

Symphony PLUS

with INITIATION Technology



INITIATE Program

Exclusive to
Symphony PLUS

What: the INITIATE Program is a collection of stimulation and expression patterns, as well as pauses, that are designed to mimic the sucking patterns of a healthy term infant during the first few days post delivery, before lactation is established.

Who: for all moms who need to initiate their milk production without a baby at the breast (regardless of gestational age) or between breast-feeds to provide additional stimulation when lactation risk factors are present.

Why: the INITIATE Program helps moms to initiate their milk production, setting them up for an adequate long term milk supply.

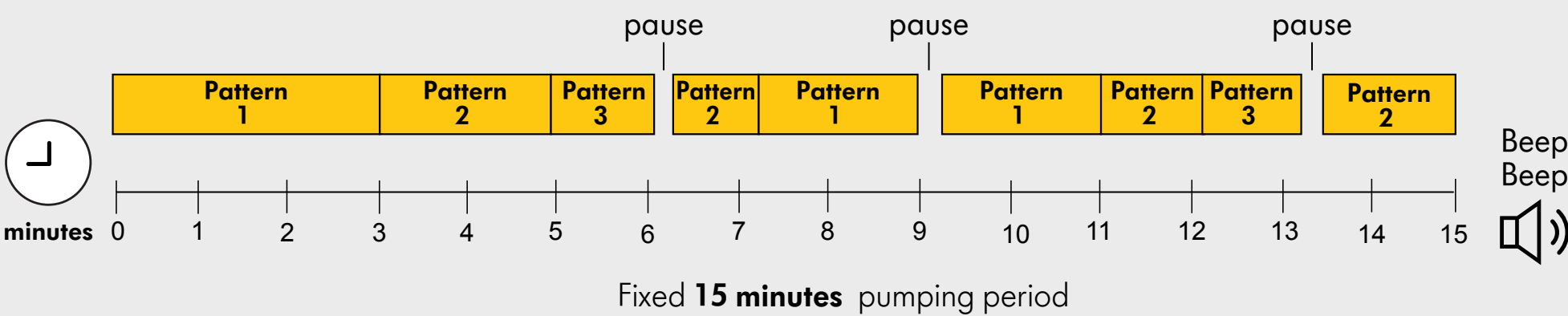
How: turn on the pump, and within 10 seconds, press  to select the INITIATE Program. Then, increase the vacuum strength to the maximum comfort level by slowly turning the knob clockwise.

When: use the INITIATE Program as soon as possible post delivery, optimally within the first 3 hrs and every 2-3 hours thereafter.

Until: mom pumps a combined total of 20 ml from both breasts three times in a row OR up to 5 days. Switch to the MAINTAIN Program when these milk volumes have been reached. If mom has not met these milk volumes by day 5, seek the advice of a lactation consultant.

Features

- Easy to use and runs automatically for 15 minutes
- Alternates through different suction patterns and pauses, similar to a newborn
- At the end of the 15 minutes the pump will beep twice and turn itself off
- It is important to let the program run for the full 15 minutes



Pattern 1. Stimulation 1: 70-200 mmHg, 120 cpm
Pattern 2. Stimulation 2: 70-200 mmHg, 90 cpm
Pattern 3. Expression 1: 100-250 mmHg, 34-54 cpm

MAINTAIN Program

Features the 2-Phase Expression Technology
used in all Medela Personal Use pumps

- The MAINTAIN Program consists of 2 phases (stimulation and expression) that mimic the sucking behavior of a healthy term breastfeeding infant during established lactation.
- Once milk has come in, it is designed to build and MAINTAIN milk supply.
- By default the pump runs the stimulation phase for 2 minutes then switches automatically to the expression phase.
- Push the let down button  to switch to the expression phase if milk let down occurs in less than 2 minutes.
- Switching to the expression phase at first milk flow is important, as the **first milk ejection provides ~36%** of the volume of milk removed during a pumping session.
- To remove more milk in less time, pumping at the **maximum comfort level** is recommended.
- Breast emptying is important for future milk production. Pumping should continue 2 minutes after the last drops of milk are seen.

Keys to Success!

- Pumping early, pumping often
- Double pumping: yields more milk and cuts pumping time in half!
- Pumping at the Maximum Comfortable Vacuum level
- Emptying both breasts each time
- Gently massaging the breasts before pumping
- Not allowing intervals of more than 4 hrs without pumping/ breastfeeding
- Seeking early support if challenges arise

Phase 1	Phase 2
manually switch to expression phase at 1st milk ejection	automatically switches to expression phase → pump until breasts feel softer and empty
2 minutes	
Phase 1. Stimulation 1: 50-200 mmHg, 120 cpm Phase 2. Stimulation 2: 50-250 mmHg, 54-78 cpm	

Note: times, vacuum levels, and cycles are approximate



Symphony Instructional Videos
Visit the "Medela Canada" YouTube Channel.
In Playlists, select "Symphony PLUS Education"