



## Guarantee

Philips AVENT guarantees that should the ISIS iQ UNO Electronic Breast Pump become faulty during twelve months from the date of purchase, it will be replaced free of charge during this time. Please return it to the retailer where it was purchased. Please keep your receipt as a proof purchase, together with a note of when and where purchased.

For the Guarantee to be valid, please note:

The ISIS iQ UNO Electronic Breast Pump must be used according to the instructions in this booklet and connected to a suitable electricity supply or the battery pack provided.

The claim must not be a result of accident, misuse, dirt, neglect or fair wear and tear.

This Guarantee does not affect your statutory rights.

If the retailer is unable to help, please contact Philips AVENT Customer Services.

For our complete catalogue of mother  
and baby care products

**GB: Call FREE on 0800 289 064**

UK ONLY (9am–4.30pm Mon-Fri)

**IRL: Call FREE on 1800 509 021**

IRL ONLY (9am–4.30pm Mon-Fri)

**AU: 1 300 364 474**

[www.philips.com/AVENT](http://www.philips.com/AVENT)

AVENT, Suffolk, CO10 7QS, England

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## ISIS iQ UNO Breast Pump

## Warnings and Cautions

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following.

**READ ALL INSTRUCTIONS BEFORE USING YOUR PHILIPS AVENT ISIS iQ UNO BREAST PUMP.**

**WARNING – To reduce the risk of fire, electrocution, or other personal injury:**

- ISIS iQ UNO is intended for repeated use by a single user only.
- Always unplug from the electrical wall socket immediately after use.
- Do not use while bathing.
- Do not place or store the product where it can fall or be pulled into a bath or sink.
- Do not place or drop the control handle, battery pack or mains power lead into water or other liquids.
- Do not reach for a product that has fallen into water. Unplug from the wall socket immediately.
- Do not allow children or pets to play with the control handle, battery pack, mains power lead or accessories as these parts may pose a choking or strangulation danger.
- Before each use inspect the product, including mains power lead, for signs of damage. Never operate this product if it has a damaged lead or plug, if it is not working properly or if it has been dropped, damaged or submerged in water.
- Only use attachments recommended by Philips AVENT.
- Do not use outdoors or where aerosol spray products are being used, or where oxygen is being administered.
- Equipment not suitable for use in the presence of flammable anaesthetic mixture with air, or with oxygen or nitrous oxide.
- Only use the mains power lead and battery pack supplied with the product.
- There are no user serviceable parts inside the ISIS iQ UNO. Do not attempt to open, service or repair the ISIS iQ UNO yourself.
- Keep leads away from heated surfaces.
- This product is a personal care item and should not be shared between mothers.
- Do not attempt to remove the pump body from your breast while under vacuum. Turn the unit off and break the seal between your breast and the pump funnel with your finger, then remove the pump from your breast.
- Do not operate control handle unless connected to a pump body.
- Never use while pregnant, as pumping can induce labour.
- Never use when sleepy or drowsy.
- This appliance is intended for use by responsible persons, keep out of reach of small children and the infirm.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience or knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

**CAUTION – To reduce the risks of injury, device malfunction or failure:**

- The product should not be left unattended when plugged into an electrical socket.
- Never drop or insert any foreign object into any opening.
- Make sure the voltage of the mains power lead is compatible with the power source.
- Plug the end of the wall plug lead into the control handle first, then securely attach the wall plug into the socket.
- Although compliant with applicable EMC directives, this equipment may still be susceptible to excessive emissions and/or may interfere with more sensitive material.
- Wash, rinse and sterilise the appropriate pump parts before each use.
- Never put the control handle, battery pack or lead in water or a steriliser as you can cause permanent damage to the pump.
- Do not continue pumping for more than five minutes at a time if no result is achieved.
- Do not use antibacterial or abrasive cleaners/detergents when cleaning breast pump parts.
- If the pressure generated is uncomfortable or causing pain, turn the unit off, break the seal between the breast and the pump body with your finger and remove the pump from your breast.

