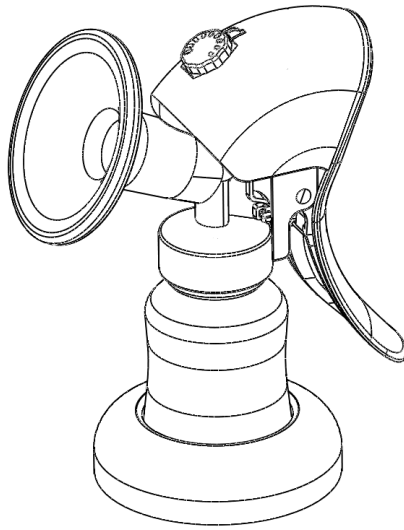




## AMOS Manual Breast Pump VARYFLO™



<b>DE</b>	Um die Gebrauchsanleitung auf Deutsch zu erhalten, besuchen Sie bitte nachfolgende Webadresse.
<b>FR</b>	Pour le manuel d'instructions...
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# AMOS Manual Breast Pump VARYFLO™

## AMOS 手動吸奶器 VARYFLO™

### USER INSTRUCTIONS

#### 使用說明

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.

母乳餵養對於寶寶來說永遠是最佳選擇。如果您決定選擇用母乳來餵養您的新生寶寶，恭喜您，您已經為寶寶做出了最棒的決定！媽媽的母乳包含所有能滿足寶寶成長需求的營養，同時還帶有媽媽的所有抗體可以保護寶寶遠離某些疾病並避免過敏。而母乳餵養過程本身也是一個培養媽媽和寶寶之間親密關係的美好時刻，請享受母乳餵養時帶給您和寶寶那份獨特的幸福和寧靜吧。

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動吸奶器之前，請先閱讀以下使用說明。

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

##### 1— 我應該何時使用手動吸奶器？

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

此款吸奶器可應對母乳餵養過程中的各種情況。

- 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).
- 在媽媽需要外出離開的時候，吸奶器可以幫助寶寶繼續享用到媽媽的母乳。媽媽外出時，寶寶的其他家人或保姆能夠使用媽媽用吸奶器提前泵出並儲存在冰箱裡的母乳（冷藏最多 3 天，深度冷凍最多 6 個月）來餵養寶寶，讓寶寶的母乳餵養過程不間斷。
- 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.
- 有的媽媽母乳量非常充沛，超出了寶寶的日常需求，吸奶器可以幫助媽媽排出多餘的母乳儲存起來或另做它用。母乳過多時及時用吸奶器排出一些可以緩解乳房的脹痛，寶寶吃飽以後如還有殘留在乳房的母乳也可以用吸奶器吸乾淨，從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.
- 吸奶器可以幫助有乳頭內陷問題的媽媽將乳頭吸出，讓乳房更適應寶寶的吸吮，寶寶吸吮起來更輕鬆。

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.

我們獨創的瑞士技術將此款吸奶器強大的吸力與完美的舒適度結合在了一起。基於這個創新的技術，媽媽們可以根據自己的身體需要任意調整吸奶器真空吸力的強度。

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

##### 2-吸奶器零部件介紹(見圖 A)

1 Suction strength adjuster	8 Valve
1 吸力調節器	8 閥門
2 Pump	9 Baby bottle
2 吸泵	9 儲奶瓶
3 Lid with suction tube	10 Base
3 吸管蓋	10 奶瓶座
4 Anti-overflow cap	11 Screw-cap
4 防溢帽	11 螺旋蓋
5 Funnel	12 Hood
5 漏斗連接器	12 防塵蓋
6 Massaging breast shield	13 Disc
6 按摩膠墊	13 蓋片
7 Valve holder	14 Nipple / Teat
7 閥門座	14 奶嘴

### 3 – Recommendations for use

#### 3– 使用建議

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*).  
實踐能帶給您最完美的體驗，您可以通過活動此款吸奶器的泵杆來創造出您感到最舒適的吸力。請從最低吸力的檔位開始，通過旋轉吸力調節器（組件 1）逐漸升高吸力的檔位，直到您選擇到最適合的檔位為止。（見圖 B）。

