

Lactina®

*No. 1 choice
of hospitals
& mothers*

EN Instructions for use – hospital use | DE Gebrauchsanweisung – Verwendung im Krankenhaus
FR Mode d'emploi – Usage en milieu hospitalier | IT Istruzioni per l'uso – Uso ospedaliero
NL Gebruiksaanwijzing – voor gebruik in ziekenhuizen



Thank you for choosing the Lactina breast pump. Breast milk is the natural choice for newborns, but there are reasons and situations where breastfeeding is not possible. For over 50 years, it has been Medela's conviction that these mothers and infants can be supported. In close co-operation with breastfeeding experts, Medela, one of the market leaders, has researched and developed breast pumps that meet breastfeeding mothers' needs. For mothers who insist on the best for their infants and themselves.

Herzlichen Dank, dass Sie sich für die Milchpumpe Lactina entschieden haben. Muttermilch ist die natürlichste Form der Ernährung für Neugeborene, doch es gibt Situationen, in denen das Stillen aus verschiedenen Gründen nicht möglich ist. Als einer der Marktführer setzt sich Medela seit über 50 Jahren mit Überzeugung für das Wohl dieser Babys und Mütter ein. In enger Zusammenarbeit mit Stillexperten hat Medela Milchpumpen erforscht und entwickelt, die auf die Bedürfnisse stillender Frauen abgestimmt sind. Für Mütter, die nur das Beste für sich und ihr Baby wollen.

Medela vous remercie d'avoir choisi le tire-lait Lactina. Le lait maternel est ce qu'il y a de plus naturel pour les nouveau-nés, mais dans certaines situations, l'allaitement au sein n'est pas possible. Voilà plus de 50 ans que Medela s'est donné pour mission d'assister ces mamans et ces nourrissons en difficulté. Medela a mené des recherches et développé des tire-laits qui répondent aux besoins des mamans allaitantes, en collaboration avec des experts de l'allaitement. Ces appareils s'adressent aux mamans qui ne veulent que le meilleur pour leur nourrisson et elles-mêmes.

Grazie per aver scelto il tiralatte Lactina. Il latte materno è la scelta naturale per i neonati, ma in alcuni casi non è possibile allattare al seno. Da oltre 50 anni Medela è impegnata ad aiutare madri e neonati che si trovano in queste situazioni. In stretta cooperazione con gli esperti dell'allattamento al seno, Medela, uno dei leader del mercato, ha condotto ricerche volte a sviluppare tiralatte che soddisfino le esigenze delle mamme. Per madri che esigono il meglio per i loro bambini e per loro stesse.

Hartelijk dank dat je voor de Lactina borstkolf hebt gekozen. Moedermelk is de natuurlijke keuze voor pasgeboren baby's, maar er zijn redenen en omstandigheden waarin het niet mogelijk is om borstvoeding te geven. Medela is er al meer dan 50 jaar van overtuigd dat deze moeders en baby's met speciale oplossingen ondersteund kunnen worden. In nauwe samenwerking met borstvoedingsdeskundigen heeft Medela, een van de marktleiders, borstkolven onderzocht en ontwikkeld die perfect tegemoetkomen aan de behoeften van moeders die borstvoeding geven. Voor moeders die het beste willen voor hun baby en voor zichzelf.



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1. Intended use / population / contraindication

The intended use and indications of breast pumps

Breast pumps are intended to be used by lactating women in the hospital or home environment for expressing breast milk. Breast pumps are indicated to alleviate the symptoms of engorgement by expressing milk. In cases of mastitis, breast pumps support the healing process by removing breast milk from the affected breast. Breast pumps are indicated to relieve sore and cracked nipples and to bring out flat or inverted nipples. Also, breast pumps enable mothers to provide breast milk for babies who cannot feed directly at the breast for a variety of reasons, such as latch-on problems, cleft palate or premature babies.

Intended patient population / user

Adolescent paediatric or adult lactating women. Many women find it convenient, or even necessary, to use a breast pump to express and store their breast milk once they have returned to work, if they are travelling, or are otherwise separated from their babies. Women are often delighted to learn that a breast pump can be used as a supplement to breastfeeding and that some pumps are designed to mimic the sucking of a nursing baby.

Contraindications

There are no known contraindications for the Lactina* breast pump.

Product description

Lactina is a flexible breast pump with a proven track record through regular use in hospitals and as a rental pump. It is available as the Lactina Electric Plus and the Lactina Select, both of which operate using the traditional one-phase pumping technology. Both Lactina models are suitable for single and double pumping. The accessories set can also be used as a manual breast pump. Depending on the breast pump model, it is also possible to set the vacuum level and pump speed.

2. Meaning of symbols

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The warning symbol identifies all instructions that are important for safety. Failure to observe these instructions can lead to injury or damage to the breast pump. When used in conjunction with the following words, the warning symbol stands for:



Warning

Can lead to serious injury or death.



Caution

Can lead to minor injury.



Note

Can lead to material damage.



Info

Useful or important information that is not related to safety.

Symbols on the packaging



This symbol indicates that the material is part of a recovery/recycling process.



This symbol indicates a carton package.



This symbol indicates that the device should be kept away from sunlight.



This symbol indicates a fragile device that should be handled with care.



This symbol indicates the temperature limits for operation, transport and storage.



This symbol indicates the humidity limits for operation, transport and storage.



This symbol indicates the atmospheric pressure limits for operation, transport and storage.



This symbol indicates that the device should be kept dry.



This symbol indicates that the packaging contains products intended to come in contact with food according to regulation 1935/2004.



