

Medela Symphony Breast pump

A guide for teaching mothers

Single Point Lesson

How does it work?

- It has 2 phases. The stimulation phase and the expression phase. The 2 phases resemble how a healthy newborn baby would breastfeed.
- The Stimulation phase is designed to stimulate the mother to let down her milk. This phase will go for 2 min and then automatically switch over to the expression phase. If the mother's milk starts to come before 2 minutes she can push the droplet button which is the milk removal phase.
- The mother can increase the pressure of the expressing by turning up the dial.
- Full pressure does not always result in more milk.
- The mother is advised to pump for 10 min each side if in the early stages of expressing on a low pressure.
- Once a milk supply is established it is advised to express for 2 min after the milk stops flowing.

What does the mother need?

- She will need a pump kit and the breast pump. These should be available on every ward.
- If the breast pump is being used by several mothers it should be wiped down before use with a wipe.
- The pump kit should contain tubing bottle and flange. It may also contain a diaphragm and cap.
- Always centre the nipple in the flange before turning on.
- The mother should be guided express 8 times in 24 hours.

Cleaning the breast pump parts

- The bottle and breast pump flange should be washed with detergent and a bottle brush to remove all milk residue. The tubing should not need to be washed unless it contains breast milk.
- If the baby is under 3 months old the breast pump parts should then go into the sterilising solution for at least 30 minutes.
- The sterilising solution should be changed every 24 hours.
- The parts should be fully submerged.
- The parts do not need to be rinsed when being removed from sterilising solution.

Troubleshooting

Painful expressing

- Turn pump pressure down
- Try a larger flange. There is medium, large and extra large

No pressure in pump

- Check breast pump is put together correctly.

Breasts feel full but no milk is coming off

- The Mother may be engorged and her breast may be to oedematous and this can make it difficult to remove milk by the electric pump and she may need to remove milk by hand expressing. She will need help and guidance from her midwife or contact the hospital Lactation Consultant.



Key staff for assistance:

- * Charge Nurses
- * Clinical Charge Nurses
- * Nurse Educators
- * Lactation Consultants

