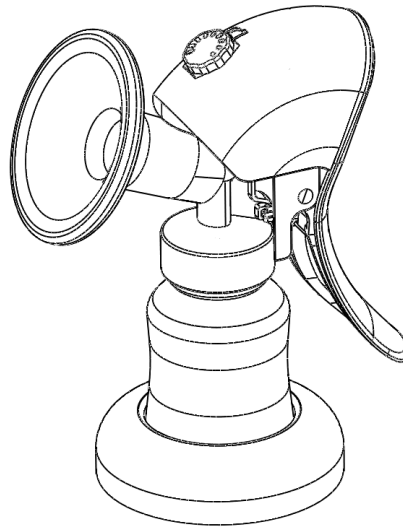




AMOS Manual Breast Pump VARYFLO™



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AMOS Manual Breast Pump VARYFLO™

AMOS 手动吸奶器 VARYFLO™

USER INSTRUCTIONS

使用说明

Breast-feeding is the best for babies. You have made the right choice by choosing to breastfeed your new baby. Your milk is perfectly adapted to your baby's needs and contains all the antibodies that protect him/her from certain illnesses and allergies. Breastfeeding is also a quality moment of intense complicity between you and your baby, providing you both with well-being and serenity.

母乳喂养对于宝宝来说永远是最佳选择。如果您决定选择用母乳来喂养您的新生宝宝，恭喜您，您已经为宝宝做出了最棒的决定！妈妈的母乳包含所有能满足宝宝成长需求的营养，同时还带有妈妈的所有抗体可以保护宝宝远离某些疾病并避免过敏。而母乳喂养过程本身也是一个培养妈妈和宝宝之间亲密关系的美好时刻，请享受母乳喂养时带给您和宝宝那份独特的幸福和宁静吧。

Please take a few minutes to read these user instructions before using your manual breast pump for the first time.

在您第一次使用您的手动吸奶器之前，请先阅读以下使用说明。

1 – When should I use the manual breast pump?

1— 我应该何时使用手动吸奶器？

This manual breast pump has been designed to help you breastfeed in all circumstances:

此款吸奶器可应对母乳喂养过程中的各种情况。

- It enables you to leave your baby for long or short periods whilst continuing to feed your baby with your milk. In your absence, baby's dad or nanny can easily feed him/her with your milk that you will have placed in the refrigerator (maximum 3 days) or deep-freeze (maximum 6 months)(*chapter 5*).
- 在妈妈需要外出离开的时候，吸奶器可以帮助宝宝继续享用到妈妈的母乳。妈妈外出时，宝宝的其他家人或保姆能够使用妈妈用吸奶器提前泵出并储存在冰箱里的母乳（冷藏最多 3 天，深度冷冻最多 6 个月）来喂养宝宝，让宝宝的母乳喂养过程不间断。
- It relieves you if you have too much milk: by pumping out a little milk you disengage your breasts and remove any milk remaining after your baby has fed.
- 有的妈妈母乳量非常充沛，超出了宝宝的日常需求，吸奶器可以帮助妈妈排出多余的母乳储存起来或另做他用。母乳过多时及时用吸奶器排出一些可以缓解乳房的胀痛，宝宝吃饱以后如还有残留在乳房的母乳也可以用吸奶器吸干净，从而避免因乳腺堵塞造成哺乳期急性乳腺炎。
- It draws out inverted nipples and makes your breasts supple, so that baby can suck more easily.
- 吸奶器可以帮助有乳头内陷问题的妈妈将乳头吸出，让乳房更适应宝宝的吮吸，宝宝吮吸起来更轻松。

Our original Swiss technology combines powerful expression with absolute comfort for the mother. Due to this innovative technique you can adjust the vacuum strength just as you want.

