

Breastpumps with 2-Phase Expression

and Calma, the breastfeeding friendly feeding solution

*No. 1 choice
of hospitals
& mothers*

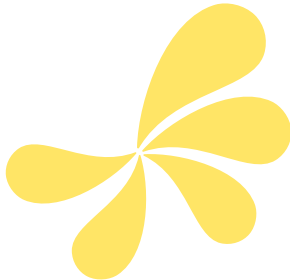


- ✓ Easy to use
- ✓ Highly comfortable
- ✓ Maximum efficiency

Editorial

Our goal is to give mothers and babies the best possible support for a great and long lasting breastfeeding experience.

We live in an ever-changing world in which technology has modified our lives dramatically over the last decades. However, one thing that has not changed is the unique quality of breastmilk. Not even the best artificial formula can compete with the beneficial properties of breastmilk. Formula may provide nutrition, but breastmilk has unique developmental and immunological benefits and increases the bond between mother and baby when breastfeeding.



Medela values this unique time in the life of a mother and her child. Therefore we have invested in continuing research to learn more about breastfeeding and this fascinating “liquid gold”. Working with researchers from around the world, we have intensively studied how breastfeeding works. From the anatomy of the lactating breast to the mechanism of milk removal by the baby, we have conducted extensive research to help us best support mothers in maintaining breastfeeding for as long as they wish.

Double and single pumping breast-pumps with research-based 2-Phase Expression technology, innovative feeding solutions like Calma and many accessories support mothers through challenging breastfeeding times.

👉 We continuously learn from those who know best: babies! 👈



Content

- 4 **Why breastmilk is best for mother & baby**
- 5 **How to maintain breastfeeding over a long time?**
Pumping & Feeding
- 6 **2-Phase Expression® Technology**
- 8 **Choose the right breastpump**
 - 10 Harmony™
 - 12 Swing™
 - 14 Swing maxi™
 - 16 Freestyle™
- 18 **Breastpump features at a glance**
- 20 **Calma**
The innovative feeding solution for breastmilk
- 22 **Other solutions**
For easy and comfortable breastfeeding



Why is breastmilk best for mother & baby?

Experts agree that breastfeeding gives the baby the best start in life. Breastmilk is more than just food, it has important health benefits for the baby and is an unforgettable moment in life for both mother and baby.

Breastmilk has important health benefits for babies

Breastmilk is unique – created by each mother specifically for her baby. It contains so many different ingredients that researchers estimate we only know a very small portion of breastmilk's components. It changes over time, adapting daily and weekly to the baby's changing needs. It does not only provide nutrition, but plays a huge part in the growth of the child, especially the child's neurological, cognitive and immunological development. It is impossible for all these extra benefits to be reproduced in formula. Breastfeeding has also been shown to reduce

the risk of allergies and seems to lower the incidence of Sudden Infant Death Syndrome (SIDS), childhood diabetes, obesity, heart disease and certain types of cancer.

And mothers benefit too

Breastfeeding is proven to reduce post-delivery bleeding, burns many calories and has a protective effect against osteoporosis and woman specific cancer. Combined with the generation of the "feel good" hormone, oxytocin, produced when breastfeeding or pumping, breastmilk is the best option for both mother and baby.

A unique bond for life

Breastfeeding enhances the emotional bond between mother and child and builds warmth, love and affection.



How can breastfeeding be maintained over time?

Medela's extensive research into understanding the processes happening during breastfeeding has helped it to develop products that are as close to natural feeding as possible.

There may be many reasons why direct breastfeeding is not possible. For example, a premature baby, illness or a temporary relief from breastfeeding challenges such as sore nipples. Perhaps there are lifestyle issues such as returning to work or simply a well deserved evening out with partner or friends. However, this does not mean that the baby cannot benefit from the unique goodness of breastmilk.

In order to support mothers during this time, Medela has developed a wide range of products. From pumping to feeding, Medela's products are designed to mimic nature and support the breastfeeding experience.

