

Spectra

Pump setting & Routine

1) Normal pump session for 15-20mins:

- 1** Start on 70 cycle for 2 minutes
(or until milk starts to flow)
- 2** Switch to 46 -50 cycle for 8-10
minutes
- 3** If milk flow stops or slows down
return to 70 cycle for 1 min then
switch back to 46 or 38 cycle to
finish.



- 1** On /OFF button
- 2** Switch between expression & massage
mode
- 3** Increase or Decrease suction
- 4** Increase or Decrease cycle (number of
sucks)
- 5** Night light

2) Power Pump:

(boost supply and mimic baby's cluster feeding):

- Pump 20 min rest for 10 mins
- Pump 10 mins rest for 10 mins
- Pump again for 10 mins

3) Mini power pump :

- Pump 20 mins rest for 10 mins
- Pump again for 10 mins