This symbol indicates unique GSI Global Trade Item Numbers (GTIN).

Symbols on the device



This symbol indicates that the instructions for use should be followed.



0123

This symbol indicates the compliance with the essential requirements of the Council Directive 93/42/EEC of 14 June 1993 concerning medical devices.



This symbol indicates the manufacturer.



This symbol indicates do not dispose the device together with unsorted municipal waste (for EU only).



This symbol indicates the compliance with additional USA and Canada safety requirements for medical electrical equipment.



This symbol indicates a type BF applied part.



This symbol indicates the manufacturer's catalogue number for the device.

IP21

This symbol indicates protection against ingress of solid foreign objects and against harmful effects due to the ingress of water.



This symbol indicates the date of manufacture (four digits for the year and two digits for the month).



This symbol indicates a class II protection against electric shock with double or reinforced insulation.



This symbol indicates the fuse (to identify fuse boxes or their location).



This symbol indicates that the fuse box is safety tested.

3. Important safety information

3.1 Warnings



Failure to follow the instructions/safety information below can lead to danger from the device. Subject to technical changes.

READ ALL INSTRUCTIONS BEFORE USE


! WARNING: To reduce the risk of electrocution:

- I Keep the device dry. Never immerse in water or other liquids!
- I Do not spray or pour liquid directly onto the pump unit.
- I Do not place or store the device where it can fall or be pulled into a sink or tub.
- I Do not use the Lactina breast pump while bathing or showering.
- I Do not reach for any electrical device if it has fallen into water. Unplug immediately.
- I Always unplug the Lactina breast pump immediately after use.

! WARNING: To avoid fire, electrocution or serious burns:

- I The Lactina breast pump is not heat-resistant: keep away from radiators and open flames.
- I Do not expose the motor unit to direct sunlight.
- I Do not operate the Lactina breast pump where aerosol (spray) products are being used or where oxygen is being administered.
- I Do not use the device in the presence of a flammable anaesthetic mixture with air, or with oxygen or nitrous oxide.
- I Do not thaw frozen breast milk, or do not warm breast milk in a microwave or in a pan of boiling water. Microwaving can cause severe burns to the baby's mouth from hot spots that develop in the milk during microwaving. Microwaving can also change the composition of breast milk.
- I Use only the power cord that comes with the Lactina breast pump. Make sure the voltage of the power cord is compatible with the power source.
- I Never operate an electrical device if it has a damaged power cord, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- I Always inspect power cord wires prior to use for damage or exposed wire. If any damage is found, immediately stop using the power cord. Contact the local Medela representative.

- | The Lactina breast pump should never be left unattended when plugged into a power source.
- | Separation from the mains is only assured by disconnecting the power cord from the wall socket.
- | Position the pump unit such that it is easy to disconnect the power cord from the wall socket.
- | Keep the power cord away from heated surfaces.

 WARNING: To avoid health risk and reduce risk of injury:

- | Reprocess all reusable parts that come in contact with the breast and breast milk prior to first use as shown in chapter 5.2.
- | Clean parts that come in contact with the breast and breast milk immediately after use.
- | If breast milk overflow occurs, reprocess according to the instructions in chapter 5.2.
- | The pump sets are personal care items intended for use by a single user only. They should not be shared between mothers without appropriate reprocessing to minimise the risk of cross-contamination.
- | Do not continue pumping for more than 2 consecutive pumping sessions if no results are achieved.
- | If problems or pain occur, consult a lactation specialist.
- | Never use while pregnant, unless prescribed/advised by a physician, as pumping can induce labour.
- | For mothers who are infected with Hepatitis B, Hepatitis C or Human Immuno-deficiency Virus (HIV): pumping breast milk will not reduce or remove the risk of transmitting the virus to the baby through breast milk.
- | Inspect all components of the Lactina breast pump as well as all parts of the pump set(s) before each use.
- | Never use a device, components or parts that are damaged.
- | Never use a device, components or parts if dirt, mould or other contamination is visible.
- | Replace mouldy, damaged or worn parts.
- | There are no user-serviceable parts inside the Lactina pump unit. Repairs must be performed only by an authorised service agency. Do not repair the parts yourself! No modifications to the device are permitted.
- | Use the Lactina breast pump only for its intended use as described in this manual.

3. Important safety information

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WARNING: To avoid health risk and reduce risk of injury:

- I Use Medela original accessories only.
- I Do not use attachments not recommended by Medela, as this may cause hazards.
- I Do not modify any parts of the pump or the pump set.
- I Do not use the Lactina breast pump while sleeping or overly drowsy.
- I Do not use the Lactina breast pump while operating a motor vehicle.
- I Do not drive whilst hands-free pumping.
- I Never drop or insert any object into any opening or tubing.
- I Do not use outdoors.
- I Supervision is necessary when the Lactina breast pump is used in the vicinity of children.
- I Portable and mobile radio frequency communications equipment can affect the Lactina breast pump.

Important

- I **Plastic bottles and component parts become brittle when frozen and may break when dropped.**
- I **Also, bottles and component parts may become damaged if mishandled, e.g. dropped, over-tightened, or knocked over.**
- I **Take appropriate care in handling bottles and components.**
- I **Do not use the breast milk if bottles or components become damaged.**

3.2 Cautions



Failure to follow the instructions/safety information below can lead to minor injury.
Subject to technical changes.

CAUTION: To avoid risk of contamination:

- I Wash hands thoroughly with soap and water before touching the breast pump, the pump set(s) and breasts. Avoid touching the inside of containers or lids.
- I Only use drinking-quality tap or bottled water for cleaning.
- I Do not store wet or damp parts as mould may develop.

