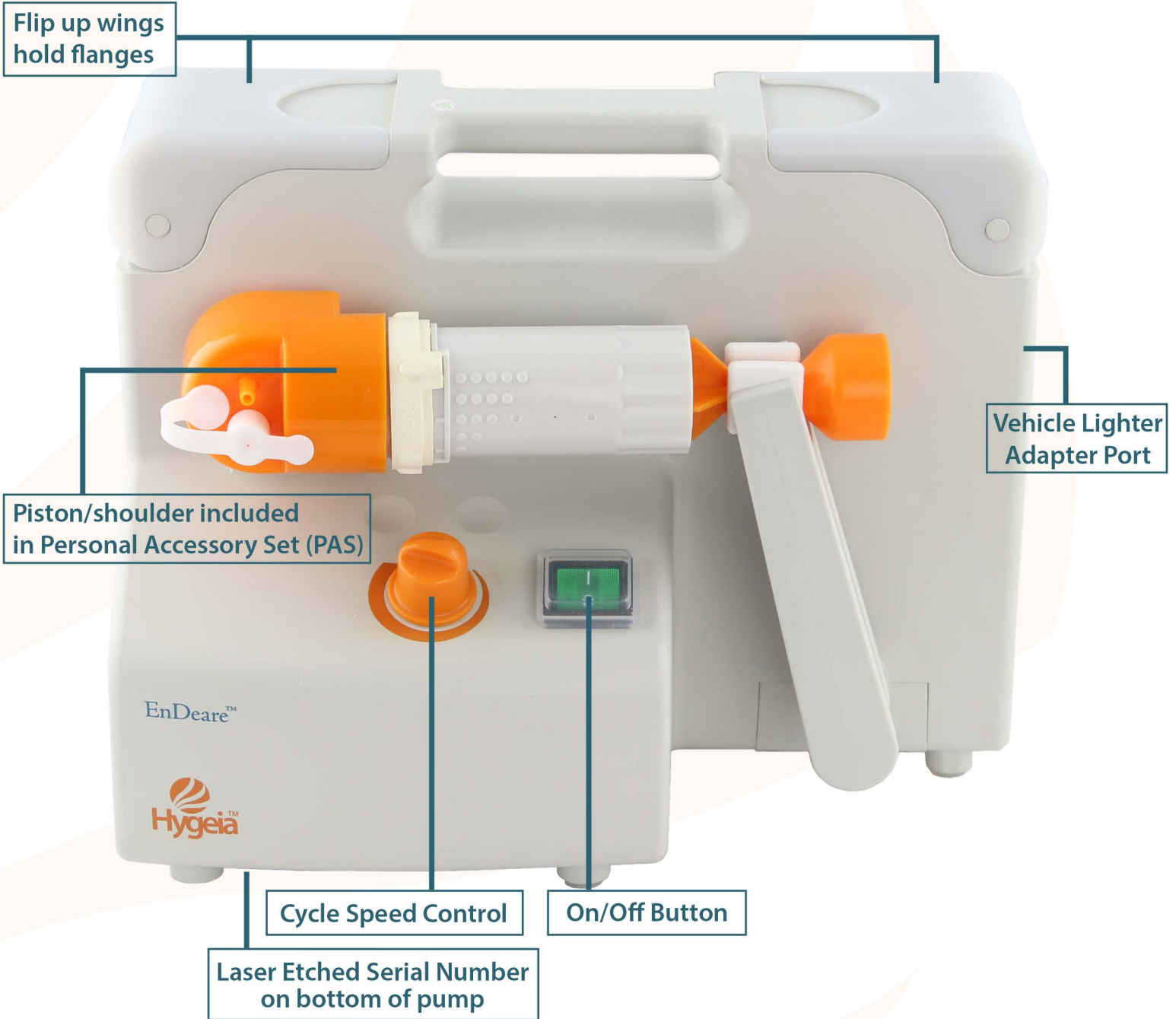


Hygeia EnDeare™ Quick Start Guide



• 6241 Yarrow Dr,
Carlsbad, CA 92011

• info@HygeiaHealth.com
www.HygeiaHealth.com

• 888-PUMP-4-MOM
(888-786-7466)



1 Cleaning

Keeping your milk safe is important to us. Please clean these parts before using your pump for the first time and after each use.



1. Separate flanges from breast milk storage containers and remove valves from flange(s). *Offset valves optional.



2. Hand wash flanges, valves, breast milk storage containers, rings and covers with a soft cloth in warm, soapy water. Rinse completely. Automatic dish washing is not recommended.

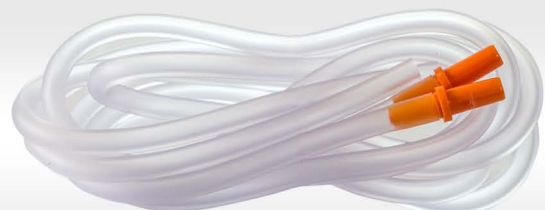


3. Allow all parts to air dry on a clean towel or drying rack.

**DO NOT wet or wash
Piston/shoulder in water.**



**Do not wet the tubing unless milk
or condensation occurs inside,
if so refer to our Troubleshooting
section for further instruction**



2 Set Up

Setting up your pump and personal accessories set for use:



1. Plug in power cord into any standard electrical outlet.



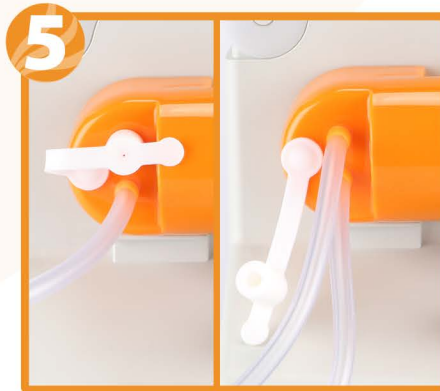
2. Insert shoulder/piston securely into pump opening.



