* breast pump:

- ✓ Check the instructions on pages 18-21 and/or go to [www.limerickinc.com](http://www.limerickinc.com) to make sure you have assembled the accessory kit properly.

<b>Problem</b>	<b>Instruction</b>
----------------	--------------------

- |  |  |
|--|--|
| <b>A</b> Not turning on, no lights at all  | <b>Indication of a Possible Power Adapter Failure</b> <ol style="list-style-type: none"><li>1 Insure adapter power jack is inserted fully and dosent feel to be loose.</li><li>2 Unplug the power adater completely from the pump and wall outlet, inspect the cords for any signs of damage.</li><li>3 Try plugging power adapter into another wall outlet</li><li>4 Do you have a Limerick car adapter or battery pack to try in place of the power adapter. If pump works you will need a new power adapter.</li><li>5 Call Limerick Customer Service.</li></ol>  |
| <b>B</b> Not cycling, suction but no release (indication of air leak in tubing kit or possible pump failure) | <ol style="list-style-type: none"><li>1 Remove filter with all it's tubing from pump entirely.</li><li>2 Turn pump on and rotate both knobs all the way to the right, clockwise.</li><li>3 Pump should be making a steady sound of pumping, but not a cycling on and off sound.</li><li>4 Place finger over the small vacuum hole where the filter goes.(make sure you get a good seal over small opening in white connector for filter)</li><li>5 You should now hear the pump sound change to cycling on and off.</li><li>6 Disconnect the tube ends from both storage containers.</li><li>7 Put filter and tubing back into filter holder on pump. (see item 1 above)</li><li>8 Put your thumbs over both of the tube ends. (make sure there is a tight seal)</li><li>9 You should now hear the pump sound change to cycling on and off.</li><li>10 Unscrew the storage containers from the the storage container caps.</li><li>11 Inside the storage container caps are the silicone gaskets, insure that the gaskets are seated well, outer ridge on gasket should be facing you as you place into the storage container cap, push them down using your finger.</li><li>12 Screw the storage container back on, just snug, don't over tighten.</li><li>13 Put the tubes back onto the storage containers caps.</li><li>14 With pump still running, place both of the breast cups onto a hard smooth surface, such as a table top.</li><li>15 Both cups should be compressing and releasing.</li><li>16 If pump is still not working call Limerick Customer Service.</li></ol> |

<b>Problem</b> _____	<b>Instruction</b> _____
C Suction has become weak	<ol style="list-style-type: none"><li>1 Is there milk/fluid in the filter?</li><li>2 When did you replace the filter last?</li><li>3 Does the pump sound any louder than before?</li><li>4 Check for vacuum leaks, step B10 thru B16</li></ol>
D Pump is loud	<ol style="list-style-type: none"><li>1 Ok to use, but needs to be serviced</li></ol>

- ✓ If pump caused pain or discomfort, immediately pull the filter (9) on page 15) off of the pump to release the vacuum, then turn the power/cycle knob off. Should the cup remain stuck with suction to your breast after you have removed the filter and turned off the power insert your finger between the cup and your breast to break the seal.
- ✓ If pump suddenly stops, check outlet plug to be sure it is securely plugged in the electrical outlet. Also check to be sure the plug is inserted properly into the back of the pump.
- ✓ If pressure decreases and suction is poor, change filter.
- ✓ For other difficulties, contact Limerick, Inc. for assistance.  
You may also try calling the location where you obtained your breast feeding product.

### **Customer Service**

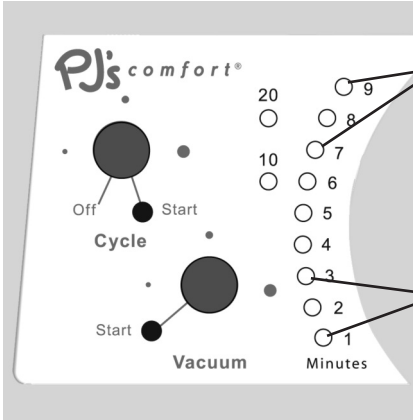
Limerick, Inc  
2150 N. Glenoaks Blvd.  
Burbank, CA 91504  
[www.limerickinc.com](http://www.limerickinc.com)

877-Limerick (877-546-3742)  
between 8:30 AM and 5:00 PM  
Pacific Standard Time

# The 1-9 minute timer also functions as an indicator of problems:

## Problem indication:

A group of 3 flashing lights on the minute timer (3) indicates a problem. When any of the 3 groups of lights flash, the timer will stop indicating time, and the pump will stop working. When you start the pump again the timer is reset and will start displaying time after one minute.