- Choose a calm moment and find a comfortable position.
- 請找到一個平靜的環境、舒適的姿勢來操作。
- Relax your breasts. This makes it easier to extract the milk.
- 請放鬆您的乳房，更有助於吸出母乳。
- Pump out the milk from each breast in turn.
- 請輪流從左右兩側乳房吸出母乳。
- Do not worry if, at first, you need to wait a little before the milk flows at a good rate.
- 開始操作時，請不要心急，需要等一小段時間您的母乳才能達到一個很好的流速。

### 4 – User instructions

#### 4– 使用說明

- Wash your hands well and ensure that your breasts are clean.
- 操作前請洗淨雙手並確保您的乳房也是乾淨的。
- Also check that the breast pump has been sterilized (*chapter 7*).
- 請檢查吸奶器是否已經被消毒（清潔消毒說明請見第 7 章）。
- Place the funnel5 on the breast in such a way that the nipple is in the middle of the massaging breast shield6.
- 請將漏斗連接器（組件 5）放置在乳房上，確保乳頭在按摩膠墊（組件 6）的中心。
- Ensure that the shield6 adheres well to your breast so no air is sucked in on the sides.
- 請確保按摩膠墊（組件 6）緊緊貼附在您的乳房上，沒有空氣可以從邊緣吸入。

- Take care to keep the bottle in a vertical position so that the milk flows into it and not into the pump.
- 請小心保持儲奶瓶於垂直的位置，從而可以讓母乳順暢得流入儲奶瓶而不是吸泵中。
- 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，請將吸力調節器（組件 **1**）調節至吸力最低的檔位，最初的時候您需要溫柔得對待您的乳房。操作過程中，您可以根據您的身體狀況以及自身的敏感度逐步得提高吸力。（見圖 **B**）

## 5 – Storing breast milk

### 5- 母乳儲存指南

- 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** 奶瓶或儲奶瓶，母乳在冰箱冷藏室最多可保存 **3 天**（**4°C** 以下，切不可將母乳放置於冰箱門上或靠近冰箱門的位置）。也可以將母乳轉存至消毒過的適用於深度冷凍的儲奶容器，在冰箱冷凍室最多可保存 **6 個月**（**-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!
- 解凍以後的母乳在冰箱冷藏室最多可保存 **10 個小時**。切不可將已解凍過的母乳再放回冰箱冷凍室再次冷凍！
- 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).
- 請不要使用微波爐對母乳進行解凍或加熱，否則將會造成母乳中營養物質的損害或流失。請將母乳放置於冰箱冷藏室慢慢自行解凍，如遇緊急情況急需使用，請使用的溫水（最高 **37°C**）進行解凍及加熱。

## 6 – Disassembling

### 6- 拆卸指南

- 1 Remove the breast shield **6** from the funnel **5**.
- 1 將按摩膠墊（組件 **6**）從漏斗連接器（組件 **5**）上取下。
- 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**.
- 2 將吸泵（組件 **2**）與漏斗連接器（組件 **5**）分離（見圖 **H**）。  
請小心得向上拔起吸泵（組件 **2**），解開其與漏斗連接器（組件 **5**）的連接。
- 3 Push the lid **3** up to remove it from the funnel **5**(*diag. I*).
- 3 向上推吸管蓋（組件 **3**）從而將它從漏斗連接器（組件 **5**）上卸下。（見圖 **I**）
- 4 Remove the anti-overflow cap **4**.
- 4 取下防溢帽（組件 **4**）。
- 5 Unscrew the funnel **5** to separate it from the bottle **9**.
- 5 將漏斗連接器（組件 **5**）從儲奶瓶（組件 **9**）上擰下。
- 6 Pull the valve holder **7** out of the funnel **5**.
- 6 將閥門座（組件 **7**）從漏斗連接器（組件 **5**）中拉出。
- 7 Remove the valve **8** from the valve holder **7**.
- 7 將閥門（組件 **8**）從閥門座（組件 **7**）中取出。

CAUTION – Keep all small parts away from children.