我们独创的瑞士技术将此款吸奶器强大的吸力与完美的舒适度结合在了一起。基于这个创新的技术，妈妈们可以根据自己的身体需要任意调整吸奶器真空吸力的强度。

2 – Presentation of the breast pump parts (*diag. A*)

2-吸奶器零部件介绍(见图 A)

1 Suction strength adjuster	8 Valve
1 吸力调节器	8 阀门
2 Pump	9 Baby bottle
2 吸泵	9 储奶瓶
3 Lid with suction tube	10 Base
3 吸管盖	10 奶瓶座
4 Anti-overflow cap	11 Screw-cap
4 防溢帽	11 螺旋盖
5 Funnel	12 Hood
5 漏斗连接器	12 防尘盖
6 Massaging breast shield	13 Disc
6 按摩胶垫	13 盖片
7 Valve holder	14 Nipple / Teat
7 阀门座	14 奶嘴

3 – Recommendations for use

3-使用建议

As with everything, practice makes perfect. You create suction by activating the pump lever. Start with the lowest vacuum level and raise it by turning the suction strength adjuster 1 until it suits your desires (*diag. B*).
实践能带给您最完美的体验，您可以通过活动此款吸奶器的泵杆来创造出您感到最舒适的吸力。请从最低吸力的档位开始，通过旋转吸力调节器（组件 1）逐渐升高吸力的档位，直到您选择到最适合的档位为止。（见图 B）。

- Choose a calm moment and find a comfortable position.
- 请找到一个平静的环境、舒适的姿势来操作。
- Relax your breasts. This makes it easier to extract the milk.
- 请放松您的乳房，更有助于吸出母乳。
- Pump out the milk from each breast in turn.
- 请轮流从左右两侧乳房吸出母乳。
- Do not worry if, at first, you need to wait a little before the milk flows at a good rate.
- 开始操作时，请不要心急，需要等一小段时间您的母乳才能达到一个很好的流速。

4 – User instructions

4-使用说明

- Wash your hands well and ensure that your breasts are clean.
- 操作前请洗净双手并确保您的乳房也是干净的。
- Also check that the breast pump has been sterilized (*chapter 7*).

- 请检查吸奶器是否已经被消毒（清洁消毒说明请见第 7 章）。
- Place the funnel 5 on the breast in such a way that the nipple is in the middle of the massaging breast shield 6.
- 请将漏斗连接器（组件 5）放置在乳房上，确保乳头在按摩胶垫（组件 6）的中心。
- Ensure that the shield 6 adheres well to your breast so no air is sucked in on the sides.
- 请确保按摩胶垫（组件 6）紧紧贴附在您的乳房上，没有空气可以从边缘吸入。
- Take care to keep the bottle in a vertical position so that the milk flows into it and not into the pump.
- 请小心保持储奶瓶于垂直的位置，从而可以让母乳顺畅得流入储奶瓶而不是吸泵中。
- Begin to pump out your milk adjusting the suction strength adjuster 1 to the lowest level; you need to be gentle with your breasts at first. You can gradually increase the strength according to your physiological needs and your own sensibility (diag. B).
- 在吸奶操作前，请将吸力调节器（组件 1）调节至吸力最低的档位，最初的时候您需要温柔得对待您的乳房。操作过程中，您可以根据您的身体状况以及自身的敏感度逐步得提高吸力。（见图 B）

5 – Storing breast milk

5– 母乳储存指南

- Breast milk can be stored up to 3 days (maximum 4°C; do not put it in the door compartment) in the refrigerator using AMOS baby bottles. You can also transfer it into a sterilized container suitable for deep-freezing and place it for a maximum of 6 months (-18°C or colder) in the deep freeze.
- 使用 AMOS 奶瓶或储奶瓶，母乳在冰箱冷藏室最多可保存 3 天（4°C 以下，切不可将母乳放置于冰箱门上或靠近冰箱门的位置）。也可以将母乳转存至消毒过的适用于深度冷冻的储奶容器，在冰箱冷冻室最多可保存 6 个月（-18°C 以下）
- You can store defrosted breast milk in the refrigerator for up to 10 hours. Do not put it back into the deep freezer!
- 解冻以后的母乳在冰箱冷藏室最多可保存 10 个小时。切不可将已解冻过的母乳再放回冰箱冷冻室再次冷冻！
- Breast milk must not be thawed in a microwave oven since you must protect its full nutritional value. Place it in the refrigerator or, if you need it urgently, in warm water (maximum 37°C).
- 请不要使用微波炉对母乳进行解冻或加热，否则将会造成母乳中营养物质的损害或流失。请将母乳放置于冰箱冷藏室慢慢自行解冻，如遇紧急情况急需使用，请使用的温水（最高 37°C）进行解冻及加热。

