

Symphony® Quick Start Guide

INITIATE
program



INITIATING
LACTATION

AFTER BIRTH



Pumping session
= 15 mins

Stimulation phases,
expression phases and
pauses

1



Once **20 mL or more** is expressed
from **both breasts combined**,
during one pumping session

or

2



When physiological markers of
secretory activation* become
apparent

*feeling of breast fullness (milk 'coming in')

or

3

Day 6

Switch to the
MAINTAIN program
no later than day 6

When to switch from
INITIATE to **MAINTAIN**?

MAINTAIN
program



BUILDING AND
MAINTAINING
LACTATION



Pumping session
≥ 15 mins

2-Phase Expression
(stimulation and
expression phase)



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

Wash hands thoroughly with soap and water before touching the breast pump, the pump sets and breasts.

INITIATE program

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



Press the On/off button



Press the 'Let-down' button within 10 seconds to use the **INITIATE program**



Set maximum comfort vacuum



NOTE: Program ends automatically

MAINTAIN program

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



Press the On/off button



The **MAINTAIN program** will automatically start with the stimulation phase

wait ▶



If milk begins flowing before the two minutes have passed, press the 'Let-down' button to switch straight to the expression phase. After 2 minutes in the stimulation phase, the pump switches automatically to the expression phase.



Set maximum comfort vacuum



NOTE: Program does not end automatically

IMPORTANT!

For maximum effectiveness, efficiency and comfort, always double pump with your maximum comfort vacuum and correctly fitted breast shields. Go to www.medela.com/fittingguide to find your breast shield size.

Adjust to your **maximum comfort vacuum** by turning the vacuum knob to the right to increase suction until you experience slight discomfort. Next, turn it to the left to decrease suction until it is comfortable.