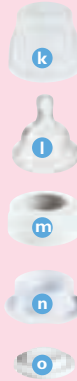
## ISIS iQ UNO Pump Parts Guide

All you need to assemble and use ISIS iQ UNO is shown here. If any of the parts are missing, or if you have any questions, please contact Customer Services (see back page for details).

### Pump Parts



### Bottle Parts



- a 1x Control handle
- b 1x Silicone diaphragm with stem
- c 1x White valve
- d 1x Pump body
- e 2x Milk container (1x 125ml 4oz and 1x 260ml/9oz)
- f 1x Stand (same as h)
- g 1x Let-down Massage Cushion
- h 1x Funnel cover (same as i)
- i 1x Battery pack
- j 1x Mains power lead
- k 1x Dome cap
- l 1x Extra Soft, Newborn Flow Teat (0m+)
- m 2x Screw ring
- n 1x Sealing base
- o 2x Sealing disc

## ISIS iQ UNO Pump Parts Guide – Detailed

### Control Handle

– adjusts the pumping suction, speed and pattern so ISIS iQ can learn and then repeat your rhythm after only 2 compressions.

Power socket

Control button  
– turns pump on and off and automates your pumping rhythm.

Control handle



### Battery Pack

Power cable

Only the following batteries are compatible with the ISIS iQ UNO Battery Pack: Duracell Ultra M3, Duracell Plus, Energizer Ultra Plus, Duracell Accu (NiMH), Anemmann (NiMH), For Duracell Acc (NiMH) & Ansmann (NiMH) use/charge in accordance with manufacturers guidelines. Dispose of batteries as per manufacturers instructions.

NEVER STERILISE OR IMMERSE IN WATER

### Mains Power Lead



## Troubleshooting Guide

Cracking or discolouration of pump parts

- Avoid contact with antibacterial or abrasive detergents/cleaners as they can damage the plastic. Combinations of detergents, cleaning products, sterilising solution, softened water and temperature fluctuations may, under certain circumstances, cause the plastic to crack. If this occurs, do not use. The pump body and breast milk containers are dishwasher safe but food colourings may discolour them. Follow guidelines in 'Cleaning and Sterilising ISIS iQ UNO' on page 6.

Lost or damaged parts

- Use the spare parts included with your ISIS iQ UNO or contact Philips AVENT for replacements (see back page for details).

Pump not responding

- Ensure the pump is correctly assembled and switched on with the power indicator illuminated **GREEN**.
- Make sure the lead between the electrical wall socket or battery pack and the pump is correctly connected.
- If using the battery pack, use recommended batteries and check they are inserted correctly.

Pump light flashing **RED**

- 3 flashes, delay, 3 flashes etc – if the pump stops working and the power light is flashing **RED** the pump has detected a vacuum fault. Disconnect the power and check the control handle and diaphragm for obstructions or damage.
- Continuous **RED** pulsing flash – Low battery warning. You should consider replacing the batteries.

Difficulties in separating the control handle from the pump body

- The pump must be switched off via the control button in order to separate these parts. If the batteries go flat mid-pumping, you may experience difficulty. Replace the batteries or connect the pump to an electrical socket. Turn the pump on by holding down the control button until the light flashes **ORANGE** and you hear the pump turn on (this can take up to 5 seconds). When the light turns to solid **GREEN**, press and hold the control button again, to turn the pump off. The light will go out and you can now disconnect the pump from the power supply and separate the parts (refer to 'Disassembling ISIS iQ UNO' on page 5).

Need Help? Contact Customer Services (see back page for details)

# Congratulations!

Breastfeeding your baby is a wonderful experience. However, there are times when you may need to express your breast milk. At Philips AVENT we have tried to replicate the way your baby feeds, making expressing your milk a comfortable and enjoyable experience. Relax and enjoy the experience because you're always in complete control. And when you're relaxed and comfortable, you express more milk, faster.