Pumping & Feeding that supports the natural feeding cycle

Medela's world leading emphasis on evidence-based research of the baby's natural feeding behaviour has led to the innovations of 2-Phase Expression and Calma.

2-Phase Expression mimics the baby's natural sucking rhythm to express more milk in less time.*

Calma, the uniquely designed feeding solution for breastmilk, enables the baby to pause and breathe in his individual rhythm. Milk only flows when a vacuum is created. This helps to maintain the natural feeding behaviour learned at the breast.* Switching from breast to bottle and back to the breast has never been easier. Find out more about Calma on pages 20/21.



www.ready-4-calma.com

*References to our research can be found at www.medela.com/bf-research

2-Phase Expression[®] Technology

2-Phase Expression is a pumping technology that mimics the baby's natural sucking rhythm. It uses short, stimulating bursts followed by longer patterns to provide optimal milk flow.

Research shows that babies initially use short, fast sucks to stimulate the Milk Ejection Reflex. Once the milk begins to flow, babies change to a slower, individual rhythm to actually feed.

Medela was the first company worldwide who converted this knowledge into technological know-how with the 2-Phase Expression Technology for breastpumps.

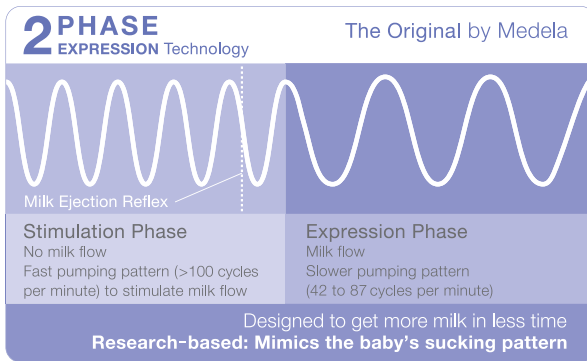
2-Phase Expression imitates baby's natural sucking action and switches from a fast to a slow rhythm during pumping:

Stimulation Phase:

Pumping rhythm of >100 cycles/minute.
Fast and efficient to start milk flow.

Expression Phase:

Slower pumping rhythm of between 42 and 87 cycles/minute.
Slower to mimic nutritive sucking with regular milk flow.





Advantages of 2-Phase Expression*:

- | Maintains lactation due to simulation of baby's sucking behaviour
- | Feels natural
- | Provides optimal mix of comfort and efficacy
- | Expresses more milk in less time
- | Shorter pumping sessions due to quicker time to milk ejection
- | Allows easier transition from breastfeeding to pumping

*References to our research can be found at www.medela.com/bf-research

Choose the right breastpump

Medela has a product for all the needs of a breastfeeding mother: from a convenient manual breastpump for occasional use to a double electric breastpump for daily pumping with a lot of extra features.

Choosing the right product means aligning mothers' needs with the features and benefits of the breastpump.

Discover Harmony™, Swing™, Swing maxi™ and Freestyle™.



All products feature the 2-Phase Expression Technology for increased efficiency and comfort.



All products include Calma, the innovative feeding device for breastmilk.



A medium sized breastshield is included, 4 additional sizes are available to ensure comfort and efficient pumping.



All the parts that are in contact with breastmilk are BPA free.

The following questions can help to find the right products for each mother:

- I How often do you intend to pump?
- I Do you pump mainly at home or on the go (work, etc)?
- I How important is it to save time while pumping
- I Do you have special issues such as
 - Preterm baby
 - Flat/inverted nipples
 - Breast infection
 - sore nipples
 - Low milk supply



Harmony™

manual breastpump
small – convenient – clever



Swing™

single electric breastpump
comfortable – silent – efficient



Swing maxi™

double electric breastpump
highly efficient – comfortable – quick



Freestyle™

double electric breastpump
all-in-one – innovative – time-saving

Harmony™

Medela's light and easy to use manual breastpump with 2-Phase Expression is ideal for occasional use.