注意- 所有的小組件請放置于遠離孩子的地方

## 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.

每一次使用後，吸奶器必須清洗，所有能夠與母乳接觸到的組件必須用沸水蒸煮或用消毒設備進行消毒（見圖 A）殘留的母乳會對下一次吸出的新乳造成污染，因此此項操作至關重要。

- 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 請用乾淨的濕布擦拭吸泵（組件 2）即可。切不可將吸泵（組件 2）放入洗碗機或微波爐中（此組件含有金屬彈簧圈）！
  - 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 請用消毒設備或沸水蒸煮的方式將組件 3,4,5,6,7,8,9 消毒 5 分鐘。最好不要使用洗碗機進行清洗。
  - 3 Wipe the base 10 with a damp clean cloth.
  - 3 請用乾淨的濕布擦拭奶瓶座（組件 10）即可。

## 8 – Putting the manual breast pump back together

### 8- 組裝指南

- 1 Insert the anti-overflow cap 4 correctly into the lid 3(*diag. C*).
  - 1 將防溢帽（組件 4）正確得插入吸管蓋（組件 3）。（見圖 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 將帶有安裝好防溢帽（組件 4）的吸管蓋（組件 3）組裝至漏斗連接器（組件 5）的上部。過程中請注意防溢帽（組件 4）的方向（見圖 D）
    - 3 Fit the valve 8 on the valve holder 7(*diag. E*).
      - 3 將閥門（組件 8）組裝至閥門座（組件 7）上。（見圖 E）
      - 4 Put the valve holder 7 with the mounted valve 8 into the lower funnel opening 5(*diag. F*).
        - 4 將已組裝上閥門（組件 8）的閥門座（組件 7）組裝至漏斗連接器（組件 5）的下部。（見圖 F）
        - 5 Screw the funnel 5 on the baby bottle 9.
        - 5 將漏斗連接器（組件 5）擰到儲奶瓶（組件 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（組件 2），將吸管蓋（組件 3）的吸氣嘴插入吸泵（組件 2）上對應的吸氣孔。（見圖 G）
          - 7 Push the pump 2 into the funnel 5 by pressing until the cradle inserts with a click (*diag. G*).
            - 7 通過按壓將吸泵（組件 2）推入漏斗連接器（組件 5），直至托架插入後聽到“啞嗒”的聲響說明安裝到位。（見圖 G）
            - 8 Place the breast shield 6 in the funnel 5.
            - 8 把按摩膠墊（組件 6）安裝在漏斗連接器（組件 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 吸奶器無吸力或者吸力太弱時：
  - Check that all the parts have been correctly mounted and /or fully inserted in the right direction (*chapter 8*).
  - 請檢查是否所有的零件都已正確安裝到位/或者完全插入正確的位置。（組裝說明請見第 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*).
  - 請檢查帶有已安裝好防溢帽（組件 4）的吸管蓋（組件 3）是否正確得組裝至漏斗連接器（組件 5）。（組裝說明請見第 8 章 8.1 及 8.2）
  - Check that the suction adjustment button 1 is pressed in well.
  - 請檢查吸力調節器（組件 1）的按鈕是否仍可有效使用。
  - 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.
  - 如果吸力調節器（組件 1）已無法旋轉或您只有非常用力才可以旋轉它，請將吸力調節器（組件 1）從吸泵（組件 2）上取下，可以向吸力調節器（組件 1）內部注入一點嬰兒油幫助潤滑。
  - Check that the valve 8 is correctly assembled to the valve holder 7(*chapter 8.3*).
  - 請檢查閥門（組件 8）是否已正確組裝至閥門座（組件 7）上。（組裝說明請見第 8 章 8.3）
  - Check that air doesn't enter between your breast and the massaging breast shield 6.
  - 請檢查乳房和按摩膠墊（組件 6）之間是否有空隙使空氣可以進入。

