UK

Congratulations on purchasing the Difrax BtoB breast pump!

Breastfeeding gives your baby the best start in life, because it gives your baby everything it needs for a healthy development. Breast milk is always available and at the correct temperature when your baby needs to be fed. Breast milk can also boost the immune system and help fight infections. In principle, breastfeeding is a pleasurable experience. Using a breast pump should also be enjoyable.

Because the outer shell is worn discreetly under clothing, the compact, mum-friendly Difrax breast pump is unobtrusive, and allows you to see the quantity of breast milk expressed. The Difrax breast pump is efficient, quieter than other brands and easy to operate. The different suction levels ensure that you are always in control. Before you start expressing milk, it is important that you are relaxed and well prepared. To help you on your way, read the handy tips on page 14.

Before you start expressing milk

- Wash your hands thoroughly before assembling the breast pump
- Wash and sterilise the components of the pump (see cleaning instructions on pages 16 and 17)
- The breast pump can be used in combination with the Difrax S- baby bottle (170 ml and 250 ml) and the food storage containers which are fitted with a special breast pump connection
- If you prefer to feed baby with the wide-neck 200 ml or 310 ml S-baby bottle, the feed can be safely transferred

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WARNING

STANDARD HEALTH AND SAFETY PRECAUTIONS MUST BE OBSERVED WHEN HANDLING ELECTRICAL APPLIANCES, SPECIALLY IN THE PRESENCE OF CHILDREN. THESE INCLUDE THE FOLLOWING:

1. DO NOT USE RECHARGEABLE BATTERIES.
2. ENSURE THAT CHILDREN DO NOT PLAY WITH ANY OF THE PARTS OF THE DIFRAX BTOB BREAST PUMP OR ACCESSORIES. THESE PARTS MAY CAUSE SUFFOCATION.
3. ONLY USE THE MAINS PLUG SUPPLIED WITH THE PRODUCT IN ITS ORIGINAL PACKAGING.
4. UNDER NO CIRCUMSTANCES SHOULD THE APPLIANCE BE LEFT UNATTENDED WHEN STILL PLUGGED IN.
5. ALWAYS UNPLUG ELECTRICAL APPLIANCES IMMEDIATELY AFTER USE.
6. THE PRODUCT MUST ONLY BE USED FOR ITS INTENDED PURPOSE AS DESCRIBED IN THESE INSTRUCTIONS. DO NOT USE ANY AUXILIARY PRODUCTS THAT HAVE NOT BEEN RECOMMENDED BY DIFRAX.
7. IF EXPRESSING MILK IS UNPLEASANT OR PAINFUL, REDUCE THE SUCTION LEVEL. IF THIS DOES NOT SOLVE THE PROBLEM, SWITCH OFF THE APPLIANCE AND REMOVE IT FROM YOUR BREAST. CONSULT YOUR LACTATION EXPERT.
8. THIS APPLIANCE IS NOT INTENDED FOR USE BY PERSONS INCLUDING CHILDREN WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES, OR LACK OF EXPERIENCE OR KNOWLEDGE, UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE BY A PERSON RESPONSIBLE FOR THEIR SAFETY.

WARRANTY

The Difrax breast pump carries a full two-year warranty, provided it is used according to the instructions in this manual. Difrax is not liable for any damage caused by misuse.

A breast pump is a healthcare product. Please note therefore that the breast pump cannot be returned after it has been opened and the safety sticker has been removed.

This is a single-user product. Allowing this appliance to be used by more than one person may cause health problems and voids the warranty.

Difrax assumes no liability for damage caused directly or indirectly from incorrect use, unregulated use or use by unauthorised persons.

Second-hand breast pump
Buying a second-hand breast pump on the internet, or using a friend's or sister's breast pump may cause a raft of problems that the mother may not even be aware of. Hygiene and reliability of a second-hand breast pump leave a lot to be desired, which may have far-reaching consequences. It is usually not possible to tell just by looking at a breast pump whether it is performing correctly and whether it is still safe to use. More importantly, the dangers of using a second-hand pump are hidden.

KEEP THIS MANUAL FOR FUTURE REFERENCE

Assembling the Difrax BtoB breast pump

Assemble the splitter Ⓓ according to the diagram below:

Splitter Ⓓ

D1. Cap
D2. O-ring
D3. Float switch O-ring
D4. Float switch
D5. Screw cap
D6. Milk valve

Figure 1

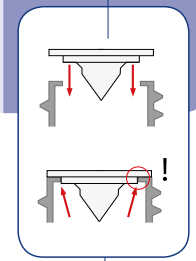


Figure A

1) Assembling splitter Ⓓ.

a) Insert ring D2 into cap D1.
b) Place the float switch O-ring D3 onto float switch pin D4.
c) Place the float switch D4 with O-ring D3 downwards into cap D1.
d) Turn screw cap D5 onto cap D1.
e) Place milk valve D6 in the bottle (see figure A).

