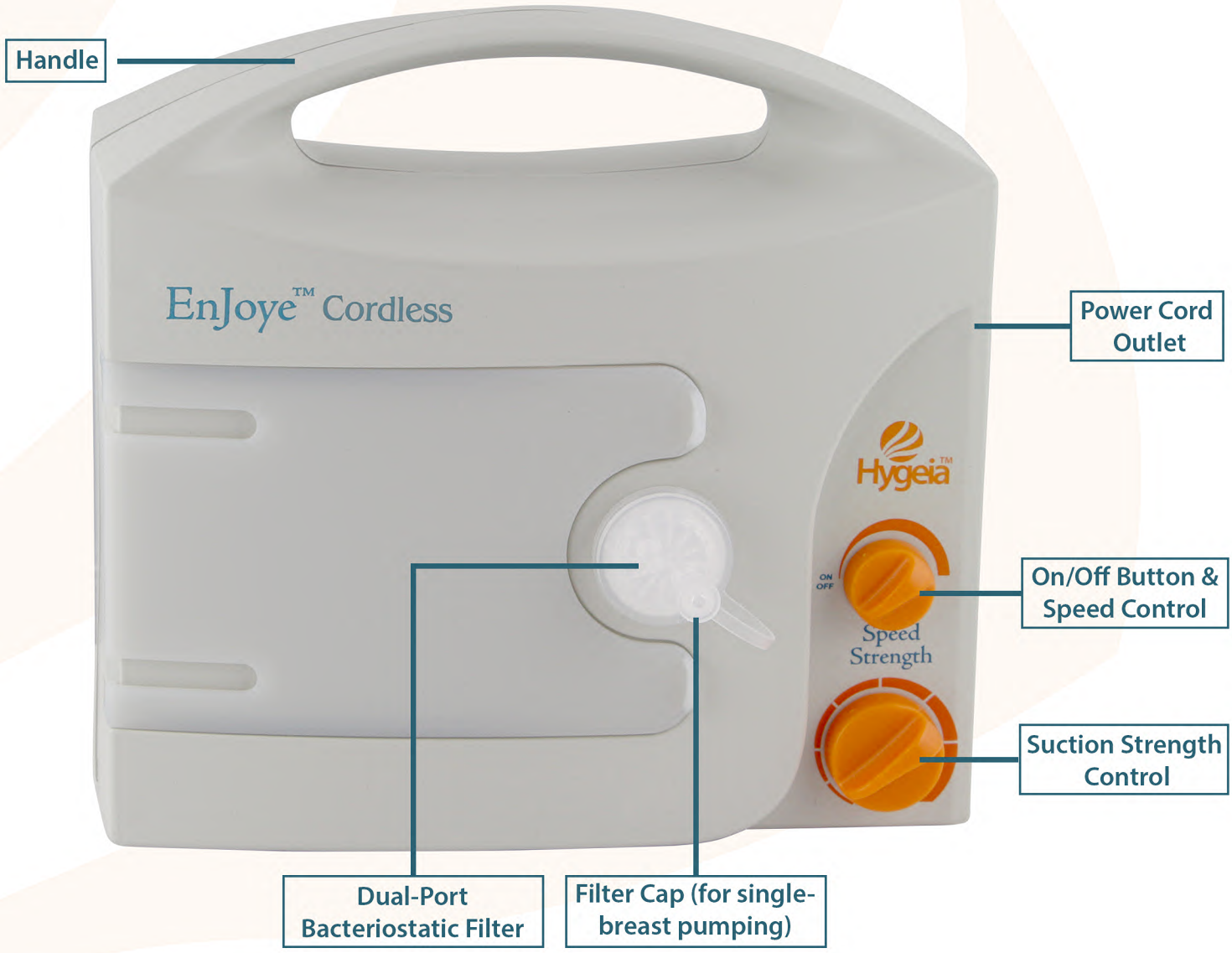
Hygeia EnJoye™ Quick Start Guide



• 6241 Yarrow Dr, Carlsbad, CA 92011

• info@HygeiaHealth.com
www.HygeiaHealth.com

• 888-PUMP-4-MOM (888-786-7466)

Hygeia Customer Care M-F 7:00am to 4:00pm PST

Hygeia™

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1 Cleaning

Keeping your milk supply safe is important to us. Please clean these parts before using your pump for the first time and after each use.

1. Separate flanges from collection containers and remove valves from flanges. *Offset valves optional.

2. Hand wash flanges, valves, collection containers, rings and covers with a soft cloth in warm, soapy water. Rinse completely. Automatic dishwashing is not recommended.

3. Allow all parts to air dry on a clean towel or drying rack. We do not recommend boiling the parts.

DO NOT CLEAN OR WET DUAL-PORT FILTER.
Replacement filters available on our website.

Do not wet the tubing unless milk or condensation occurs inside, if so refer to our Troubleshooting section for further instruction.

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❷ Set Up

Setting up your pump and personal accessories set for use:

1

1.Plug in power cord into any standard electrical outlet. Cordless model requires recharging after 4 hours of use.