*Intuitive and intelligent... It's your iQ.*

**Let-down Massage Cushion** has petals that flex in and out, gently massaging the area around the areola, simulating a baby's feeding action. This is intended to help stimulate a fast, natural milk flow.

**Control Button** gives you instant control over comfort, right at your fingertips. By changing the speed and intensity with which you express, you can imitate your baby's unique feeding pattern – fast and shallow at the beginning, followed by a slower and stronger rhythm as your milk flows.

**Electronic Memory** learns from you. Just begin a comfortable pumping rhythm, press a button and ISIS iQ automates it.

**Express, Store, Feed Convenience.** Philips AVENT products work together so you never have to transfer milk between containers.

**Ultra Comfortable, Quiet and Effective** making it easier for you to continue giving your baby the benefits of breast milk.

Please take a few minutes to read through this entire instruction leaflet before using your Philips AVENT ISIS iQ UNO for the first time.

**PLEASE SAVE THESE INSTRUCTIONS.**

Unless advised otherwise by your health professional it is best to wait until your breastfeeding routine is established before expressing – usually around 4 weeks.

## What's Inside:

### Expressing with ISIS iQ UNO (Battery or Electric)

Warnings and Cautions	1
ISIS iQ UNO Pump Parts Guide	2-3
Disassembling ISIS iQ UNO	5
Cleaning and Sterilising ISIS iQ UNO	6
Assembling the pump body	7-8
Connecting the Electronics	9-10
Hints to help you succeed	11
Expressing with ISIS iQ UNO	12-14

### Manual Expressing with ISIS

ISIS Manual Breast Pump Parts Guide	15
Assembling the ISIS Manual Breast Pump	15
Using the ISIS Manual Breast Pump	16

Storing Your Expressed Breast Milk	17
Keeping your pump sterile and compact for travel	18
Technical Specifications	18
Troubleshooting Guide	19-20

# Disassembling ISIS iQ UNO

*Before you use your breast pump for the first time and every time before use, you must disassemble and clean the parts as described opposite.*

## Disassembly



- 1** If you have already used your ISIS iQ UNO, turn the pump off by pressing and holding down the control button until the light goes off. Unplug from the wall socket and disconnect the mains power or battery pack lead from the control handle.



- 2** **You can be quite firm when removing the control handle.** First pull directly upwards away from the diaphragm. Now unhook it from the stem by moving it towards the funnel.



- 3** Remove the funnel cover and gently pull the Let-down Massage Cushion away from the funnel.



- 4** Remove the silicone diaphragm and stem, unscrew the milk container and remove the white valve.

Clean with a damp cloth when necessary:

These components DO NOT come into contact with your breast milk.



**CAUTION: NEVER PUT THE CONTROL HANDLE, BATTERY PACK OR MAINS POWER LEAD IN WATER OR A STERILISER, AS YOU CAN CAUSE PERMANENT DAMAGE TO THE PUMP.**

Disassemble and clean before every use (including first use):



**Cleaning Instructions:**

Wash in warm soapy water and rinse, or wash on the top rack of the dishwasher. Sterilise in a steam steriliser (electric, electric or microwave) or by boiling in water for 5 minutes before every use.



**CAUTION: DO NOT USE ANTIBACTERIAL OR ABRASIVE CLEANERS/DETERGENTS.**

**TO CLEAN THE VALVE, RUB GENTLY BETWEEN YOUR FINGERS IN WARM SOAPY WATER – DO NOT INSERT OBJECTS AS THIS MAY CAUSE DAMAGE.**

## HELPFUL TIP!

The Philips AVENT Electronic, Electric and Microwave Steam Sterilisers are designed to hold the washable components of the ISIS iQ UNO and the entire ISIS Manual Breast Pump.



## Assembling the pump body of ISIS iQ UNO

Before assembling, make sure that your hands are clean and you have correctly washed and sterilised the pump (see 'Cleaning and Sterilising ISIS iQ' on page 6). Also check that none of the pump components are damaged.