Harmony is the first manual breast-pump with research-based 2-Phase Expression Technology that is designed to mimic baby's natural sucking rhythm. This means that more milk can be expressed in less time.

As a lightweight, manual breastpump, Harmony provides silent and discreet pumping, is easy to transport and therefore suitable for use at home or on the go.

The ergonomic handle provides easy, intuitive and comfortable pumping.

Consisting of only 8 parts, Harmony is easy and simple to use, clean and assemble.

It can also benefit mothers with minor breastfeeding problems such as flat or inverted nipples. It is also perfect for mothers who are only away from their baby for a short time and require a pump to occasionally express milk between breastfeeding sessions.

The right choice:

- | For occasional usage or in addition to a rental-pump
- | When looking for an easy, compact and discreet pump
- | For use at home or on the go
- | Especially recommended in the case of some minor breastfeeding problems, e.g. flat or inverted nipples

Medela recommends buying with:

- | PureLan 7 g
- | Quick Clean Microwave Bag
- | 150 ml bottles



Content:

- | Harmony handle
- | PersonalFit breastshield 24 mm
- | Connector
- | Valve head and membrane
- | Breastmilk bottle
- | Bottle stand
- | Multi-Lid
- | Calma – feeding device

Swing™

Medela's award winning electric breastpump with 2-Phase Expression. The pump is a comfortable, efficient and discreet solution for occasional or daily use.

Swing is a compact single electric breast-pump with research-based 2-Phase Expression Technology. Swing provides convenient and effortless pumping sessions with high efficiency and comfort. The pump switches automatically from stimulation to expression phase or can be switched manually. Mothers can also choose their most comfortable vacuum level. It can be used with a mains adaptor and the option of battery operation combined with the beltclip guarantees maximum mobility.

This light pump is one of the quietest breastpumps on the market for discreet pumping sessions at home or on the go. Swing is easy and intuitive to use, clean and assemble.

Mothers who have especially active lives, who are away from their baby from time to time or who don't want to spend too much time on pumping, appreciate this popular breastpump.

The right choice:

- | For occasional or daily usage
- | When convenient and effortless pumping is desired
- | For use at home or on the go
- | When comfort and saving time is important
- | When pumping at low noise level is appreciated
- | Especially recommended in the case of minor breastfeeding problems, e.g. latch-on problems or sore nipples.

Medela recommends buying with:

- | Breastcare Set
- | 250ml bottles



Content:

- | Swing motor unit
- | PersonalFit breastshield 24 mm
- | Connector
- | Tubing
- | Valve head and membrane
- | Breastmilk bottle
- | Multi-Lid
- | Bottle stand
- | Mains adapter
- | Bag
- | Sling
- | Calma – feeding device

Swing maxi™

With Swing maxi, an easy double electric breastpump with 2-Phase Expression, daily pumping sessions are comfortable, quick and effective.

As a double electric breastpump, Swing maxi saves time compared to single pumping. It can also help to increase and sustain milk supply. Equipped with research-based 2-Phase Expression Technology, the pump switches automatically from stimulation to expression phase or can be switched manually. Mothers can also choose their most comfortable vacuum level. Swing maxi provides convenient and effortless pumping sessions with high efficiency and comfort. It can be used with a mains adaptor and the option of battery operation combined with the beltclip guarantees maximum mobility.

For home use or on the go, this light and compact pump offers flexibility and can even be used hands-free (optional, Easy Expression Bra required). Swing maxi is easy and intuitive to use, clean and assemble.

It is perfect for mothers with a very active lifestyle and/or a part-time job, who are looking for an easy and time-saving breastpump for daily pumping. Or for mothers, who are concerned not to have enough milk.