Tip: Shake the **splitter** Ⓓ for a few seconds. Can you hear it rattling? That means it is fitted correctly.

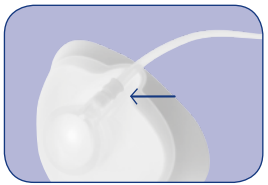
f) Screw the **splitter** Ⓓ onto the bottle.

2) Connecting the milk tube.

Push one end of the **milk tube** Ⓔ all the way on the connector on the side of the **splitter** Ⓓ displaying the word 'Milk'.

Push the other end of the **milk tube** Ⓔ all the way on the connector on the **outer shell** Ⓑ.

Tip: The tip of the **milk tube** Ⓔ is white.



3) Connecting the air tube.
Push one end of the **air tube** Ⓕ all the way on the connector above the **splitter** Ⓓ displaying the word 'Air'.

Remove the protective cap Ⓝ from the **pump** Ⓐ (Store the protective cap in a safe place for transporting the breast pump).

Connect the **S-baby bottle** Ⓖ to the **pump** Ⓐ by clicking the edge of the bottle sideways into place.

Push the other end of **air tube** Ⓕ on the connector on **pump** Ⓐ.

4) Choose the right size inner shell (S, M or L),
depending on the size of your nipple. Make sure that your nipple is placed in the centre of **inner shell** Ⓒ and can move freely (see figure 3). Place **inner shell** Ⓒ firmly and straight into **outer shell** Ⓑ (see figure 4).

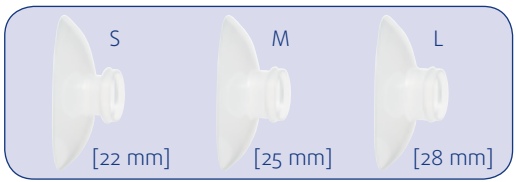


Figure 2

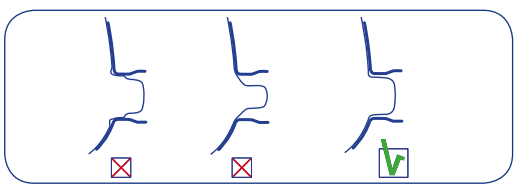


Figure 3

Figure 4

6) Attach **adapter** Ⓜ supplied with the pump to the back of **pump** Ⓐ. Connect the breast pump to the mains.

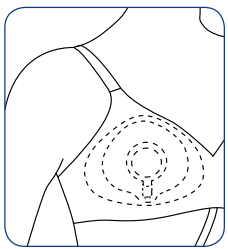
Tip: The breast pump can also be battery-operated. Insert four AA batteries into the battery compartment on the bottom of the pump. Follow the instructions on the lid.

7) The BtoB breast pump is now ready for use.

Tip:
Extra component: **Closed valve** (blue) ⓪
If you see air bubbles in the milk, this is probably due to air entering through the bottom of the breast pump.
This means you are losing suction. To prevent this from happening, we recommend using the **closed (blue) valve** ⓪. Replace the valve fitted on the S-baby bottle with the extra (blue) valve supplied with the pump.

Please note:
- Only use this valve when you are expressing; never use this valve when feeding your baby. The **blue valve** ⓪ does not contain an opening, which means that the S-baby bottle cannot function at its best.
- Boil before use. The valve is dishwasher safe.
- To exchange the valve, hold the S-bottle upside down and unscrew the bottom.

How to use the Difrax BtoB breast pump



1) Place the shell under your bra and make sure the milk tube is facing downwards. **Check that your bra does not block the flow of milk through the tubing.**
Press the shell firmly to your breast to make sure it is fitted correctly.
Once the breast pump is switched on, your bra will apply enough pressure to keep the shell in place and create a good vacuum.
Make sure the pump is placed on a level surface, so that milk cannot get into the air tube and reduce the suction. For optimum operation, ensure that the breast pump is below your breast.

2) To switch on the breast pump, gently press the **start/pause** ▶II button. The time **display** Ⓛ should read 00:00. Press the **start/pause** ▶II button again to start the **let-down reflex position*.**

After three minutes, the pump will automatically switch to the expressing position. The expressing position can be identified by the milk drop that appears on the display.

* *The let-down reflex position is necessary to get your milk production going. The expressing position provides a constant supply of breast milk.*

Tip:
If you wish to continue the let-down reflex position after three minutes, press the **phase button**. The let-down reflex position should then resume.
You can press the **phase button** at any time to return the breast pump to the standard expressing position.

3) The breast pump will always start at the suction level last used. The level is shown on the **display** Ⓛ. To increase or lower the suction, press **+ button** Ⓚ or **- button** Ⓙ.

