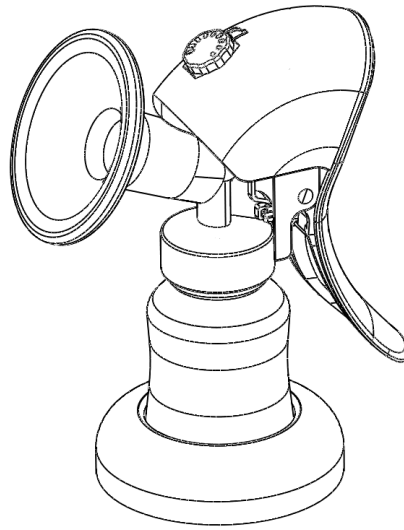




## AMOS Manual Breast Pump **VARYFLO™**



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FR	Pour le manuel d'instructions...
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# AMOS Manual Breast Pump VARYFLO™

## USER INSTRUCTIONS

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.

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

### 1 – When should I use the manual breast pump?

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

- 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*).
- 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.
- It draws out inverted nipples and makes your breasts supple, so that baby can suck more easily.

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.

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

1 Suction strength adjuster	8 Valve
2 Pump	9 Baby bottle
3 Lid with suction tube	10 Base
4 Anti-overflow cap	11 Screw-cap
5 Funnel	12 Hood
6 Massaging breast shield	13 Disc
7 Valve holder	14 Nipple / Teat

### 3 – Recommendations for use

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*).

- Choose a calm moment and find a comfortable position.
- Relax your breasts. This makes it easier to extract the milk.
- Pump out the milk from each breast in turn.
- Do not worry if, at first, you need to wait a little before the milk flows at a good rate.

#### 4 – User instructions

- Wash your hands well and ensure that your breasts are clean.
- Also check that the breast pump has been sterilized (*chapter 7*).
- Place the funnel **5** on the breast in such a way that the nipple is in the middle of the massaging breast shield **6**.
- Ensure that the shield **6** adheres well to your breast so no air is sucked in on the sides.
- Take care to keep the bottle in a vertical position so that the milk flows into it and not into the pump.
- 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*).

#### 5 – Storing breast milk

- 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.
- You can store defrosted breast milk in the refrigerator for up to 10 hours. Do not put it back into the deep freezer!
- 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).

#### 6 – Disassembling

- 1 Remove the breast shield **6** from the funnel **5**.
- 2 Separate the pump **2** from the funnel **5** (*diag. H*).  
Carefully remove the pump **2** pulling it out with an upward movement to unclip the pump **2** from the funnel **5**.
- 3 Push the lid **3** up to remove it from the funnel **5** (*diag. I*).
- 4 Remove the anti-overflow cap **4**.
- 5 Unscrew the funnel **5** to separate it from the bottle **9**.
- 6 Pull the valve holder **7** out of the funnel **5**.
- 7 Remove the valve **8** from the valve holder **7**.

CAUTION – Keep all small parts away from children.

#### 7 – Cleaning and sterilizing

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.

- 1 Just wipe the pump **2** with a damp clean cloth. Do not put it into dishwasher or microwave (part includes metal spring clip)!
- 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.
- 3 Wipe the base **10** with a damp clean cloth.

## 8 – Putting the manual breast pump back together

- 1 Insert the anti-overflow cap **4** correctly into the lid **3** (*diag. 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*).
- 3 Fit the valve **8** on the valve holder **7** (*diag. E*).
- 4 Put the valve holder **7** with the mounted valve **8** into the lower funnel opening **5** (*diag. F*).
- 5 Screw the funnel **5** on the baby bottle **9**.
- 6 Take the pump **2** and insert the aspiration tip of the lid **3** into the pump hole **2** (*diag. G*).
- 7 Push the pump **2** into the funnel **5** by pressing until the cradle inserts with a click (*diag. G*).
- 8 Place the breast shield **6** in the funnel **5**.