⚠ CAUTION: To avoid health risk and reduce risk of injury:

- | Pump only with the breast pump in an upright position.
- | Pressing shields too firmly onto the breasts may affect the milk flow.
- | Do not express with a vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease the milk output.
- | Do not attempt to remove the breast shield from the breast while pumping. Turn the breast pump off and break the seal between the breast and the breast shield with the finger, then remove the breast shield from the breast.
- | If pumping is uncomfortable or causing pain, turn the unit off, break the seal between the breast and the breast shield with the finger and remove the breast shield from the breast.
- | Do not shorten the tubing between the breast shield and the pump.
- | Do not use abrasive washing-up liquids/detergents when cleaning the breast pump, pump components or pump set parts.
- | Never put the breast pump unit in water or in a steriliser, as this can cause permanent damage to the breast pump.
- | Do not use the Medela Lactina pump sets with a non-compatible breast pump.
- | Do not use the pump sets for any other purpose than expressing breast milk.

⚠ CAUTION: To reduce risk of electrocution:

- | Plug the power cord into the breast pump first and then into the wall socket.
- | Unplug the breast pump before cleaning.
- | The Lactina breast pump needs special precautions regarding EMC (Electro Magnetic Compatibility). Install and put into service according to the EMC information provided in these instructions for use.

4. Product description

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4.1 Lactina hospital breast pump and accessories

Lactina is a flexible breast pump with a proven track record through regular use in hospitals and as a rental pump. It is available as the Lactina Electric Plus and the Lactina Select, both of which operate using the traditional one-phase pumping technology. Both Lactina models are suitable for single and double pumping. The accessories set can also be used as a manual breast pump. Depending on the breast pump model, it is also possible to set the vacuum level and pump speed.

Required accessories*

The Lactina breast pump should be operated with Medela pump sets and milk bottles. The pump sets and the bottles are available as reusable or as disposable products.

Reusable products:

- I Lactina Hospital Multibox (50 reusable single pump sets)

Disposable products:

Medela's disposable products are intended for single-use or one-day use in hospitals, without a need for cleaning prior to first use:



Medela's **Ready-to-Use products** are hygienically safe to use without prior cleaning, for all hospitals where the use of non-sterile products is allowed.



Medela's **sterile products** are EO sterile and fulfill the EN/ISO standards for medical devices ISO 11607-1, ISO 11607-2, ISO 11135-1.

Available disposable products:

- I Lactina One-Day Pump Set with PersonalFit breast shield (size M, L or XL)
- I Sterile Single-Use Lactina Pump Set (size M, L or XL)
- I Ready-to-Use One-Day Lactina Pump Set (size M, L or XL)
- I Colostrum Container (35 mL)
- I Sterile Single-Use Bottle (available sizes: 80, 150 and 250 mL)
- I Ready-to-Use Single-Use Bottle (available sizes: 80, 150 and 250 mL)

Optional accessories*

Mobile stand for the breast pump, carrying case, car connection cable and test vacuum meter.

4.2 Lactina hospital breast pump – Product parts*



Lactina Select



Lactina Electric Plus



Bottle holder

Power cord



Socket for car
connection cable

Only Lactina Select



Speed adjust knob

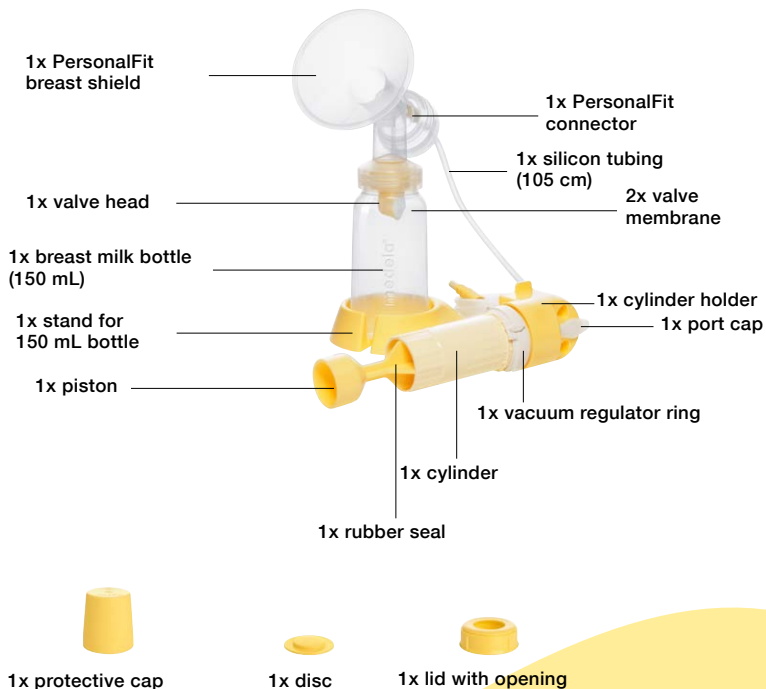
The Lactina Select has an additional knob for adjusting the pump speed between 40 and 60 cycles per minute. Select a fast pumping rhythm to stimulate the milk flow. Reduce the speed when the milk begins to flow.