Please note:
You don't have to use the highest level to express milk.
As long as your milk flows easily you have the right position.
Expressing should not be painful.

Display and buttons

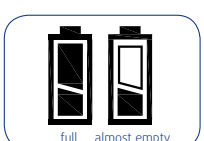
Ⓗ ▶II Start/pause button
Ⓘ phase button
Ⓛ display
Ⓙ – less suction
Ⓚ + more suction

4) If you want to pause, press the **start/pause** ▶II button; the time display will flash. To resume the session, simply press the **start/pause** ▶II button again.

Please note:
- Make sure that the bottle remains upright and firmly in place while you are expressing.
- Stop expressing once you have the required quantity of milk or when milk production stops.
- Stop expressing once the amount of milk you have expressed almost reaches the milk valve (D6). This prevents milk from entering **pump** Ⓐ.

5) To switch off the breast pump, press and hold the **start/ pause** ▶II button for three seconds.

6) If the breast-pump is battery-operated and the batteries are almost empty, the battery icon will light up on **display** Ⓛ. This means that the batteries can only manage one more session. When the batteries are practically empty the icon will start flashing.



Useful tips

1. It may take a few attempts to express successfully. Because the Difrax breast pump is easy and comfortable to use, you will soon get used to expressing milk.
2. If you are expressing for the first time, it is quite normal to manage only a few drops of milk. Using a breast pump takes time, and needs a little practice.
3. If your milk production does not start flowing instantly, don't worry. Relax and take your time. It may take a few minutes. Sometimes it helps to try again after ten minutes.
4. Keeping a photo of your baby close by encourages fast and comfortable let-down. The Difrax breastfeeding aid can help you with this.

5. Expressing milk should not be painful. If it does hurt we recommend reducing the suction or choosing a different size inner shell.
6. If the pain does not go away, consult your doctor or contact the Difrax Customer Service (**www.difrax.com**)

7. Make sure you are relaxed before you use the breast pump. Find a quiet place.
8. For optimal hygiene, we recommend replacing the milk tube every six weeks.
9. Smoking, alcohol, stress, coffee and certain medication may slow down and/or impede the let-down reflex.
10. Massage your breasts with a warm towel or lean forward and gently shake the breasts to stimulate milk supply.
11. Carry the BtoB breast pump in the little storage bag supplied with the pump.
12. If your nipple is pressed against the back of the outer shell, switch to a smaller shell (see page 9). If this does not solve the problem, contact our Customer Service department at **klantenservice@difrax.com**
13. Go to our website (**www.difrax.com**) for informative video clips.

Cleaning and sterilising instructions

	Boiling temperature	Microwave steriliser*	Dishwasher***	Damp cloth
Pump				•
Adapter				
Air tube				
Milk tube	•	•		
Shell (inner and outer shell)	•	•	•	
Splitter D	•	•	•	

* *800 Watt, maximum 3 minutes*
** *Cleaning the shell in the machine may cause discolouration of the soft edges.*

Cleaning milk tube Ⓔ
Remove **milk tube** Ⓔ from the **splitter** Ⓓ and take **inner shell** Ⓒ out of **outer shell** Ⓑ. Rinse **inner shell** Ⓒ and **milk tube** Ⓔ with soap and water and clean both with warm water. Remove **milk tube** Ⓔ from **outer shell** Ⓑ.

Cleaning the shell
Clean the shells (outer shell Ⓑ, inner shell Ⓒ) in lukewarm water first, and rinse after each expressing session. The components can be cleaned by placing them in the top compartment of the dishwasher, for example. Or you can sterilise the components in a microwave steriliser or by placing them in boiling water for five minutes. Please note: all components should be sterilised at least once a day.

Cleaning the splitter Ⓓ
Disassemble the **splitter** Ⓓ (see figure 1, page 6). Rinse all components in warm water before placing them in boiling water or cleaning them in a microwave steriliser.

Cleaning the S-baby bottle
See the instruction in the S-baby bottle manual.

Storing breast milk

	at room temperature (20°C)	in the fridge (5°C)	in the freezer *** (-15°C)	in the freezer *** (-20°C)	after heating
Fresh breast milk	5-10 hours	up to 5 days	3 months	3-6 months	1 hour
Defrosted breast milk	1 hour	24 hours			1 hour

Tips for storing breast milk:

- Chill breast milk as soon as possible.
- Always store breast milk bottles in the back of the fridge.
- Freeze the milk within 24 hours.
- Clearly label each bag or bottle of breast milk with the date it was expressed.
- If you are transporting breast milk, such as from work to home and from home to the nursery, pack it in a cooler.
- If breast milk is stored at a temperature of 0 - 5 °C, it is possible to mix the amount of milk collected in a day into one bottle or bag, and to store it in the fridge or freezer.