6 – Disassembling

6– 拆卸指南

- 1 Remove the breast shield 6 from the funnel 5.
- 1 将按摩胶垫（组件 6）从漏斗连接器（组件 5）上取下。
- 2 Separate the pump 2 from the funnel 5 (diag. H).
- 2 将吸泵（组件 2）与漏斗连接器（组件 5）分离（见图 H）。
- 2 Carefully remove the pump 2 pulling it out with an upward movement to unclip the pump 2 from the funnel 5.
- 2 请小心得向上拔起吸泵（组件 2），解开其与漏斗连接器（组件 5）的连接。
- 3 Push the lid 3 up to remove it from the funnel 5 (diag. I).
- 3 向上推吸管盖（组件 3）从而将它从漏斗连接器（组件 5）上卸下。（见图 I）
- 4 Remove the anti-overflow cap 4.
- 4 取下防溢帽（组件 4）。

- 5 Unscrew the funnel 5 to separate it from the bottle 9.
- 5 将漏斗连接器 (组件 5) 从储奶瓶 (组件 9) 上拧下。
- 6 Pull the valve holder 7 out of the funnel 5.
- 6 将阀门座 (组件 7) 从漏斗连接器 (组件 5) 中拉出。
- 7 Remove the valve 8 from the valve holder 7.
- 7 将阀门 (组件 8) 从阀门座 (组件 7) 中取出。

CAUTION – Keep all small parts away from children.

注意- 所有的小组件请放置于远离孩子的地方

7 – Cleaning and sterilizing

7- 清洗消毒指南

After each use, the breast pump must be cleaned and all parts in contact with milk must be boiled or sterilized (*diag. A*). This is important to ensure that there is no contamination caused by residual milk.

每一次使用后，吸奶器必须清洗，所有能够与母乳接触到的组件必须用沸水蒸煮或用消毒设备进行消毒 (见图 A) 残留的母乳会对下一次吸出的新乳造成污染，因此此项操作至关重要。

- 1 Just wipe the pump 2 with a damp clean cloth. Do not put it into dishwasher or microwave (part includes metal spring clip)!
- 1 请用干净的湿布擦拭吸泵 (组件 2) 即可。 切不可将吸泵 (组件 2) 放入洗碗机或微波炉中 (此组件含有金属弹簧圈) !
- 2 Sterilize the parts 3, 4, 5, 6, 7, 8 and 9 in a sterilizer or by boiling them for 5 minutes. Preferably do not use a dishwasher.
- 2 请用消毒设备或沸水蒸煮的方式将组件 3,4,5,6,7,8,9 消毒 5 分钟。最好不要使用洗碗机进行清洗。
- 3 Wipe the base 10 with a damp clean cloth.
- 3 请用干净的湿布擦拭奶瓶座 (组件 10) 即可。