3. Make sure the shoulder tab is secure in the pump opening.



4. Wiggle the orange piston back and forth until the pumping arm is snug in the white rubber clamp.



5. Attach the open end of the tubing onto the shoulder stem(s). Use both tubings for double pumping or one tubing and white cap for single pumping.



6. Securely install valve on underside of flange. Choose the valve that is best for you:

- The Duckbill Valve provides the best suction.

- The Off-set Valve helps keep milk out of the tubing. Moms with a forceful letdown may prefer these valves.
*Off-set valve optional.



7. Push the orange end of each tube into the back of each flange.

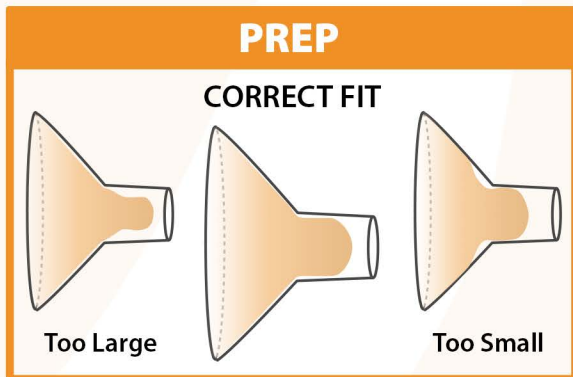


8. Secure each breast milk storage container to each flange.

Our goal is that you can choose the flange and valve combination that brings you the best pumping experience.

3 Pumping

Keeping your milk safe is important to us. Please clean these parts before using your pump for the first time and after each use.



BEFORE PUMPING

- Get yourself into a comfortable relaxed position
- Warm packs and/or gentle breast massage may help milk production
- Plan to pump just one breast at a time while you are learning, capping off one capping off the stem of the piston/shoulder using the white cap (see Set Up step #5)
- Center the flange(s) over your nipple(s)

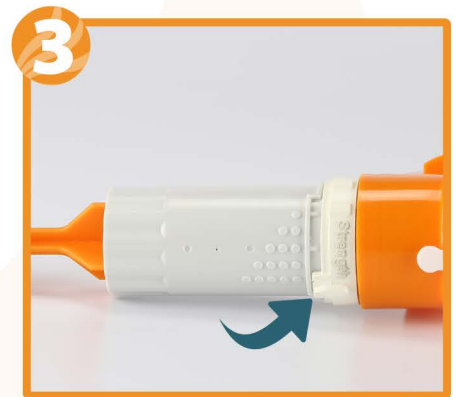
PUMP - Simulate Baby



1. Push ON/OFF button to turn on pump.



2. Always adjust cycle speed to your maximum comfort level to pump the most milk possible.



3. Set the strength dial at the minimum setting until your milk begins to flow then adjust to your maximum comfort level.

STORE & SAVE

STORING BREAST MILK

- When your pumping session is complete, turn off the pump and unplug the tubing from the back of the flange(s)
- Unscrew the breast milk storage containers from flanges and use the breast milk storage container lids and rings to cap the breast milk storage container(s)
- Refer to the Breast Milk Storing & Thawing Guidelines in section 4
- Try Hygeia Breast Milk Storage Bags for easy and compact storage



4 Storage & Troubleshooting

Breast Milk Storing & Thawing Guidelines				
	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Freezer
	66-78° F (19-26° C)	59° F (15° C)	39° F (4° C) or lower	4° F (-18° C) or lower
Freshly pumped breast milk	Up to 8 hour	24 hours	8 days	12 months
Thawed breast milk	1-2 hours	Don't store	24 hours	Never re-freeze

Troubleshooting

If there is no suction or very low suction

1. Make sure that the device is plugged into an electrical outlet source.
2. Make sure all kit connections are secured to the EnDeare™ Breast pump.
3. Make sure if single pumping, the unused Dual port is sealed using the white cap located on the piston/shoulder.
4. Make sure that the tubing is fitted securely into the breast-flanges.

Important note: If you experience discomfort, contact your lactation professional or health care provider. To locate Hygeia products or a breastfeeding specialist in your area, call 1-888-PUMP-4-MOM (888.786.7466) or visit www.HygeiaHealth.com

For more tips, visit our YouTube channel
Replacement accessories are available through our Amazon store.

For further assistance, visit our website:

www.HygeiaHealth.com

or contact Hygeia Customer Care

M-F 7:00am to 5:00pm PST

888-PUMP-4-MOM (888-786-7466)

Accessories



*Optional Accessories

These items are also available for purchase on www.HygeiaHealth.com or on www.Amazon.com (search Hygeia)



Basic Tote



Deluxe Tote and Cooler Bag



Extra Large Flanges



Hard Carry Cases