### Parts you will need for steps 1-4:



*Pump body*



*White valve*



*Silicone diaphragm with stem*



*Let-down Massage Cushion*



*Milk container*



*White stand*



1

Insert the white valve into the pump body, so that it fits securely into the small round hole. Make sure the pointed side of the valve is facing down.

## Assembling the pump body of ISIS iQ UNO

- 2 Fit the clear silicone diaphragm with stem into the pump body. Ensure a perfect seal around the rim by pressing down with your fingers. *(This is easier if assembled while the diaphragm is wet.)*



- 3 Screw the pump body onto the milk container until securely in place.

*To ensure that the pump is completely stable, you can use the stand with the 125ml/4oz milk container.*



- 4 Insert the Let-down Massage Cushion and secure the rim around the funnel making sure there are no gaps. Run your thumb on the flat surface between each petal to ensure there are no air pockets. *(This is easier if assembled while the Let-down Massage Cushion is wet.)*



### HELPFUL TIP!

Some women may prefer to use the pump without the Let-down Massage Cushion. It has been shown that in most cases, the massaging effect of the petals flexing in and out around the areola, stimulates the let-down reflex and allows you to express more milk, faster.

## Connecting the Electronics of ISIS iQ UNO

Parts you will need for steps 5-7:



*Assembled  
pump body  
(see pages 7-8)*



*Control handle*



*Mains power lead*



*Battery pack*



- 5** Firmly push the control handle onto the pump body so that it sits securely on top of the silicone diaphragm.

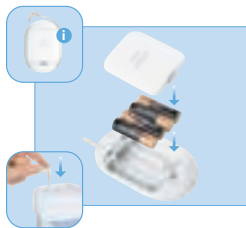


- 6** For electric use connect the mains power lead to the control handle, plug into an electrical wall socket and switch on.



- 7** For battery use, open the top of the battery pack and insert 4 x AA batteries. (For a list of compatible batteries, see page 3.)

Connect the power lead to the control handle.



### HELPFUL TIP!

Batteries will last for approximately 6 hours. The light on the control handle will display a continuous **RED** pulsing flash to warn you when it is time to replace them. There will be enough power for approximately 1 more pumping session, with no drop-off in performance, before the pump switches itself off.

## Hints to help you succeed

Using a breast pump takes practice. You may need to make several attempts before you succeed, but because ISIS iQ UNO is so simple and comfortable to use, you will soon get used to expressing milk.

1. Choose a quiet time when you're not rushed and unlikely to be disturbed.
2. Having your baby or a photograph of your baby nearby can help encourage your milk to flow.
3. Warmth and relaxation can also help so you might like to try expressing after a warm bath or shower.
4. Placing a warm cloth on your breasts for a few minutes before you start pumping can encourage your milk flow and soothe painful breasts.
5. Try expressing from one breast while your baby is feeding from the other, or continue expressing just after a feed.
6. Repositioning the pump on your breast from time to time can help stimulate your milk ducts.
7. Some women may prefer to use the pump without the Let-down Massage Cushion. However, it has been shown that, in most cases, the massaging effect of the petals flexing in and out around the areola stimulates the let-down reflex and allows you to express more milk, faster.
8. To relieve engorgement, we recommend gentle, slow pumping to relieve the pressure.

Practice with your pump to find the best pumping techniques for you. Don't worry if your milk doesn't flow immediately, relax and continue pumping.

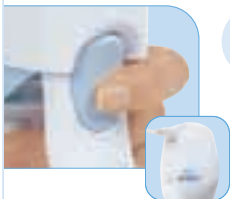
**CAUTION: IF AFTER 5 MINUTES NO RESULT IS ACHIEVED, TRY AGAIN AT ANOTHER TIME OF DAY. IF YOU EXPERIENCE ANY PAIN IN THE BREAST AREA, STOP AND CONSULT YOUR BREASTFEEDING ADVISOR.**

### How much milk can you expect?

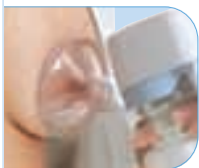
On average you will need to pump for 10 minutes to express 60-125mls or 2-4ozs of milk. However, this is just a guide and varies from woman to woman. If you find that you regularly express more than 125mls/4ozs of milk per session, attach a 260ml/9oz milk container to the pump body.