* See chapter 11 for ordering information for accessories

4. Product description

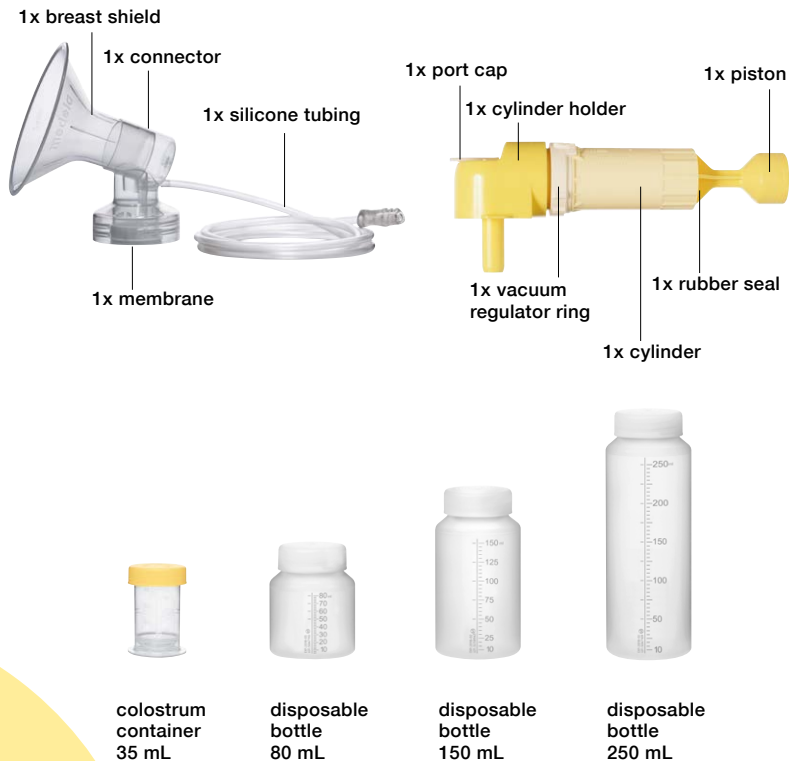
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4.3 Reusable pump set – Product parts (applied parts)*



* See chapter 11 for ordering information

4.4 Disposable pump set – Product parts (applied parts)*



* See chapter 11 for ordering information

5. Cleaning

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Caution

- I Unplug the breast pump before cleaning.
- I These recommendations are not substitutes for official hospital procedures that may differ among institutions. Refer to hospital policy for cleaning of shared capital equipment.
- I Surface disinfectant agents for medical devices will not cause mechanical damage to the Lactina.
- I Follow the instructions provided by the supplier of the surface disinfectant agents.
- I Provide personal protection for operators in accordance with the supplier's instructions and safety data sheets.
- I Check the suitability of the surface disinfectant agents for medical devices by reference to the supplier's information and/or physical testing.

5.1 Breast pump – Cleaning and disinfection

Clean and disinfect the breast pump as needed.



To **clean** the breast pump, wipe the pump housing with a clean, damp (not wet) cloth. Drinking-quality water and a basic washing-up liquid or non-abrasive detergent may be used.

5.2 Cleaning pump sets – Overview

The table on the following pages shows when to clean, disinfect and sterilise the bottles, pump sets and the tubing. These are general instructions. For country-specific regulations and guidelines, see chapter 12.


The listed automated reprocessing procedures are tested, validated and recommended by Medela. In the case of automated cleaning, an internal validation of the preferred procedure by the hospital is necessary, too. In the event of conflicting national cleaning and sterilisation requirements, these shall prevail over the Medela recommendations.



To **disinfect** the pump, wipe the pump housing with a clean, damp (not wet) cloth that is impregnated with a surface disinfectant agent for medical devices. Medela recommends using a surface disinfectant agent that is alcohol based.


5. Cleaning

5.2 Cleaning pump sets – Overview

	Disposable bottles ¹⁾ and disposable pump sets (breast shield, connector, membrane, silicone tubing)	
	 Single-use pump set and single-use bottles	One-day pump sets
Before first use	No cleaning needed	No cleaning needed
After every use ²⁾	Dispose of after use (§5.3)	I Manual cleaning (§5.4) Note: Tubing must not be cleaned.
Once a day	n/a	Dispose of after a maximum of 8 pumping sessions within 24 hours (§5.6).
Before passing on to the next mother	n/a	n/a

¹⁾ All disposable bottles (sterile and Ready-to-Use) are single-use products. They must not be reprocessed.

²⁾ As long as the pump sets stay with the mother.

	Reusable bottles and reusable pump sets (breast shield, connector, valve head, valve membrane, port cap, cylinder holder, vacuum regulator ring, cylinder, rubber seal, piston)	Reusable pump sets: silicone tubing 
Before first use	<ul style="list-style-type: none"> I Automated cleaning and disinfection (§5.8) or I Automated cleaning and disinfection (§5.8) and sterilisation⁴⁾ (§5.9) 	Wipe disinfection (§5.7)
After every use²⁾	<ul style="list-style-type: none"> I Manual cleaning (§5.7) or automated cleaning and disinfection (§5.8) I Sterilisation⁴⁾ (§5.9) 	No cleaning needed ³⁾
Once a day²⁾	<ul style="list-style-type: none"> I Manual cleaning (§5.7) or automated cleaning and disinfection (§5.8) I Sterilisation⁴⁾ (§5.9) 	No cleaning needed ³⁾
Before passing on to the next mother	<ul style="list-style-type: none"> I Automated cleaning and disinfection (§5.8) I Sterilisation⁴⁾ (§5.9) 	Wipe disinfection ³⁾ (§5.7)

²⁾ As long as the pump sets stay with the mother.

³⁾ If there is milk, condensation or visible residues in the tubing, the tubing must be disposed of and replaced. Medela recommends that the tubing is disposed of and replaced after max. 6 months.

⁴⁾ If required by national, regional or in-house regulations.