The right choice:

- | For regular up to daily usage
- | When saving time is a priority
- | When convenient and effortless pumping is required
- | For use at home or on the go
- | When an intuitive and easy handling is key
- | Especially recommended in case of low milk supply

Medela recommends buying with:

- | Easy Expression Bra
- | Pump & Save Breastmilk Bags
- | Quick Clean Microwave Bags

Benefits to double pumping*

- ✓ Helps to maintain and increase milk supply when not directly breastfeeding
- ✓ Breastmilk with a higher energy content
- ✓ Twice as fast as single pumping

*References to our research can be found at www.medela.com/bf-research



Content:

- | Swing maxi motor unit
- | 2 × PersonalFit breastshield 24 mm
- | 2 × Connector
- | Tubing
- | 2 × Breastmilk bottle
- | 2 × Multi-Lid
- | 2 × Bottle stand
- | Mains adapter
- | Calma – feeding device

Freestyle™

One of the world's smallest double electric breastpumps with 2-Phase Expression and many extra features leaves nothing to be desired. The all-in-one, innovative breastpump guarantees maximum comfort and time saving for every-day use at home or on the go.

Freestyle is a double electric breast-pump, which gives you maximum comfort and saves time. Furthermore it increases and maintains milk supply. Equipped with research-based 2-Phase Expression Technology, the pump switches automatically from stimulation to expression phase or can be switched manually. Mothers can also easily choose their most comfortable vacuum level. Freestyle provides convenient and effortless pumping sessions with high efficiency and comfort. The pump can be used with a mains adapter or a rechargeable battery that provides 3 hours of pumping time. Together with the belt-clip this guarantees maximum mobility. Several extra features, for example

a memory function, an LCD display with backlight plus a complete all-in-one travel kit (rechargeable battery, complete set for storing, cooling and transporting) make Freestyle a very comfortable breastpump for everyday use and regular pumping away from home. Besides all these features, Freestyle is a very small, light and quiet double electric breastpump.

The hands-free option with Easy Expression means easy handling and pumping can be combined with other activities, thereby saving even more time. This will be welcomed by mothers who demand the ultimate in comfort, convenience and efficiency from their daily pumping.

The right choice:

- I For daily usage
- I When saving time is key
- I When maximum comfort and convenience are required
- I For regular use away from home
- I When no compromise in breastpump & accessories is desired
- I Especially recommended in case of low milk supply

Medela recommends buying with:

- I Easy Expression Bra
- I Calma Solitaire

Benefits to double pumping*

- ✓ Helps to maintain milk supply when not directly breastfeeding
- ✓ Breastmilk with a higher energy content
- ✓ Twice as fast a single pumping

*References to our research can be found at www.medela.com/bf-research



Content:

- | Freestyle motor unit
- | 2 × PersonalFit breastshield 24 mm
- | 2 × Connector
- | Tubing
- | 4 × Breastmilk bottle
- | 2 × Multi-Lid
- | 4 × Lid, Disc, Cap
- | 2 × Bottle stand
- | Mains adapter
- | Rechargeable battery
- | Cooling bag incl. cooling element
- | Carrying bag
- | Sample pack bra pads
- | Calma – feeding device

Breastpump features at a glance

	Harmony™	Swing™
		
Product features		
Weight Size	118 g 24 × 19 × 8.5 cm	200g without batteries 12 × 13 × 5.7 cm
Usage	Occasionally	Often
Type	Manual breastpump	Single electric breastpump
2-Phase Expression	✔	✔
Memory function	–	–
Backlit digital display	–	–
Timer	–	–
Battery-option	–	✔ 1 hour of pumping time
BPA free	✔	✔
Easy to clean	✔	✔
Accessories		
Milk management	–	–
Carrying bag	–	–
Personal-fit breastshields	✔	✔
	5 sizes of breastshield available to ensure comfort and efficient pumping, all Medela Breastpumps include a medium size breastshield, 24 mm	
Feeding	✔	✔
	Includes Calma breastmilk feeding system, Breastmilk bottle, Multilid	

Swing maxi™

Freestyle™



Calma

With Calma, the innovative feeding solution for breastmilk, baby uses the feeding behaviour learned at mother's breast. Using Calma makes switching from breast to bottle and back again easy.