### BABY BOTTLE 125ml INSTRUCTIONS FOR USE

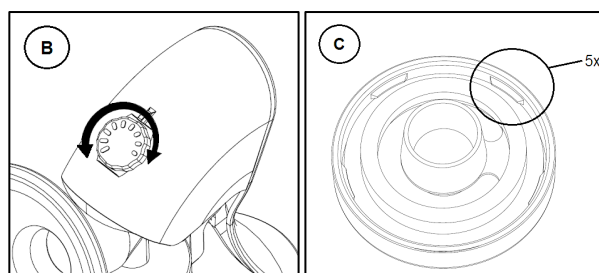
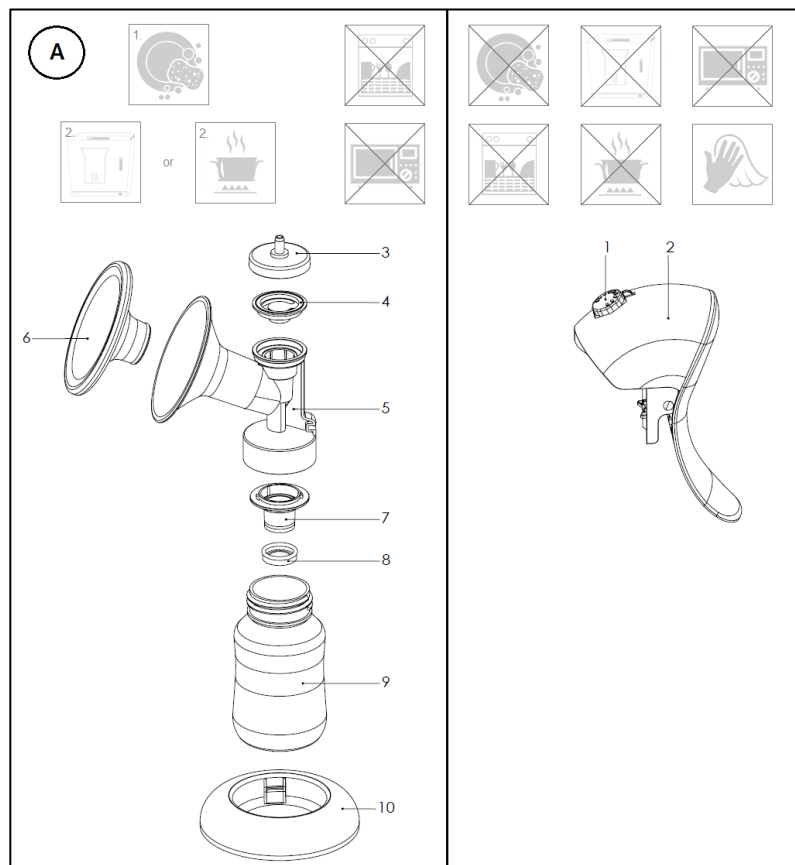
#### 嬰兒奶瓶 125ml 使用說明

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.