5. Cleaning

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Warning

- I The sterile single-use pump set is a **single-use** product and may not be reused or reprocessed.
- I The one-day pump set is a **single-user** product. It is not possible to disinfect and autoclave the pump set for safe re-use between multiple users. Use by more than one person may present a health risk and could cause cross-contamination.
- I The disposable bottles (sterile and Ready-to-Use) are **single-use** products that may not be reused or reprocessed.
- I Clean parts that come in contact with the breast and breast milk immediately after use.



Caution

- I Only use drinking-quality water for cleaning.
- I Take apart and wash all parts of the one-day pump set that come into contact with the breast and breast milk immediately after use to avoid milk residues drying up and to prevent growth of bacteria.



Note

- I The pump sets require no maintenance.
- I Take care not to damage parts of the one-day pump set during cleaning.
- I You can use a one-day pump set for up to eight pumping sessions within 24 hours. For more information, see the pump set's instructions for use.

5.3 Disposable single-use pump sets and bottles – Cleaning

The sterile pump set and disposable bottles (sterile and Ready-to-Use) are **single-use** products that may not be reused or reprocessed. Dispose of the pump set and bottle after use. Use a new pump set and bottle for each pumping session.

3

Drying / storage

Dry with a clean cloth or leave to dry on a clean cloth. Put the clean parts in a clean storage bag or a clean environment. It is important that all residual moisture dries. Do not store parts in an airtight container/bag.

5.4 Disposable one-day pump set – Cleaning



Check whether there is milk in the tubing. If so, replace the pump set. If not, disassemble the pump set into its individual parts (breast shield, connector and tubing). Remove the membrane from the connector.

→ Note that the tubing must not be cleaned.



Rinse the breast shield, the connector and the membrane with cold, clear drinking-quality water (approx. 20 °C) to remove proteins. Clean these parts with plenty of warm, soapy water (approx. 30 °C) to wash off fat. Use a commercially available washing-up liquid, preferably without artificial fragrances and colouring (5–15 % anionic tenside, nonionic tenside, pH neutral). Rinse the parts with cold, clear drinking-quality water (approx. 20 °C).

5.5 Disposable one-day pump set – Disinfection and sterilisation

Do not disinfect or sterilise the disposable one-day pump set.

5.6 Disposable one-day pump set – Disposal

Dispose of the disposable one-day pump set after a maximum of eight pumping sessions within 24 hours.

5. Cleaning

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Warning

- I Use by more than one mother without adequate reprocessing may be a health risk and could cause cross-contamination.
- I Clean parts that come into contact with the breast and breast milk immediately after use.
- I Replace mouldy, damaged or worn parts.



Caution

- I Only use drinking-quality water for cleaning.



Note

- I Medela does not define a maximum number of uses appropriate for a re-usable pump set or its individual parts, with exception of the tubing. The useful life of a pump set depends on many factors including the duration of each use and handling between uses. Careful inspection and a functional test of the pump set (parts) before use is the best method of determining the end of life of the device. Medela recommends that the silicone tubing is disposed of and replaced after max. 6 months.

5.7 Reusable pump set – Manual cleaning

1



Disassemble the reusable pump set into its individual parts (bottle, breast shield, connector, valve head, valve membrane, tubing).

To remove the white membrane from the yellow valve head, use two fingers with one gently pushing onto the “knob”.

Check all parts for damage.
Replace damaged or worn parts.

4

Drying / storage

Dry with a clean cloth or leave to dry on a clean cloth.

Put the clean parts in a clean storage bag or a clean environment. It is important that all residual moisture dries. Do not store parts in an airtight container/bag.

2



I No milk, condensation or visible residues in the tubing

External wipe disinfection is recommended before first use or before passing on to the next mother. Use alcohol-based disinfectants that contain no additives and dry without leaving residue. Medela recommends that the tubing is disposed of and replaced after max. 6 months.

I With milk, condensation or visible residues

Dispose of the tubing and replace.

3



Rinse all parts, except for the tubing, with cold, clear drinking-quality water (approx. 20 °C) to remove proteins. Clean these parts with plenty of warm, soapy water (approx. 30 °C) to wash off fat. Use a commercially available washing-up liquid, preferably without artificial fragrances and colouring (5–15% anionic tenside, nonionic tenside, pH neutral). Rinse the parts with cold, clear drinking-quality water (approx. 20 °C).

5. Cleaning

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Warning

- | Use by more than one mother without adequate reprocessing may be a health risk and could cause cross-contamination.
- | If there is no milk, condensation or visible residues in the tubing, there is no need for automated cleaning and disinfection or sterilisation of the tubing. Medela recommends that the tubing is disposed of and replaced after max. 6 months.
- | If there is milk, condensation or visible residues in the tubing, dispose of and replace.



Caution

- | Only use drinking-quality water for cleaning.



Note

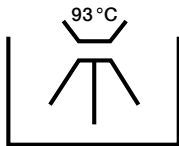
- | Only sterilise clean and intact parts. Do not stack parts on top of one another. To avoid damage, do not apply external pressure.

5.8 Reusable pump set – Automated cleaning and disinfection



If not done yet, disassemble the reusable pump set into its individual parts (bottle, breast shield, connector, valve head, valve membrane, tubing, port cap, cylinder holder, vacuum regulator ring, cylinder, rubber seal and piston). To remove the white membrane from the yellow valve head, use two fingers with one gently pushing onto the “knob”. Check all parts for damage. Replace damaged or worn parts.