8 – Putting the manual breast pump back together

8- 组装指南

- 1 Insert the anti-overflow cap 4 correctly into the lid 3 (*diag. C*).
- 1 将防溢帽 (组件 4) 正确得插入吸管盖 (组件 3) 。 (见图 C)
- 2 Push the lid 3 with the mounted anti-overflow cap 4 onto the upper funnel opening 5. Note the orientation of the anti-overflow cap 4 (*diag. D*).
- 2 将带有安装好防溢帽 (组件 4) 的吸管盖 (组件 3) 组装至漏斗连接器 (组件 5) 的上部。过程中请注意防溢帽 (组件 4) 的方向 (见图 D)
- 3 Fit the valve 8 on the valve holder 7 (*diag. E*).
- 3 将阀门 (组件 8) 组装至阀门座 (组件 7) 上。 (见图 E)
- 4 Put the valve holder 7 with the mounted valve 8 into the lower funnel opening 5 (*diag. F*).
- 4 将已组装上阀门 (组件 8) 的阀门座 (组件 7) 组装至漏斗连接器 (组件 5) 的下部。 (见图 F)
- 5 Screw the funnel 5 on the baby bottle 9.
- 5 将漏斗连接器 (组件 5) 拧到储奶瓶 (组件 9) 上。
- 6 Take the pump 2 and insert the aspiration tip of the lid 3 into the pump hole 2 (*diag. G*).
- 6 拿起吸泵 (组件 2) ，将吸管盖 (组件 3) 的吸气嘴插入吸泵 (组件 2) 上对应的吸气孔。 (见图 G)

- 7 Push the pump 2 into the funnel 5 by pressing until the cradle inserts with a click (*diag. G*).
- 7 通过按压将吸泵（组件 2）推入漏斗连接器（组件 5），直至托架插入后听到“咔哒”的声响说明安装到位。（见图 G）
- 8 Place the breast shield 6 in the funnel 5.
- 8 把按摩胶垫（组件 6）安装在漏斗连接器（组件 5）的漏斗上。

9 – Troubleshooting

9– 故障排除

- 1 The pump is not sucking or the sucking level is too low:
 - 1 吸奶器无吸力或者吸力太弱时：
 - Check that all the parts have been correctly mounted and /or fully inserted in the right direction (*chapter 8*).
 - 请检查是否所有的零件都已正确安装到位/或者完全插入正确的位置。（组装说明请见第 8 章）
 - Check that the lid 3 with the mounted anti-overflow cap 4 is correctly assembled to the funnel 5(*chapter 8.1 + 8.2*).
 - 请检查带有已安装好防溢帽（组件 4）的吸管盖（组件 3）是否正确得组装至漏斗连接器（组件 5）。（组装说明请见第 8 章 8.1 及 8.2）
 - Check that the suction adjustment button 1 is pressed in well.
 - 请检查吸力调节器（组件 1）的按钮是否仍可有效使用。
 - If you can't rotate the suction strength adjuster 1 or if you only can rotate it with force, remove the adjuster 1 from the pump 2 and put a little baby oil on the inside of the suction strength adjuster 1.
 - 如果吸力调节器（组件 1）已无法旋转或您只有非常用力才可以旋转它，请将吸力调节器（组件 1）从吸泵（组件 2）上取下，可以向吸力调节器（组件 1）内部注入一点婴儿油帮助润滑。
 - Check that the valve 8 is correctly assembled to the valve holder 7(*chapter 8.3*).
 - 请检查阀门（组件 8）是否已正确组装至阀门座（组件 7）上。（组装说明请见第 8 章 8.3）
 - Check that air doesn't enter between your breast and the massaging breast shield 6.
 - 请检查乳房和按摩胶垫（组件 6）之间是否有空隙使空气可以进入。