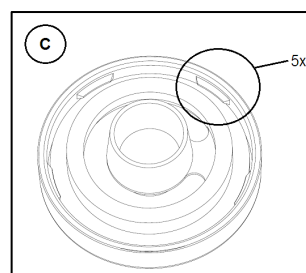
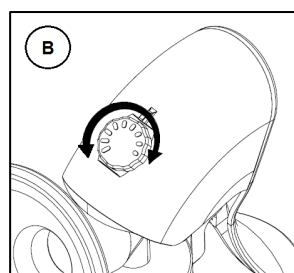
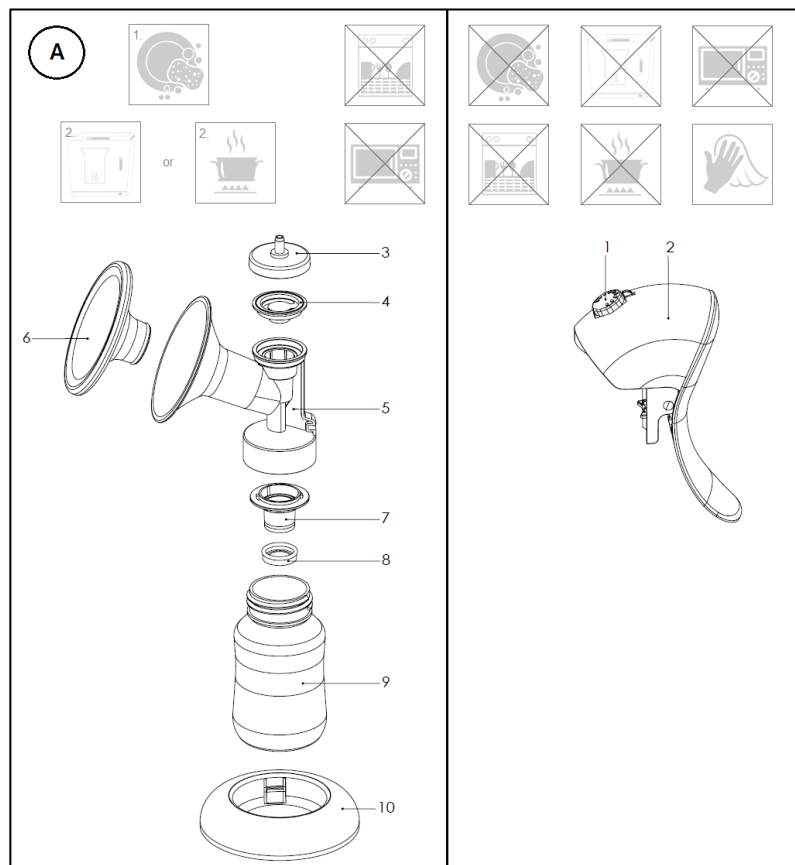
## 9 – Troubleshooting

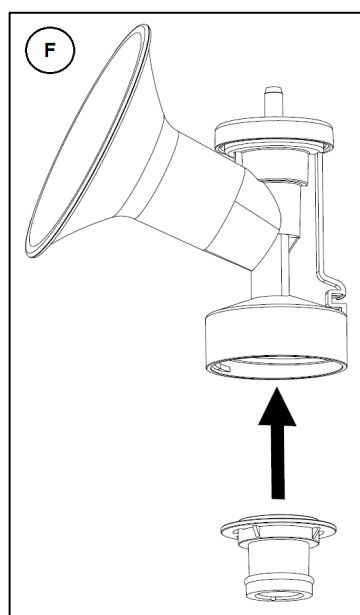
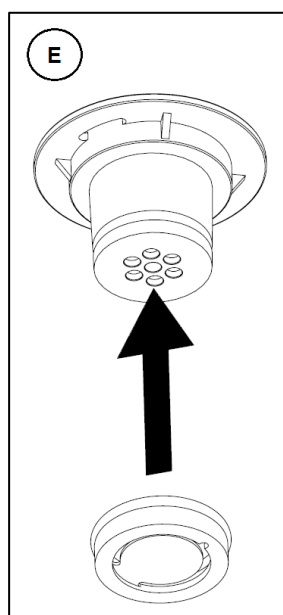
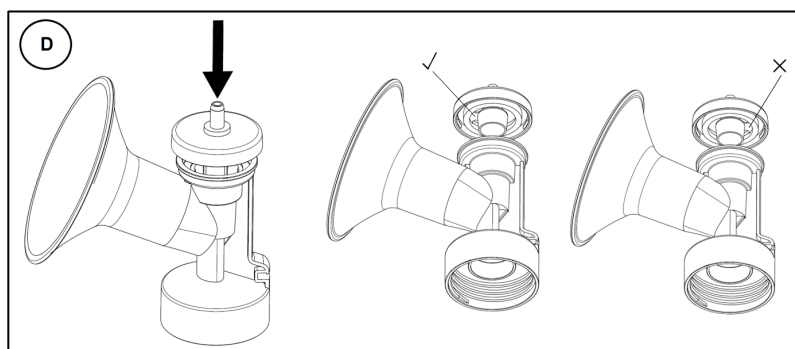
- 1 The pump is not sucking or the sucking level is too low:
  - Check that all the parts have been correctly mounted and /or fully inserted in the right direction (*chapter 8*).
  - Check that the lid **3** with the mounted anti-overflow cap **4** is correctly assembled to the funnel **5** (*chapter 8.1 + 8.2*).
  - Check that the suction adjustment button **1** is pressed in well.
  - 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**.
  - Check that the valve **8** is correctly assembled to the valve holder **7** (*chapter 8.3*).
  - Check that air doesn't enter between your breast and the massaging breast shield **6**.