2



For cleaning of the tubing see chapter 5.7. Clean and disinfect the remaining parts in a mechanical washer-disinfector. Use appropriate inserts for the disinfection of small parts. Use a common cleaning detergent for washer-disinfectors (NTA-, phosphate-, chlorine- and tenside-free, alkaline with pH level 9,5–12,0). Disinfect for 5 minutes at a temperature of 93 °C. Select an appropriate program, according to the above instructions, that includes drying*.

5.9 Reusable pump set – Sterilisation

If national, regional or in-house regulations require sterilisation, do as follows:

- I Check that the parts of the pump set are clean, dry and intact.
- I Wrap all parts in appropriate sterile packaging, such as a paper film.

3 Storage

Put the clean parts in a clean storage bag or a clean environment. It is important that all residual moisture dries. Do not store parts in an airtight container/bag.

*If the appropriate program does not include drying, dry the clean parts with a clean cloth or leave to dry on a clean cloth.

- I Sterilise the product in the autoclave at 134 °C for 3 minutes. To avoid damage, do not stack or apply external pressure.
- I Leave the product in the sterile packaging and store it in a clean, dry and dust-free environment. It is important that all residual moisture dries. Do not store in an airtight container/bag.

6. Preparing for pumping

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Caution

I Wash hands thoroughly (at least one minute) with soap and water before touching the breast, the clean pump and the clean pump set parts. Dry your hands with a fresh towel or a single-use paper towel.



Note

- I Use Medela original accessories only.
- I The disposable pump set does not need cleaning prior to first use.
- I The reusable pump set needs cleaning prior to first use. See the cleaning overview in chapter 5.2.
- I Check pump set parts for wear or damage before use. Replace damaged or worn parts.
- I All parts must be completely dry before use.

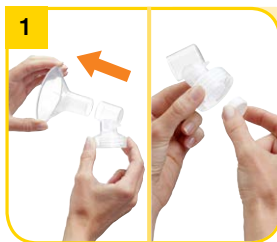


Info

I Carry out all the steps with care and assemble the pump set correctly. Otherwise a good vacuum may not be achieved.

* For more detailed information on the use of the pump set, see the relevant instructions for use.

6.1 Assembling the disposable pump set*



Open the packaging of the disposable pump set. Push the connector onto the breast shield. Then push the membrane onto the connector (if not yet assembled).

6.2 Assembling the reusable pump set



Carefully push the breast shield onto the connector.
Choose a breast shield size that suits your needs.

2



Screw a disposable bottle onto the connector. Choose a bottle that suits your needs. Sizes available are 35, 80, 150 and 250 mL.

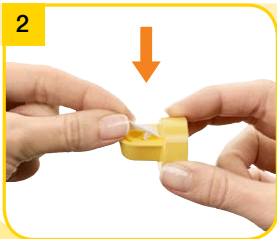
3



Push the open end of the tubing over the protruding part at the back of the connector.

Continue with
chapter 6.3

2



Place the white membrane in a horizontal position on the valve head. Push the knob on the membrane's back into the smallest hole of the valve head until it engages.

3



Push the valve head and membrane onto the connector.
→ Position the valve head sideways.

6. Preparing for pumping

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Caution

I Wash hands thoroughly (at least one minute) with soap and water before touching the breast, the clean pump and the clean pump set parts. Dry your hands with a fresh towel or a single-use paper towel.



Note

I Use Medela original accessories only.
I Check pump set parts for wear or damage before use. Replace damaged or worn parts.
I All parts must be completely dry before use.



Info

I Carry out all the steps with care and assemble the pump set correctly. Otherwise a good vacuum may not be achieved.

4



Screw a Medela bottle onto the connector. Choose a size that suits your needs.

6.3 Assembling the piston/cylinder

1



Slide the rubber seal onto the appropriate end of the piston until it engages.

→ To check that it is properly seated and sealed, hold the rubber seal firmly and twist the piston.

5



Continue with chapter 6.3

Insert one end of the tubing into the corresponding opening inside the connector.

2



Slide the vacuum regulator ring over the cylinder.

3



Slide the piston into the cylinder.

6. Preparing for pumping

30



Warning

I for step 8 (chapter 6.3):

I Only use the power cord that comes with the Lactina.

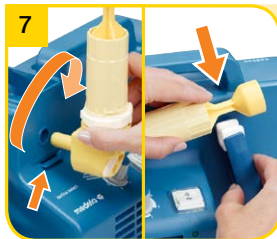
I Make sure the voltage of the power cord is compatible with the power source.

4



Fit the port cap to the cylinder holder.

7



Rotate the cylinder holder until the pin sits in the slot on the Lactina. Then push the piston into the rubber clamp on the pump arm until it engages.

5



Screw the piston/cylinder firmly into the cylinder holder.

6



Insert the cylinder holder incl. piston/cylinder horizontally into the opening on the front of the Lactina.

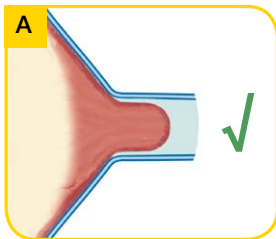
8



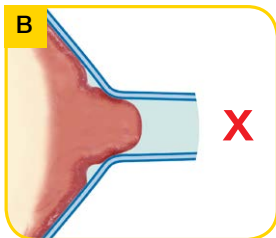
Plug the power cord into the mains socket.

7. Expression

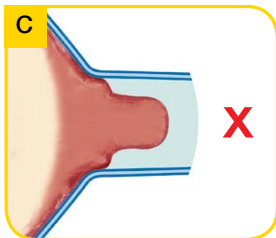
32



This breast shield has an optimum fit.



This breast shield is too small.



This breast shield is too large.