Every baby develops an individual and specific feeding behaviour whilst on the breast. During breastfeeding, a baby sucks, pauses and breathes in his own rhythm. Milk flows best, when baby creates a vacuum. But conventional bottle-feeding technique is different from breastfeeding and finding the right solution to feed expressed breastmilk can be a challenge.

Calma uniquely delivers milk to the baby when a vacuum is created, and stops the flow when the baby relaxes to pause and breathe. Thus the baby's natural feeding behaviour can be maintained and switching from breast to Calma and back again has never been easier.

Advantages of Calma:

- | Milk only flows when the baby creates a vacuum. Baby can feed, pause and breathe in his natural rhythm
- | Switch is easy between breast, Calma and back to breast
- | Needs just one type of teat throughout whole breastfeeding duration
- | Comes with two multilids to close the bottle tightly or to use as a protective cap on the bottom of Calma





Content:

- | Calma
- | Protective cap
- | Multi-Lid

Available as:

- | Calma Solitaire
- | Calma with 150 ml bottle
- | Calma with 250 ml bottle

Solutions for easy and comfortable breastfeeding

From breast care to feeding and from milk management to storage and transportation, Medela's comprehensive range of practical high quality products supports mothers during breastfeeding for increased comfort, safety and simplicity.

Breast Care



Hydrogel Pads

Provide **instant relief** for sore and cracked nipples by applying a protective cooling cushion to the skin. The Hydrogel Pads keep the nipple area moist and create an environment that promotes the healing process.



PureLan™ 100

Soothes sensitive or dry nipples. Removal before breastfeeding is not necessary.



Contact Nipple Shields and Storage-Box

Makes **breastfeeding** possible even **with sore, cracked, flat or inverted nipples** due to a specially formed contour that provides maximum contact between baby and mother.



Disposable Nursing Pads

Super absorbent material with soft lining prevents leakage and maintains dryness – for a comfortable feeling day or night.



Washable Bra Pads

Alternatively, we also offer washable Bra Pads (at 40°C), consisting of an **antimicrobial material** that reduces odours and the risk of bacterial growth.



Breast Care Set

A selection of our popular breast care products in a convenient case: all you need for breastcare always at your fingertips.



Collecting, Feeding and Breastmilk Management



Pump & Save Breastmilk Bags

Bags for collection and space-saving storage in fridge or freezer with separated labelling area.



Breastmilk Bottle 150 ml/250 ml

BPA free Breastmilk Bottles for expressing, storing, freezing and feeding. Easy to clean, in the dishwasher or steam sterilizer.



CITYSTYLE™ and Cooler Bag

Bag for hygienic and discreet transport of breastmilk and breastpumps keeps expressed breastmilk cool.



Quick Clean Microwave Bags

Easy to use, space saving Quick Clean Microwave Bags to disinfect accessories in less than three minutes. These bags can be used up to 20 times.



Easy Expression Bra

Easy and comfortable solution for hands-free pumping, available in different sizes.

Medela – the complete solution for every breastfeeding mother’s needs

- | We have more than 50 years experience in breastfeeding products.
- | We have been carrying out intensive research with professionals for more than 20 years and we develop new products based on the latest findings.
- | We develop and produce our products in accordance with a certified quality management system.
- | Our personal use pumps are medical devices and fulfill the highest requirements.
- | We offer research-based high-quality products made in Switzerland.
- | With subsidiaries in 15 countries and affiliates in 90 countries we provide a unique service to customers.

 Medela AG
Lättichstrasse 4b
6341 Baar, Switzerland
www.medela.com

International Sales
Medela AG
Lättichstrasse 4b
6341 Baar
Switzerland
Phone +41 (0)41 769 51 51
Fax +41 (0)41 769 51 00
ism@medela.ch
www.medela.com

If you need assistance contact