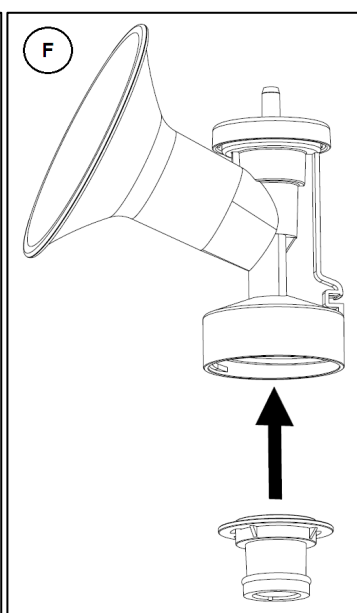
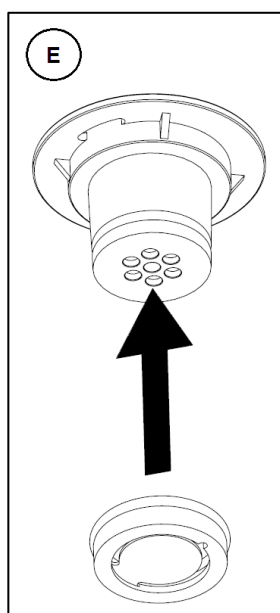
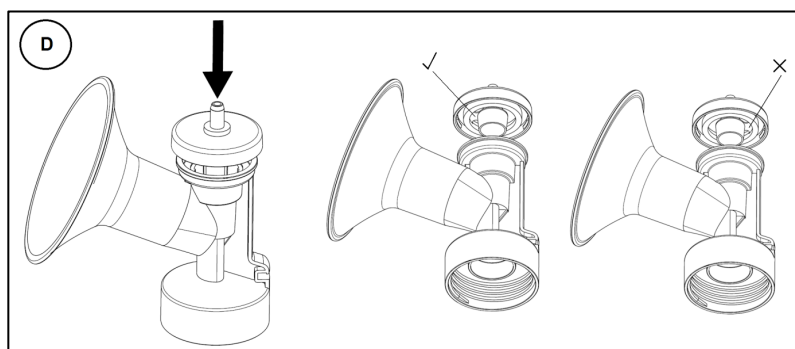
每次使用前請務必清潔以確保衛生。清潔時，需對所有零部件進行徹底沖洗並用沸水蒸煮 5 分鐘進行消毒；消毒時，需確保所有組件完全浸入沸水中；為避免損害，請不要使用高壓鍋進行清潔消毒。產品適用於洗碗機，未組裝的零部件應置於頂層。產品請在冷卻後使用，使用前請去除表面遺留的水分；可將奶嘴向各個方向拉伸，並仔細全面得觀察，如發現破損請第一時間丟棄並更換。不要將奶嘴放置在陽光直射或高溫的地方，也不要將奶嘴置於消毒液裡超過推薦時間，這些可能會損壞奶嘴。奶瓶表面印刷所使用的墨水及顏料是安全無毒的，而且通過了食品及人體接觸產品的相關測試，表面的印刷圖案可能會在反復清洗及消毒的過程中淡化，這屬於正常現象請放心使用。作為奶瓶使用時，請將奶嘴組件安裝至瓶身上。

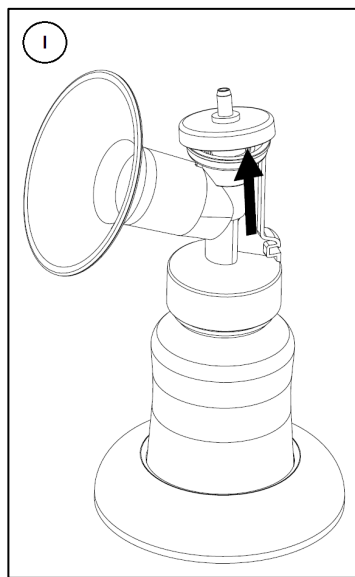
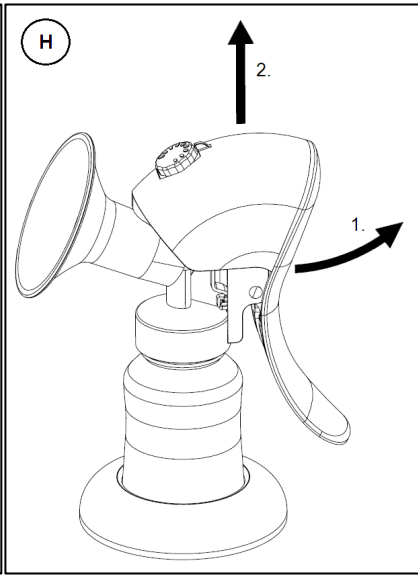
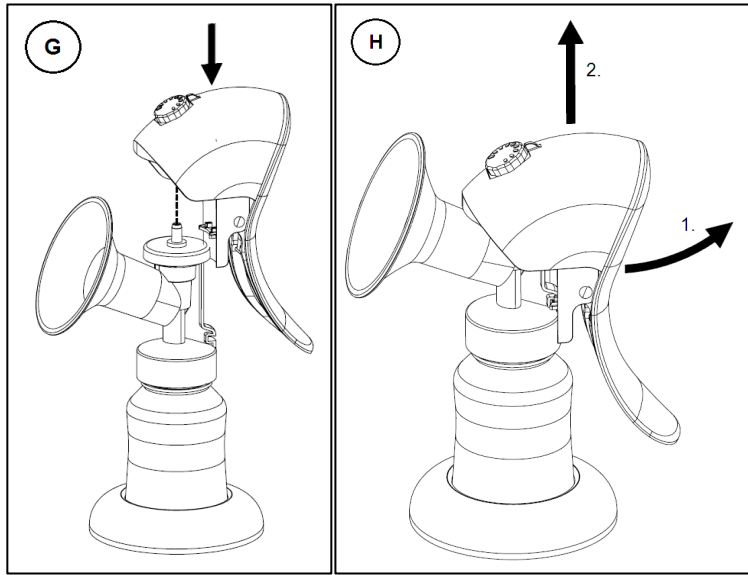
**For your child's safety and health –WARNING!** Always use this product with adult supervision. Keep all components not in use out of the reach of children. Never use feeding teats as a soother. Continuous and prolonged sucking of fluids will cause tooth decay. Always check food temperature before feeding. 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!