7.1 Selecting the breast shield

A correctly fitted breast shield avoids compression of any milk ducts during pumping to ensure optimal breast emptying and maximum milk output.

To verify whether the breast shield has a correct fit:

1. Centre the nipple in the breast shield tunnel.
2. Turn on the pump and check the following points.

! Is the nipple moving freely in the tunnel?

! Is minimal or no areolar tissue being pulled into the tunnel of the breast shield?

! Do you see a gentle, rhythmical motion in the breast with each cycle of the pump?

! Do you feel the breast emptying all over?

! Is the nipple pain free?

If the answer to any of above questions is "No", try a larger or smaller size of the PersonalFit breast shield.

PersonalFit breast shield sizes available are:
S (21 mm), M (24 mm), L (27 mm),
XL (30 mm) or XXL (36 mm).*

* See chapter 11 for ordering information

7.2 Preparing for single pumping



Insert the port cap into the unused opening of the cylinder holder. Prepare one pump set/bottle for expression. Insert the free end of the tubing into one of the free openings on the cylinder holder.



For breast shield fitting instructions, see chapter 7.1

Wipe the breast with a warm cloth (do not use alcohol). Place the breast shield on the breast so that the nipple is properly **centred** in the tunnel.



Hold the breast shield onto your breast with your thumb and index finger. Support your breast with the palm of your hand.

7.3 Expression



Set the vacuum regulator ring to minimum.

7. Expression

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Caution

- I Wash hands thoroughly (at least one minute) with soap and water before touching the breast, the clean pump and the clean pump set parts. Dry your hands with a fresh towel or a single-use paper towel.
- I Contact the midwife or breast-feeding and lactation consultant if only minimal or no milk can be expressed or if expression is painful.



Note

- I Always disconnect the Lactina from the power source after expression.




Info

- I Do not kink the tubing during expression.

2



Switch on the breast pump with . Adjust the pumping speed with the Speed Adjust knob (Lactina Select only). Select a fast rhythm to stimulate the milk flow. Reduce the speed when milk comes in.

5




Use the stand or bottle holder to prevent the bottle from tipping over.



Set the vacuum comfort: twist up the vacuum regulator ring to increase the vacuum until it is slightly uncomfortable. Turn back to reduce the vacuum slightly.



Switch off the breast pump with .

7.4 Preparing for double pumping



Close the bottle with a lid or lid and disc (depending on bottle type).
 → Follow the instructions in chapter 8 "Storing and thawing breast milk".



Prepare two pump sets/bottles for expression. Insert the port cap into the middle opening on the cylinder holder. Insert the free end of one tubing into one of the other openings on the cylinder holder. Insert the free end of the second tubing into the other opening.

7. Expression

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Info

Manual pumping requires a threaded pump set on the connector (reusable pump set). For this reason, manual pumping is not possible with a disposable pump set.



Place one breast shield on the first breast as described in chapter 7.2, steps 2 and 3. Start expressing breast milk as described in chapter 7.3, steps 1-3.



Set the vacuum regulator ring to minimum.

7.5 Manual pumping

3



Wipe the other breast with a warm cloth (do not use alcohol). Place the second breast shield on the breast so that the nipple is properly **centred** in the tunnel.

1

Follow steps 1–3 of chapter 6.3 and steps 1–4 of chapter 6.2



Screw the cylinder onto the breast shield connector of the reusable pump set.

3



Position the breast shield as described in chapter 7.2 step 2 and 3.

4



Continue with chapter 7.3, step 5 et seq

Twist up the vacuum regulator ring to increase the vacuum until it is slightly uncomfortable. Turn back to reduce the vacuum slightly. Start manual pumping motion.

8. Storing and thawing breast milk

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8.1 Storage

Storage guidelines for freshly expressed breast milk

	Room temperature 16 to 26°C (60 to 78 °F)	Refrigerator 4 °C (39°F) or lower	Freezer -18 to -20°C (0 to -4 °F)	Thawed breast milk
Healthy term infant	≤ 6 hours	≤ 5 days	≤ 6 months at -18°C (0°F) ≤ 12 months at -20°C (-4 °F)	Thawed to room temperature: use within max. 4 h Thawed to fridge temperature: use within 24 h Do not refreeze!
NICU infant	≤ 4 hours	≤ 4 days	Optimal: ≤ 3 months	

I Use of a medical grade refrigerator with temperature uniformity and constant temperature monitoring is recommended.

8.2 Freezing

I You can freeze expressed breast milk in milk bottles or “Pump & Save”^{**} bags. Do not fill the bottles or bags more than 3/4 full to allow space for possible expansion.

I Label the bottles or “Pump & Save” bags with the date of expression and volume of milk expressed.

8.3 Thawing



Warning

Do not thaw frozen breast milk or do not warm breast milk in a microwave or a pan of boiling water to avoid loss of vitamins, minerals and other important components and to prevent burns.

I In order to preserve the components of the breast milk, thaw the milk in the refrigerator overnight. Alternatively, you can hold the bottle or “Pump & Save” bag under warm water (max. 37 °C/98.6 °F).

I Gently swirl the bottle or “Pump & Save” bag to mix any fat that has separated. Avoid shaking or stirring the milk.

I With the Calesca* bottle warmer, it is possible to warm breast milk in a gentle way.

Note

These storing and thawing breast milk guidelines are a recommendation. National and hospital internal guidelines and standards may deviate.