Before you begin pumping, make sure that you have correctly washed, sterilised and assembled the pump. Consult the 'Hints to help you succeed' opposite for tips on stimulating let-down and milk flow. Wash your hands thoroughly and make sure your breasts are clean. Relax in a comfortable chair and lean slightly forward so that your milk flows easily down the pump funnel into the milk container (you can use cushions to support your back).







- 1** Turn on pump: Connect the power lead to the control handle and plug into an electrical wall socket if necessary. Press and hold the control button until the light flashes **ORANGE** and you hear the pump turn on (this can take up to 5 seconds). Once the light turns solid **GREEN**, the pump is ready to use.  
If the light is flashing **RED**, refer to the 'Troubleshooting Guide' on pages 19-20.



- 2** Create a reliable vacuum: Press the pump against your breast to form a complete seal, ensuring that your nipple fits into the funnel. Check you have a reliable vacuum by compressing and releasing the control handle so you can feel suction.

### HELPFUL TIP!

#### Control Handle Light

-  Flashing **ORANGE** – Control Handle Setting Up
-  Solid **GREEN** – Motor Ready/Pump in Manual Control Mode
-  Flashing **GREEN** – Pump in Automatic Mode
-  Flashing **RED** – Warning (see Troubleshooting Guide on pages 19-20)



- 3** **Initiate let-down:** To encourage let-down, lightly press the handle in a way that feels comfortable and similar to your baby's initial rapid suckling action. The petals on the Let-down Massage Cushion will flex in and out around the areola, creating a massaging effect, similar to baby's natural mouth and jaw movements during breastfeeding. You can choose to automate this let-down phase by pressing the control button after two compressions (flashing **GREEN** light). Once your milk begins to flow, press the control button to return to manual control (solid **GREEN** light).

*CAUTION: LET-DOWN CAN OCCUR IMMEDIATELY, EVEN AFTER JUST A FEW STROKES AND SHOULD NOT TAKE LONGER THAN 5 MINUTES (REFER TO HINTS TO HELP YOU SUCCEED ON PAGE 11).*



- 4** **Milk expression:** To create a natural and effective breast pumping rhythm that can be maintained for the rest of your pumping session, compress the handle slowly and more fully (to increase the intensity of the suction), hold for 2-3 seconds and then slowly release. Once you are happy with the level of suction and rhythm, after two compressions, press the control button and ISIS iQ will continue your personal pumping rhythm (flashing **GREEN** light).

*Note: You do not need to compress the handle fully, only until it feels comfortable. The further you compress the handle, the more suction the pump will provide. If the pressure is uncomfortable, stop and change your pumping rhythm.*

### HELPFUL TIP!

**Let-down** is your body's physiological response to the suckling action of your baby on the breast. This stimulates the breast to produce milk and send it towards the nipple where it is available for baby.

**Milk expression** occurs after let-down is achieved and milk begins to flow. It is the phase that is induced by the baby's deeper more comfortable suckling rhythm.

**5** Changing or ending your automated pumping session:

**To change your pumping rhythm** at any time, press the control button to revert to manual control (solid **GREEN** light) and set a new pattern.

**To end your pumping session**, press the control button to revert to manual control (solid **GREEN** light). Break the seal between your breast and the pump funnel with your finger and remove the pump from your breast. Turn the pump off by pressing and holding the control button until the light goes off. Remove the plug from the electrical socket if necessary, then remove the power lead from the control handle.



