

Medela Symphony® PLUS QUICK GUIDE

INITIATE program

INITIATING LACTATION

after birth

8–12x
in 24h



Pumping session ≈ 15 mins

Stimulation phases,
pumping phases
and breaks



When to switch from INITIATE to MAINTAIN?

1



Once at least 20 ml or more is expressed in three **consecutive** pumping sessions



or

2



When physiological markers of secretory activation* become visible

*feeling of breast engorgement (milk comes in)

or

3

Day 6 +

Switch to the **MAINTAIN program** no later than day 6



MAINTAIN program

BUILDING AND MAINTAINING LACTATION

from day 6

8–12x
in 24h



Pumping session ≥ 15 mins

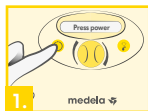
2-Phase Expression
(stimulation and
pumping phase)



Note: This quick guide does not replace the complete instructions for use. Please refer to the Symphony instructions for use for further information.

INITIATE program

You can tell this program is running from these symbols on the display:



Press power

1. medela



Press the "Let-down" button to use the **INITIATE program**

2. medela



Set vacuum

3. medela



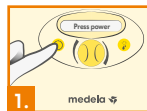
NOTE: Program ends automatically



youtu.be/1Jzah7CEaEQ

MAINTAIN program

You can tell this program is running from these symbols on the display:



Press power

1. medela



Set a vacuum. After 2 minutes, system switches automatically to the pumping phase (4.)

3.a medela



Re-set vacuum

4. medela



NOTE: Program does not end automatically



youtu.be/5A0M6Gth0W6



After 10 seconds, the **MAINTAIN program** starts



If milk begins flowing before the two minutes have passed, press the "Let-down" button to switch straight to pumping mode (4.).

3.b medela

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IMPORTANT! SET THE VACUUM CORRECTLY AND CHECK/ADJUST IF NEEDED

Always use the maximum vacuum level comfortable. This helps produce optimal milk flow and makes pumping most effective.