2

2. Attach the other end of the power adapter to the pump.

3

3. Screw in dual-port filter onto front of the pump in a clockwise motion until secured. A slight gap between filter and pump is normal.

4

4. Place the loose end of the tubing on each stem of the dual-port filter.

5

5. If you wish to pump one breast only, secure the port cap on one stem of the filter.

6

6. Securely install valve on underside of flange. Choose the valve that is best for you:

- The Duckbill Valve provides the best suction.

- The Off-set Valve helps keep milk out of the tubing. Moms with a forceful letdown may prefer these valves.
*Off-set valve optional.

Our goal is that you can choose the flange and valve combination that brings you the best pumping experience.

7

7. Push the orange end of each tube into the back of each flange.

8

8. Secure each milk collection container by twisting it onto each flange.

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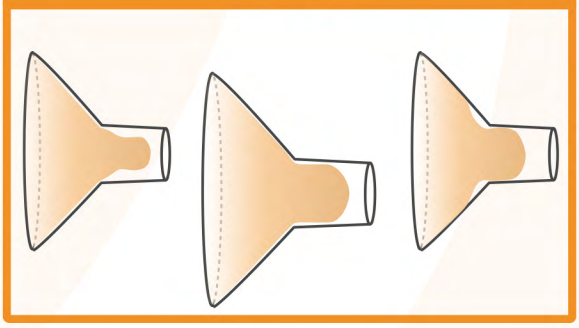
❸ Pumping

Keeping your milk supply safe is important to us. Please clean these parts before using your pump for the first time

PREP



BEFORE PUMPING

- Get yourself into a comfortable relaxed position
- Warm packs and/or gentle breast massage may help milk production
- Plan to pump just one breast at a time while you are learning, capping off one stem of the filter (see Set Up step #5)
- Center the flange(s) over your nipple(s)

PUMP - Simulate Baby

1. Turn the upper ON/OFF Speed dial clockwise to an upright position.

2. Set the lower Strength dial at a minimum setting until your milk begins to flow.

3. Always adjust to your comfort level to achieve the maximum output for your pumping session.

STORE & SAVE

STORING BREAST MILK

- When your pumping session is complete, turn off the pump and unplug the tubing from the back of the flange(s)
- Unscrew the breastmilk storage container and cap
- Refer to the Breastmilk Storage Chart for storing information
- Try Hygeia milk storage bags for easy compact storage

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❹ Troubleshooting

Troubleshooting	
Pump will not turn on	• Make sure the device is plugged into a working electrical outlet and the connection is secure on the pump.
No or very low suction	• Make sure all kit connections are secure to the breast pump. • Make sure that the tubing is fitted securely into the breast-flange. • If single pumping, make sure the unused dual-port is sealed with cap. • If blocked, replace filter. • Unscrew the filter and blow air through it. If blocked, replace filter. • Check to ensure that all valves are properly secured on the underside of the breast-flanges. Recommended to change the valve 1-3 months • Replace filter, if wet as this may decrease suction. The Dual-Port Filter should be replaced every 1-3 months, or as needed.
Milk appears in the tubing	• Turn off the pump and unplug from power source. • Remove and disassemble the tubing and dual-port filters. • Wash the tubing in dishwashing liquid, then rinse in clear cold water. • Shake water droplets out of tubing and hang to air dry thoroughly. • Remove and replace filter. • Replace tubing.

DANGER: To reduce the risk of electrocution:

- Always unplug this product immediately after use.
- Do not use while bathing or showering.
- Do not place in or drop product into water or other liquids.
- Do not place or store product where it can fall or be pulled into a tub or a sink.
- Do not reach for this product if it has fallen into water or other liquid.

WARNING: To reduce the risk of burns, electrocution, fire or injury:

1. This product should never be left unattended when plugged into an electrical outlet.
2. Only use the pump for its intended use as described in this manual.
3. Do not operate this product if any of the following occur:
   a. Damaged cord or plug
   b. Dropped or damaged
   c. Dropped or placed in water
4. Keep the cord away from heated surfaces.
5. Never operate this product while sleeping or feeling drowsy.
6. The Personal Accessory set is not to be shared between mothers without proper sterilization to prevent the risk of cross-contamination.
7. Supervision is necessary when this product is in the vicinity of children.
8. Do not unplug this product by pulling on the cord.
9. Do not use this product unless the voltage of the device is compatible with the power source.
10. When pump is not in use, be sure all tubing, parts and accessories are stored safely away from children.
11. Do not pump while driving.
12. Pump sitting upright in a chair with a slight lean back.
13. Do not pump while laying down.

For warranty information please visit: www.HygeiaHealth.com

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What is Included

Breastmilk Storing & Thawing Guidelines

Proper storage of your breast milk is important!				
	Room Temperature	Cooler with Frozen Ice Packs	Refrigerator	Freezer
	66-78˚ F (19-26˚ C)	59˚ F (15˚ C)	39˚ F (4˚ C)	4˚ F (-18˚ C)
Freshly pumped breast milk	4-6 hours	24 hours	8 days	12 months
Thawed breast milk	1-2 hours	Don't store	24 hours	Never re-freeze

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