**6** Storing your milk: Make sure that you have not over-filled the milk container and carefully unscrew it from the pump body. Add a sterilised screw ring and sealing disc to safely store your breast milk in the refrigerator or freezer.



**7** Next time you turn your pump on:

**Resuming saved session?** Even after ISIS iQ is turned off, it will remember the last programmed rhythm. If you have had a short break and your milk is still flowing, ensure you have a good seal against your breast, press the control button and ISIS iQ will continue as before.

**Need to re-establish let-down?** If you need to re-establish let-down, refer to the beginning of 'Expressing with ISIS iQ UNO' on page 12.



### ISIS Manual Breast Pump – parts guide

Your ISIS iQ UNO can also be used as a manual pump. In this case, you simply need to replace the control handle with the manual handle and pump cover included in a separate bag.

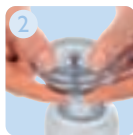
**P** Pump cover

**Q** Handle



### Assembling your ISIS Manual Breast Pump

Ensure you have disassembled, washed and sterilised all the parts (see Cleaning Instructions on page 6) and then follow steps 1-4 as described on pages 7-8:



But this time:

- 5** Position the forked end of the handle (q) under the diaphragm stem and push down gently on the handle until you hear it 'click' into place.



- 6** Click the pump cover (p) onto the pump body.



## Using your ISIS iQ UNO as a manual breast pump

Before you begin pumping, make sure that you have correctly washed, sterilised and assembled the ISIS Manual Breast Pump. Consult the 'Hints to help you succeed' section on page 11 for tips on stimulating let-down and milk flow. Wash your hands thoroughly and make sure your breasts are clean. Relax in a comfortable chair and lean slightly forward so that your milk flows easily down the pump funnel into the milk container (you can use cushions to support your back).

- 1 Create a reliable vacuum: Press the pump against your breast to form a complete seal, ensuring that your nipple fits into the funnel. Check you have a reliable vacuum by compressing and releasing the handle so you can feel suction.



- 2 Initiate let-down: To encourage let-down, lightly press the handle in a way that feels comfortable and similar to your baby's initial rapid suckling action.

**CAUTION: LET-DOWN CAN OCCUR IMMEDIATELY, EVEN AFTER JUST A FEW STROKES AND SHOULD NOT TAKE LONGER THAN 5 MINUTES (REFER TO HINTS TO HELP YOU SUCCEED ON PAGE 11).**



- 3 Milk expression: To create a natural and effective breast pumping rhythm that can be maintained for the rest of your pumping session, compress the handle slowly and more fully (to increase the intensity of the suction), hold for 2-3 seconds and then slowly release.

*Note: You do not need to compress the handle fully, only until it feels comfortable. The further you compress the handle, the more suction the pump will provide.*

- 4 Storing your milk: Make sure that you have not over-filled the milk container and carefully unscrew it from the pump body. Add a sterilised screw ring and sealing disc to safely store your breast milk in the refrigerator or freezer.



CONSULT THE GUIDELINES FOR STORING EXPRESSED BREAST MILK ON PAGE 17

## Storing your expressed breast milk

Philips AVENT products are interchangeable, so you can express, store and feed with the same container, preserving valuable nutrients that can get lost if breast milk is transferred.



After expressing milk into an AVENT Breast Milk Container, insert a sealing disc into the screw ring and twist onto the container. To feed, just replace the sealing disc with an AVENT Airflex Teat.

### Guidelines for storing expressed breast milk

Breast milk can be stored in the fridge or freezer in either sterile AVENT Breast Milk Containers (125ml/4oz or 260ml/9oz fitted with sealing discs) or in pre-sterilised VIA Cups.

Do not overfill the milk container and be sure to keep it upright.

Expressed milk should be refrigerated immediately.

Only milk collected with a sterile pump should be stored to be fed to your baby.

Expressed breast milk can be stored in the refrigerator for up to 48 hours (not in the door) or in the freezer for up to 3 months.