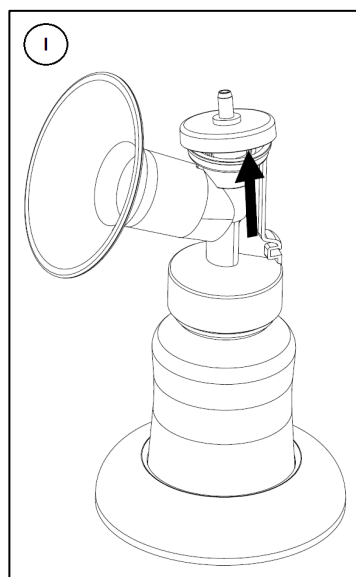
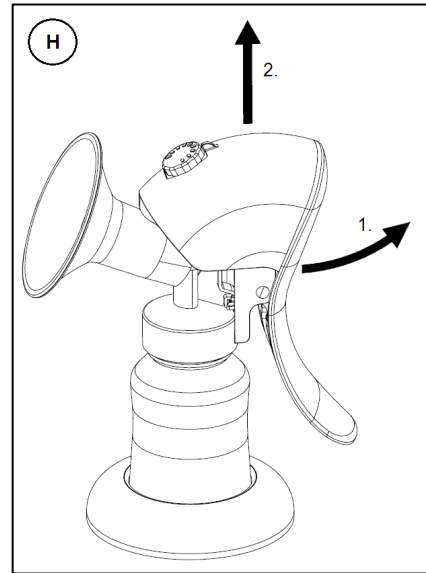
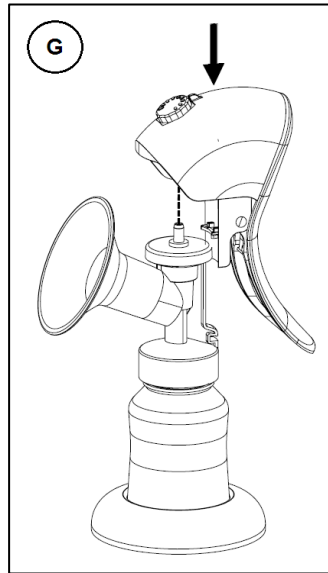
## BABY BOTTLE 125ml INSTRUCTIONS FOR USE

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.

**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!







## Product Facts

1	Suction strength adjuster	Thermoplastic Elastomer (TPE)
2	Pump	Polypropylene (PP) + Stainless Steel
3	Lid with suction tube	Polypropylene (PP)
4	Anti-overflow cap	Liquid Silicone Rubber (LSR)
5	Funnel	Co-polyester (COP)
6	Massaging breast shield	Liquid Silicone Rubber (LSR)
7	Valve holder	Polypropylene (PP)
8	Valve	Liquid Silicone Rubber (LSR)
9	Baby bottle 125ml	Polypropylene (PP)
10	Base	Polypropylene (PP)
11	Screw-cap	Polypropylene (PP)
12	Hood	Polypropylene (PP)
13	Disc	Polypropylene (PP)
14	Nipple / Teat	Liquid Silicone Rubber (LSR)

**Cleaning Temperature (unassembled)\* 4 - 100°C**

**Serving Temperature (bottle contents)\*\* 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.

Additional precautions may be necessary.

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

Bottle conforms to European Standard EN 14350

**AMOS Europe GmbH**

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