Tip: Store your expressed breast milk in the special Difrax breast milk storage bags or containers. Each bag has a leak-proof, easy-to-close grip lock. The special gusseted bottom allows the bag to stand upright. Includes stickers to mark the content and the date that the milk was collected. A screw cap secures the storage containers and the date of the expressed milk can be written on the lid in pencil. The storage containers are for multiple use; the storage bags are for single use.

UK

Defrosting breast milk

Defrosting method	Speed	Antibodies
well in advance at the back of the fridge	gradual	retains protective properties 100%
in running, lukewarm water	fast	if the water is too hot, properties may be destroyed

Heating up breast milk

Breast milk can be safely and easily warmed up in a bain-marie in hot water or with the Difrax bottle warmer. Heating up breast milk in the microwave is not recommended, unless you follow the instructions extremely carefully.

Heating method	Correct!
(Difrax) bottle warmer	- heat up to a maximum temperature of 37°C
in a bain-marie	- heat up to a maximum temperature of 37°C - keep stirring to prevent any hot spots
microwave	- lowest capacity - remove the teat from the bottle - always shake twice in between

Tip: Use the Difrax S-bottle warmer. Your breast milk at the right temperature of 37°C within 3 minutes' time

Frequently Asked Questions

Question: I have little or no suction, why is this happening?

- Check whether there is any damage to parts and replace them if necessary.
- Check that all components (including the tubes and milk valve) are securely in place.
- Check that the breast pump is switched on. The display should light up.
- Regularly check the milk valve (D6) for small tears. These can affect the operation of the breast pump. If the milk valve (D6) is damaged, replace it immediately.
- Use the blue valve Ⓞ
- When using batteries, replace them.

Question: The breast does not lactate. What can I do?

- See the useful tips on page 14.

Question: My breasts are producing milk, but the bottle is not filling up, what can I do?

- Make sure that the pump Ⓐ is in a lower position than your breast.
- Check that the inner shell Ⓒ is firmly pressed to the breast and that a vacuum is created. Press outer shell Ⓑ gently to stimulate a vacuum.
- Check that your bra is not blocking the flow of milk through milk tube Ⓔ.
- Check whether the milk valve is clogged.

Tip: Place the milk tube between your breasts in the middle of your bra.

Question: It hurts when I use the breast pump, why is this happening?

- If your breasts are tensed up, massage them gently. If your nipple is pressed against the back of outer shell Ⓑ, switch to a smaller shell (see page 9). If this does not solve the problem, contact our Customer Service department **www.difrax.com.**
- If the pain does not go away, consult your doctor or lactation expert.

Question: Milk has entered air tube Ⓕ, is this a problem?

- No, this is nothing to worry about. In this case, rinse the tube with water and leave to dry before use.

Question: Milk has entered pump Ⓐ, is this a problem?

- Stop expressing, remove the shell from your breast, disconnect air tube Ⓕ from pump Ⓐ and leave pump Ⓐ on the lowest setting for 10 minutes. This will draw the milk out of pump Ⓐ. Pump Ⓐ may make a heavy noise when you first start using it, but this will not affect its operation.

Question: There is condensation in the air tube, is this a problem?

- No, this is not a problem, make sure the tube is dried out thoroughly after use

Question: My milk 'froths' in the S-baby bottle, why is this happening?

- This is quite all right; frothing does not affect the quality of your milk. It could be caused by the valve in the bottom of the S-baby bottle. It has a small opening, which ensures that air does not get into the milk. Should it affect the suction while you are expressing, you might prefer to use the blue, closed valve Ⓞ.
  Remember to reinsert the valve with opening into the S-baby bottle before you start feeding, to prevent a vacuum being created when you feed your baby.

UK

Is your question not listed?
If you have any comments or queries about using the Difrax BtoB breast pump, contact Difrax via **www.difrax.com**

Missing or damaged parts

- Loose parts of the Difrax BtoB breast pump, such as milk and air tubes, inner and outer shells can be purchased separately, for example via **www.difrax.com**

Also available in this series and easy to combine with the BtoB breast pump:

- Breast pump or changing bag
- Disposable nursing breast pads, soft and absorbing
- Breast milk storage bags, can stand upright in the fridge or freezer
- Food storage containers including handy breast pump connection for expressing directly into the container
- Breastfeeding aid to stimulate the let-down reflex
- Extra milk / air tubes
- Extra set of 3 inner shells and 1 outer shell
- S-baby bottle warmer

These items are also sold separately

Shells
(set of 3 inner shells and 1 outer shell)

Closed valve

Nursing breast pads - Disposable
(40 pieces)

Breast milk storage bags
(20 pieces)

Food storage containers
(set of 6)

S-baby bottle warmer

Milk and air tubes
(set of 2)

Breast pump or changing bag