If you are storing freshly expressed milk in the fridge to add to during the day, only add milk which has been expressed into a sterile container. Milk can only be kept like this for a maximum of 48 hours from first expression, after which it must be used immediately or frozen for future use.

Frozen breast milk can be defrosted overnight in the refrigerator, heated gradually in warm water or heated on the lowest setting of the Philips AVENT Bottle and Baby Food Warmer. Never heat milk in a microwave as this may destroy valuable nutrients and antibodies and uneven heating could cause hot spots.

**NB: NEVER refreeze breast milk. DO NOT add fresh breast milk to already frozen milk. ALWAYS discard any milk that is left over at the end of a feed.**

**CAUTION: NEVER IMMERSE A FROZEN MILK CONTAINER OR VIA CUP IN BOILING WATER AS THIS MAY CAUSE IT TO CRACK/SPLIT.**





## Keeping your pump sterile and compact for travel



After sterilising all parts insert the white valve and fit the diaphragm with stem onto the pump body. Clip the funnel cover over the Let-down Massage Cushion and screw the sealing base onto the bottom of the pump body.

### Key to Control Handle Symbols



TYPE B APPLIED PART



GENERAL WARNING



EUROPEAN STANDARD



FOLLOW OPERATING INSTRUCTIONS



ONLY INDOOR USE



CLASS II EQUIPMENT



DISPOSE OF THROUGH SEPARATE COLLECTION ROUTE FOR WASTE ELECTRICAL EQUIPMENT

### Technical Specifications

- Mains Input Voltage 100 - 240 VAC
- Mains Input Frequency 50 - 60 Hz
- Supply voltage fluctuations not exceeding +/- 10% of the nominal voltage
- Ambient Temperature range: +10°C to +40°C
- Atmospheric Pressure: 700 to 1060hPa
- Equipment rated for continuous operation
- Maximum speed at maximum vacuum is 60 cycles per minute

## Troubleshooting Guide

<p><i>Lack of, or no suction</i></p>	<ul style="list-style-type: none"><li>◦ Check for any damaged pump parts and replace if necessary.</li><li>◦ Check that all the pump components have been assembled correctly and that the white valve is positioned correctly.</li><li>◦ Ensure that the silicone diaphragm and Let-down Massage Cushion are fitted securely to the pump body and that a perfect seal is created around your breast.</li><li>◦ Make sure the Let-down Massage Cushion is pushed far enough down the centre of the funnel and run your thumb on the flat surface between each petal to ensure there are no air pockets.</li><li>◦ Make certain that the control handle is firmly in place.</li></ul>
<p><i>No milk being expressed</i></p>	<ul style="list-style-type: none"><li>◦ Ensure the pump is correctly assembled and that suction is being created.</li><li>◦ Relax and try again, as expression may improve after practice.</li><li>◦ Refer to the 'Hints to help you succeed' section on page 11.</li></ul>
<p><i>Pain in the breast area when expressing</i></p>	<ul style="list-style-type: none"><li>◦ You may be squeezing too hard. You do not need to use all the suction the pump can generate. Try compressing the handle halfway.</li><li>◦ Try squeezing the handle more gently and remember the 2-3 second pumping rhythm. (Refer to 'Expressing with ISIS iQ UNO' on page 13).</li><li>◦ Consult your health professional/breastfeeding advisor.</li></ul>
<p><i>Milk is drawn up the Let-down Massage Cushion</i></p>	<ul style="list-style-type: none"><li>◦ Try leaning slightly forward so your milk flows easily down the pump funnel and into the milk container (you can use cushions to support your back).</li><li>◦ Remove and re-fit the Let-down Massage Cushion to ensure it is firmly attached and pushed far enough down the centre of the funnel (this is easier if assembled while wet).</li><li>◦ Some women may prefer to use the pump without the Let-down Massage Cushion. Extensive trials show that in most cases, the massaging effect of the petals flexing in and out around the areola, stimulates the let-down reflex and allows you to express more milk, faster.</li></ul>