**a Top three lights flashing:**  
excess vacuum level;  
not user repairable; return  
to factory for repair.

**b Bottom three lights flashing:**  
pump has overheated;  
turn pump off and allow to cool  
for fifteen minutes; resume use.  
If this happens often, return pump  
to the factory for repair.

### Situation "a":

Do not reset if the top 3 lights come on.  
You will need to return pump to Limerick for repair.

### Situation "b":

To reset the pump, turn power/cycle knob off. Remove power plug from back of pump for about 30 seconds. Place plug back into the back of the pump and turn pump on.

### Other Situations that may occur and no lights will come on

#### Situation "c":

If tubing becomes kinked or milk back flows into the filter the pump will lose vacuum and pulsate quickly. You will either need to un-kink tubing or change the filter if milk is in the filter as the filter can not be cleaned. (filter is a safety feature that prevents milk, bacteria and viruses from getting into the motor of the pump.) It is important to **remember to turn off pump first before removing breast cups from breast**. This will minimize risk for back flow of milk.

#### Situation "d":

You may see moisture accumulate in the tubing. This is normal due to the difference in body temperature versus room temperature. If this occurs after you have finished pumping remove tubing from storage container caps and keep pump running for a few minutes to allow air flow through tubing. This will help dry tubing.



# Ordering Replacement Parts or Optional Accessories

## Replacement parts can be ordered from Limerick, Inc.

For a Catalog, call 877-546-3742 or visit [www.limerickinc.com](http://www.limerickinc.com)

Refer to the diagram on pages 6-7 to identify parts.

filters	five-ounce storage containers
short white silicon tubes	storage container caps for feeding
Y pieces	storage container cap inserts
long clear tubes	(white disks to seal caps)
white tube connectors	storage container caps
silicone breast cups	clamps (for single pumping)
breast cup braces	power supply (cord)
cleaning brushes	instruction books

## Optional Accessories:

A stylish tote bag can be worn over one shoulder or as a backpack and is roomy enough for the pump, accessory kit and a cooler for the milk storage containers.

An insulated cooler has room for 4 five-ounce storage containers and 3 ice packs to keep milk cold on the road.

Extra five-ounce storage container for storage of milk. (A total of four are supplied with the *PJ's* breast pump package.)

Ice packs to keep milk cold.

On the road? No problem! *PJ's Comfort*® and *PJ's Bliss*™ breast pump can be used in any vehicle that has a lighter plug. A special 12-volt adapter allows you to pump while traveling.

No outlet? No Problem! A rechargeable battery is also available for times when electricity is not available.

More fashionable totes designed for the *PJ's* breast pumps may be seen at [www.limerickinc.com](http://www.limerickinc.com)

# Warranty

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**A three year warranty is applicable to PJ's Comfort pump motor and internal parts.  
A one year warranty applies to the PJ's Bliss pump motor and internal parts.  
Warranty applies to original owner and is non - transferable.**

This product is warranted by Limerick Inc. to the original purchaser to be free from defects in material and workmanship. In the event of a defect, Limerick will repair, or at Limerick's option, replace this product, without charge for such replacement parts or labor. Purchaser shall bear all expense for returning these products to Limerick. This warranty does not apply to any product which has been subjected to misuse, abuse or alteration.

If you wish to make a claim under this warranty, please call Limerick's Customer Service toll-free number: 877-LIMERIC (546-3742) for a Return Merchandise Authorization number. Package the breast pump securely and enclose your dated bill of sale or other proof of purchase and a brief statement of the problem. Please send package, prepaid, to the following address:

Limerick Inc. Service Dept.  
2150 N. Glenoaks Blvd.  
Burbank, CA 91504

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