

Can the different size PersonalFit breast shields work with the Harmony pump?

- Yes, all PersonalFit breast shields work on the Harmony breast pump.

How long can breast milk be kept in a cooler carrier?

- • • You can safely store your breast milk for up to 10 hours* with Pump In Style Advanced and Freestyle breast pump cooler bags.
- Direct exposure to the sun, like leaving the cooler in a car, severely reduces the cooling effectiveness.
- Breast milk is safe stored in a cooler at/or below 59 degrees for up to 24 hours.
- The liquid inside the cooling elements is water with food grade dye. The liquid is non-toxic.
- Medela does not have recommendations for storing breast milk with dry ice. Consult a lactation consultant or healthcare provider for further information.

*When ice pack is frozen solid

How much milk should I produce?

- • In the past it was thought that mothers needed to make more and more milk as their babies grew. Scientists now know that a healthy milk supply remains fairly constant over the six (6) months of exclusive breastfeeding. Your baby will take the amount he needs.

During the early weeks, babies eat very frequently and grow very quickly. By day 10-14, babies should regain any weight they lost after birth. For the next few months babies will gain about an ½ ounce to 1 ounce a day.

Around three (3) to four (4) months, a breastfed baby's rate of growth begins to slow down. Your milk supply will continue to satisfy the baby until it is time to introduce solids at 6 months.

By the end of the first week of life, women who are breastfeeding one baby normally make between 19 to 30 ounces of milk each day. Infants between one (1) and six (6) months of age normally drink an average of 19 to 30 ounces a day.

An average size "meal" for a baby is between three (3) to five (5) ounces of breastmilk. Formula is harder to digest and less well absorbed. Formula fed babies may need larger feeds. Consult your healthcare professional for advice.

How do I clean and sanitize the Harmony parts?

- **Prior to each use:**

1. Disassemble the PersonalFit™ breastshield, pump body, valve, membrane and bottle.
Note: All parts are to be disassembled and washed separately for the pump to function efficiently.

2. Wash remaining parts in dishwasher or in soapy water and rinse well.

3. Air dry parts on clean towel and cover when not in use.

Under normal use, the pump handle and diaphragm/stem only need to be cleaned periodically or when it is apparent they have become soiled. Do not remove small white o-ring from stem.

Do not use with Quick Clean™ Micro-Steam™ bags. Wash only according to instructions above or included in the Harmony Manual Breastpump Instructions for Use.