**為了孩子的安全 and 健康——警告！** 任何時候都請在成人的監督下使用。所有不使用的零部件請放置於兒童拿不到的地方。不要將此奶嘴作為安撫奶嘴使用，持續長時間的吮吸液體可能會引起齲齒。給寶寶餵食前請務必檢查食物的溫度。使用微波爐加熱食物時請額外小心，加熱前請去除所有的蓋子及相關零件。使用微波爐加熱食物可能會引起局部溫度過高，在給寶寶餵食前請搖勻食物以確保熱量分佈均勻並測試溫度。每次使用前請仔細觀察，如有損傷請及時丟棄或更換。請將產品存放於陰涼乾燥、兒童拿不到的地方。永遠不要讓孩子處於無人照看的境地！









## Product Facts

## 產品材質說明

1 Suction strength adjuster 吸力調節器	Thermoplastic Elastomer (TPE) 熱塑性彈性體 (TPE)
2 Pump 吸泵	Polypropylene (PP) + Stainless Steel 聚丙烯 (PP) + 不銹鋼
3 Lid with suction tube 吸管蓋	Polypropylene (PP) 聚丙烯 (PP)
4 Anti-overflow cap 防溢帽	Liquid Silicone Rubber (LSR) 液態矽膠 (LSR)
5 Funnel 漏斗連接器	Co-polyester (COP) 共聚酯 (COP)
6 Massaging breast shield 按摩膠墊	Liquid Silicone Rubber (LSR) 液態矽膠 (LSR)
7 Valve holder 閥門座	Polypropylene (PP) 聚丙烯 (PP)
8 Valve 閥門	Liquid Silicone Rubber (LSR) 液態矽膠 (LSR)
9 Baby bottle 125ml 儲奶瓶125ml	Polypropylene (PP) 聚丙烯 (PP)
10 Base 奶瓶座	Polypropylene (PP) 聚丙烯 (PP)
11 Screw-cap 螺旋蓋	Polypropylene (PP) 聚丙烯 (PP)
12 Hood 防塵蓋	Polypropylene (PP) 聚丙烯 (PP)
13 Disc 蓋片	Polypropylene (PP) 聚丙烯 (PP)
14 Nipple / Teat 奶嘴	Liquid Silicone Rubber (LSR) 液態矽膠 (LSR)

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

**\*清潔溫度 (未組裝狀態) 4 - 100°C**

**Serving Temperature (bottle contents)\*\* 37 - 38°C**

**\*餵食溫度 (奶瓶組件) 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.

\*推薦使用指南 使用沸水消毒時，所有組件請務必全部浸入水中，不要直接接觸高溫的產品表面。請按照您的消毒或加熱設備的說明指導進行操作。

Additional precautions may be necessary.

為了寶寶的健康和安全，任何額外的預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.

\*餵養推薦使用指南 每次給寶寶餵食前，請務必檢查食物的溫度。請閱讀產品所附的相關說明。

Bottle conforms to European Standard EN 14350

奶瓶符合歐洲安全標準EN14350

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