9. Troubleshooting

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Problem	Solution
If the motor is not running	<p>Check whether mains power/battery is available. Check that the device is switched on.</p>
If there is low or no suction	<p>Assemble the pump set in accordance with the instructions in chapter 6.1 or 6.2. Check whether all connections to the pump set and breast pump are secure. Express in accordance with chapter 7. Make sure that the breast shield forms a complete seal around the breast. The white valve membrane must lie flat against the yellow valve head. Check that the valve head and membrane are clean and not damaged. See chapters 6.1 or 6.2 and 6.3</p> <ul style="list-style-type: none"> The ends of the tubing must be firmly connected to the connector and the opening on the cylinder holder. The rubber seal is correctly secured to the piston. The piston/cylinder is correctly screwed onto the cylinder holder or breast shield. The cylinder holder including the piston/cylinder is correctly fitted to the Lactina. During pumping on one side, the port cap has been inserted into the unused opening on the cylinder holder. Do not kink or trap the tubing during expression. All components must be completely dry.
If there is an overflow	<ol style="list-style-type: none">1. Place the pump set into the bottle holder.2. Turn off the pump and unplug the power cord from the socket.3. Use a damp (not wet) cloth to wipe the pump.4. If there is milk, condensation or visible residues in the tubing: For disposable pump set: dispose of the pump set and replace with a new one. For reusable pump set: dispose of the silicone tubing and replace with a new one. Reprocess the remaining parts according to chapter 5.25. When components are completely dry, reassemble breast pump and accessories set.

10. Warranty and maintenance / disposal

Warranty and maintenance

3-year warranty for the unit from the date of purchase, excluding pump set and accessories. The manufacturer is not liable for any damage or consequential damage caused by incorrect operation, inappropriate usage or use by unauthorized persons. Routine checks and servicing may only be carried out by Medela authorized personnel.

The engineering of the Medela Lactina breast pump has been verified by independent test institutes for compliance with the EN / IEC 60601-1 standard. Copies of such certificates may be obtained on request.

Because of the method of construction used, Medela does not expect electrical safety to be affected at any time during the life of the product – provided that it is used properly in accordance with the intended use. There are no prescribed or recommended safety checks to be carried out.

Disposal



The unit is made of various metal and plastics. Before disposal, the device is to be rendered unusable. It must not be disposed of together with unsorted municipal waste. Use your local return and collection system for waste electrical and electronic equipment (incl. batteries). Improper disposal may have harmful effects on the environment and on public health. The accessories (pump set/bottles) are made of plastic and may only be disposed of in accordance with local regulations.

11. Accessories list*

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Disposable single-use pump sets and bottles

Art. no.	Product
008.0400	Sterile Single-Use Lactina Pump Set size M (24 mm)
008.0401	Sterile Single-Use Lactina Pump Set size L (27 mm)
008.0402	Sterile Single-Use Lactina Pump Set size XL (30 mm)
200.2110	Colostrum Container, set of 2 disposable bottles 35 mL with lids
200.2957	Ready-to-Use Single-Use Bottle, 80 mL, with lid
200.2956	Ready-to-Use Single-Use Bottle, 150 mL, with lid
200.4802	Ready-to-Use Single-Use Bottle, 250 mL, with lid
008.0297	Sterile Single-Use Bottle, 80 mL, with lid
008.0304	Sterile Single-Use Bottle, 150 mL, with lid
008.0305	Sterile Single-Use Bottle, 250 mL, with lid

Disposable one-day pump sets

Art. no.	Product
008.0269	Ready-to-Use One-Day Lactina Pump Set, size M (24 mm)
008.0270	Ready-to-Use One-Day Lactina Pump Set, size L (27 mm)
008.0271	Ready-to-Use One-Day Lactina Pump Set, size XL (30 mm)
008.0179	Symphony and Lactina One-Day Pump Set, PersonalFit breast shield size M (24 mm)
008.0180	Symphony and Lactina One-Day Pump Set, PersonalFit breast shield size L (27 mm)
008.0181	Symphony and Lactina One-Day Pump Set, PersonalFit breast shield size XL (30 mm)

Reusable pump sets

Art. no.	Product
800.0388	Lactina Single Pump Set in PE-Bag (Lactaset), EN DE FR IT NL
800.0096	Lactina Single Pump Set in PE-Bag (Lactaset), EN SV DA FI NO PL

* Articles may not be available in all countries. For further information about Medela products, visit www.medela.com and look for location finders in your country.

Other accessories

Art. no.	Product
800.0605	Basic Kit without tubing
800.0606	Breast shield (size M) and valve complete
800.0641	Comfort breast shield (size M) and valve complete
200.0571	PersonalFit breast shield size S (21 mm)
800.0668	PersonalFit breast shield size M (24 mm)
800.0711	PersonalFit breast shield size L (27 mm)
800.0712	PersonalFit breast shield size XL (30 mm)
800.0854	PersonalFit breast shield size XXL (36 mm)
800.0710	Breast shield connector
800.0659	Silicone tubing with polygon adapters rolled
800.0633	Lactina rubber seal
800.0634	Lactina piston
800.0661	Lactina global cylinder
800.0636	Lactina vacuum regulator ring
800.0662	Lactina global cylinder with vacuum regulator ring
800.0663	Lactina global cylinder holder
800.0664	Lactina port cap
800.0665	Lactina global cylinder holder with port cap
800.0609	Lactina piston/cylinder incl. cylinder holder
800.0622	Valve head
800.0623	Valve membrane
800.0624	Valve complete incl. spare membrane
800.0625	Breast milk bottle 150 mL
800.0627	Lid
800.0628	Disc
800.0629	Cap
600.0290	Mobile stand for Lactina
810.0291	Mobile stand with bottle holder for Lactina
600.0809	Hard case
928.7001	Car connection cable for Lactina
600.0387	Test vacuum meter