BABY BOTTLE 125ml INSTRUCTIONS FOR USE

婴儿奶瓶 125ml

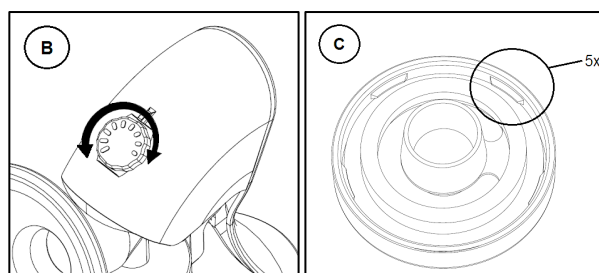
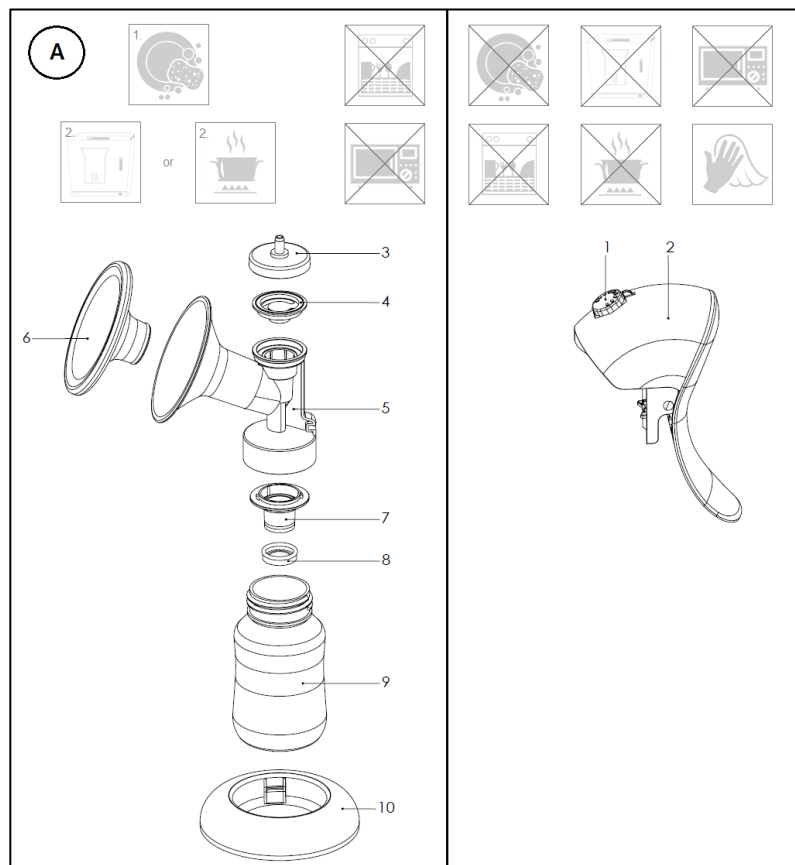
使用说明

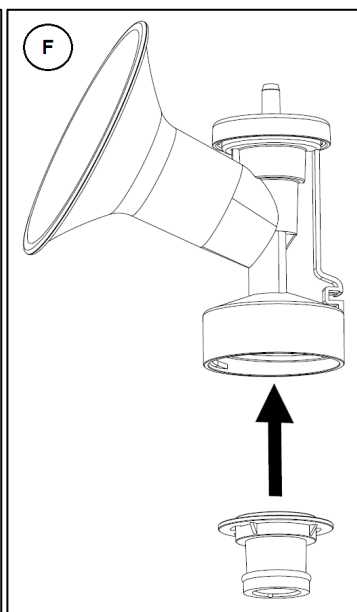
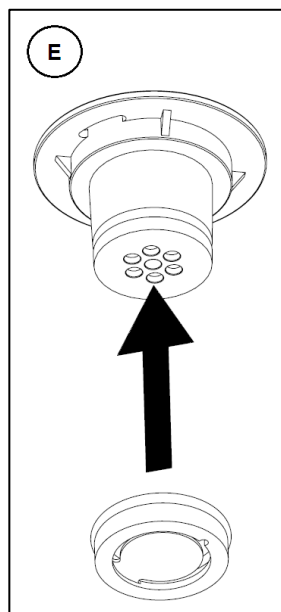
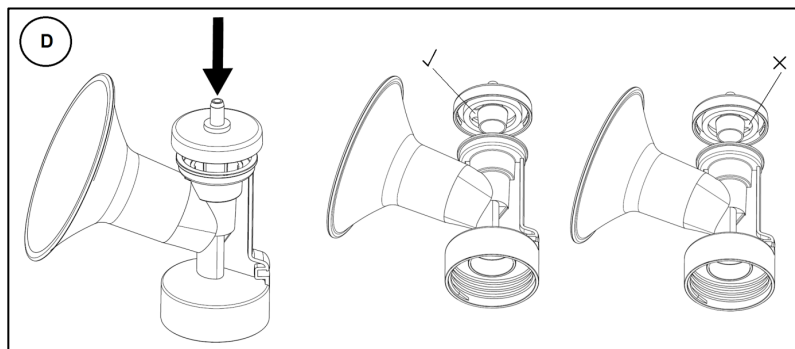
Clean before each use to ensure hygiene. To clean, rinse thoroughly and sterilize all parts before each use by boiling in water for 5 minutes. Completely immerse components in water when boiling. To avoid damage, never clean in a pressure cooker. This product is safe for cleaning in dishwashers – unassembled components in top rack only. Always allow cooling down and remove any remaining water before use. Inspect before each use by pulling the feeding teat in all directions. Throw away at the first signs of damage or weakness. Do not leave a feeding teat in direct sunlight or heat, or leave in disinfectant ("sterilizing solution") for longer than recommended, as this may weaken the teat. Prints / motifs on the surface of the bottle may fade after use due to repeated washing or sterilisation. This is quite normal and completely safe as the inks / colours used for the prints are non-toxic and tested to be safe for food or human contact. Screw teat unit firmly onto bottle when using.

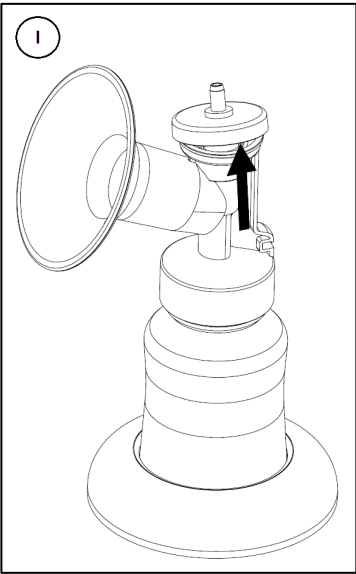
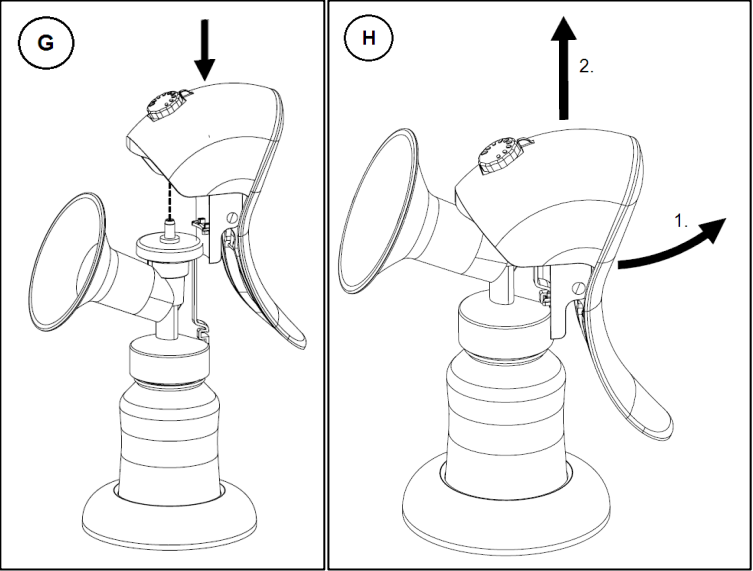
每次使用前请务必清洁以确保卫生。清洁时，需对所有零部件进行彻底冲洗并用沸水蒸煮 5 分钟进行消毒；消毒时，需确保所有组件完全浸入沸水中；为避免损害，请不要使用高压锅进行清洁消毒。产品适用于洗碗机，未组装的零部件应置于顶层。产品请在冷却后使用，使用前请去除表面遗留的水分；可将奶嘴向各个方向拉伸，并仔细全面得观察，如发现破损请第一时间丢弃并更换。不要将奶嘴放置在阳光直射或高温的地方，也不要将奶嘴置于消毒液里超过推荐时间，这些可能会损坏奶嘴。奶瓶表面印刷所使用的墨水及颜料是安全无毒的，而且通过了食品及人体接触产品的相关测试，表面的印刷图案可能会在反复清洗及消毒的过程中淡化，这属于正常现象请放心使用。作为奶瓶使用时，请将奶嘴组件安装至瓶身上。

For your child's safety and health –WARNING! Always use this product with adult supervision. Keep all components not in use out of the reach of children. Never use feeding teats as a soother. Continuous and prolonged sucking of fluids will cause tooth decay. Always check food temperature before feeding. Take extra care when heating in a microwave oven. Remove all covers and other parts before heating food in a microwave oven. Heating in a microwave oven may produce localised high temperatures. Always stir heated food to ensure even heat distribution and test the temperature before serving. Inspect carefully before each use and discard if damaged. Store in a cool dry place out of reach of children! Never leave children unattended!

为了孩子的安全与健康——警告！ 任何时候都请在成人的监督下使用。所有不使用的零部件请放置于儿童拿不到的地方。不要将此奶嘴作为安抚奶嘴使用，持续长时间的吮吸液体可能会引起龋齿。给宝宝喂食前请务必检查食物的温度。使用微波炉加热食物时请额外小心，加热前请去除所有的盖子及相关零件。使用微波炉加热食物可能会引起局部温度过高，在给宝宝喂食前请摇匀食物以确保热量分布均匀并测试温度。每次使用前请仔细观察，如有损伤请及时丢弃或更换。请将产品存放于阴凉干燥、儿童拿不到的地方。永远不要让孩子处于无人照看的境地！







Product Facts

产品材质说明

1	Suction strength adjuster 吸力调节器	Thermoplastic Elastomer (TPE) 热塑性弹性体 (TPE)
2	Pump 吸泵	Polypropylene (PP) + Stainless Steel 聚丙烯 (PP) + 不锈钢
3	Lid with suction tube 吸管盖	Polypropylene (PP) 聚丙烯 (PP)
4	Anti-overflow cap 防溢帽	Liquid Silicone Rubber (LSR) 液态硅胶 (LSR)
5	Funnel 漏斗连接器	Co-polyester (COP) 共聚酯 (COP)
6	Massaging breast shield 按摩胶垫	Liquid Silicone Rubber (LSR) 液态硅胶 (LSR)
7	Valve holder 阀门座	Polypropylene (PP) 聚丙烯 (PP)
8	Valve 阀门	Liquid Silicone Rubber (LSR) 液态硅胶 (LSR)
9	Baby bottle 125ml 储奶瓶125ml	Polypropylene (PP) 聚丙烯 (PP)
10	Base 奶瓶座	Polypropylene (PP) 聚丙烯 (PP)
11	Screw-cap 螺旋盖	Polypropylene (PP) 聚丙烯 (PP)
12	Hood 防尘盖	Polypropylene (PP) 聚丙烯 (PP)
13	Disc 盖片	Polypropylene (PP) 聚丙烯 (PP)
14	Nipple / Teat 奶嘴	Liquid Silicone Rubber (LSR) 液态硅胶 (LSR)

Cleaning Temperature (unassembled)* 4 - 100°C
*清洁温度 (未组装状态) 4 - 100°C
Serving Temperature (bottle contents)** 37 - 38°C
*喂食温度 (奶瓶组件) 37 - 38°C

* Recommended typical guidelines. All parts must be completely immersed in water when boiling and not in direct contact with heated surfaces.
Follow instructions provided with your sterilizing and / or warming equipment.

*推荐使用指南 使用沸水消毒时，所有组件请务必全部浸入水中，不要直接接触高温的产品表面。请按照您的消毒或加热设备的说明指导进行操作。
Additional precautions may be necessary.
为了宝宝的健康和安全，任何额外的预防措施都可能是必要的。

** Recommended typical guidelines for feeding. Always check temperature of contents before feeding. Please read the enclosed instructions.

*喂养推荐使用指南 每次给宝宝喂食前，请务必检查食物的温度。请阅读产品所附的相关说明。

Bottle conforms to European Standard EN 14350
奶瓶符合欧洲安全标准EN14350

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