

# Sonata (致韵)



Instructions for use  
使用说明书



Read all instructions before using this product.  
Review the most current product instructions  
at [www.medela.cn](http://www.medela.cn).

使用本产品前, 请阅读所有使用说明。  
请访问 [www.medela.cn](http://www.medela.cn) 查看最新产品说明书。

**PLEASE SAVE THESE INSTRUCTIONS**  
请保存这些使用说明书



# 1. Important Safeguards

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

## READ ALL INSTRUCTIONS BEFORE USING THIS PRODUCT.

The defined signal words identify all instructions that are important to safety. Failure to observe these instructions can lead to injury or damage to the breast pump or yourself. When used in conjunction with the following words, the defined signal words stand for:



**WARNING** Can lead to serious injury or death.



**CAUTION** Can lead to minor injury.



**NOTE** Can lead to material damage.



**TIP** Useful or important information that is not related to safety.



### **WARNING: To avoid fire, electrocution, or serious burns:**

- This is a single-user product. Use by more than one person may present a health risk and voids the warranty.
- Always unplug electrical product immediately after use except for when charging.
- Do not place or store product where it can fall or be pulled into a tub or sink.
- The breast pump and accessories are not heat-resistant: keep away from heated surfaces or open flames.
- Do not use near flammable materials.
- The breast pump should never be left unattended when plugged into a power source.
- Never operate an electrical device if it has a damaged cord or plug, is not working properly, or if it has been dropped or damaged. If damage is found, immediately discontinue use and call Medela Customer Service at 400-670-3600 / 400-670-3610.
- Do not use an electrical outlet device that has been exposed to water or other liquids including:
  - Do not use while bathing or showering.
  - Never place or drop into water or other liquids.
  - Do not run water over breast pump.
  - If a device has been exposed to water or other liquids, do not touch, unplug the device from electrical outlet, turn off and contact manufacturer.



**WARNING: To avoid health risk and reduce the risk of injury:**

- This device cannot be serviced or repaired. Do not repair yourself. Do not modify the device.
- Never use a damaged device. Replace damaged or worn parts.
- Use only the power adaptor that comes with the breast pump.
- Use the breast pump only for its intended use as described in this manual.
- Do not use the breast pump while sleeping or overly drowsy.
- Do not use Sonata breast pump while operating a moving vehicle.
- Inspect all appropriate pump components before each use.
- If tubing becomes moldy, discontinue use and replace tubing.
- Pumping can induce labor. Do not pump until after giving birth. If you become pregnant while breastfeeding or breast pumping, consult with a licensed healthcare professional before continuing.
- If infected with Hepatitis B, Hepatitis C, or Human Immunodeficiency Virus (HIV), pumping breast milk will not reduce or remove the risk of transmitting the virus to your baby through your breast milk.
- Do not microwave or boil breast milk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. (Microwaving can also change the composition of breast milk.)
- Clean and sanitize all parts that come into contact with your breast and breast milk prior to first use.
- Wash all parts that come into contact with your breast and breast milk after every use.
- Only use Medela recommended parts with your Sonata Breast Pump.
- Close supervision is necessary when the breast pump or accessories are used in the vicinity of children.



# 1. Important Safeguards (cont.)



## **CAUTION: Can lead to minor injury:**

- Portable and mobile radio frequency communications equipment can affect the breast pump.
- Make sure the voltage of the power adaptor is compatible with the power source. See **Section 23** for technical specifications.
- Wash hands thoroughly with soap and water before touching breast pump, kit and breasts, and avoid touching the inside of bottles or lids.
- Separate and wash all parts that are exposed to breast milk immediately after use. This will help remove breast milk residue and prevent growth of bacteria.
- Always inspect breast shields, connectors, valves, membranes, bottles, lids, and tubing prior to use for cleanliness. Contact Medela Customer Service if cleaning does not resolve the issue.
- Only use drinking-quality tap or bottled water for cleaning your breast pump and parts.
- Do not store wet or damp parts as mold may develop.
- Do not run pump with wet tubing. Doing so may damage the breast pump.
- If you are experiencing discomfort at the base of the nipple due to rubbing of your breast tissue against the breast shield tunnel, use of a lubricant such as Medela PureLan™ may be beneficial. For assistance with correct breast shield sizing and comfort please visit [www.medela.cn](http://www.medela.cn) or see a lactation consultant/breastfeeding specialist.
- If pumping is uncomfortable or causing pain, turn the unit off, break the seal between the breast and the breast shield with your finger and remove the breast shield from your breast.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. See **Section 7 & 8** for more information.
- While some discomfort may be felt when first using a breast pump, using a breast pump should not cause pain. For assistance with correct breast shield sizing and comfort please visit [www.medela.cn](http://www.medela.cn) or see a lactation consultant/breastfeeding specialist.
- Do not try to express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.
- Make sure tubing is not kinked or pinched while pumping.
- Do not hold the pump kit by the bottle. This can lead to blockage of the milk ducts and engorgement. See **Section 11** for more information.
- The breast pump uses Bluetooth® technology. Please follow your air carrier rules for the use of Portable Electronic Devices when flying with your breast pump.
- Using a breast pump on an aircraft is not recommended. The cabin pressure may affect the breast pumps performance.



## **Note**

- Plastic bottles and parts become brittle when frozen and may break when dropped.
- Bottles and parts may become damaged if mishandled (e.g., dropped, over-tightened, or knocked over).
- Take appropriate care in handling bottles and components.
- Do not use the breast milk if bottles or components become damaged.

## Indications for use

The Sonata breast pump is a powered breast pump to be used by lactating women to express and collect milk from their breast. The Sonata breast pump is a single user device.

## Contraindications for use

There are no known contraindications for use with this product.

### **T** Tip

It is best to wait until your breast milk routine is established (approximately 4 weeks) before expressing breast milk, unless otherwise advised by your healthcare professional.

If you have medical reasons or other needs for exclusively pumping, it is recommended that you use a hospital-grade (multi-user) breast pump such as the Medela Symphony® breast pump. To learn more, visit [www.medela.cn](http://www.medela.cn).

## Product Description

This breast pump is a personal-use electric breast pump that includes 2-Phase Expression® technology and is capable of single and double pumping.

The operating life of Sonata is 275 hours. The operating life for the breast pump kit is 6 months.

**PLEASE SAVE THESE INSTRUCTIONS.  
THIS IS A SINGLE-USER PRODUCT.**





# Table of Contents

<b>1. Important Safeguards</b> .....	<b>2-5</b>
<b>2. Product Description</b> .....	<b>8-9</b>
<b>3. Getting Started</b> .....	<b>10</b>
<b>4. Cleaning Overview</b> .....	<b>11</b>
<b>5. Cleaning Instructions</b> .....	<b>12-13</b>
<b>6. Breast Pump &amp; Tubing Care</b> .....	<b>14-15</b>
6A Cleaning the breast pump .....	<b>14</b>
6B Tubing care .....	<b>15</b>
<b>7. Breastfeeding Information</b> .....	<b>16</b>
<b>8. Breast Shield Sizing</b> .....	<b>17</b>
<b>9. Assembling Your Breast Pump</b> .....	<b>18-19</b>
<b>10. Powering Your Breast Pump</b> .....	<b>20-22</b>
10A Charging your breast pump .....	20
10B Battery care & status codes .....	20-21
10C Power adaptor care.....	22
10D Traveling outside the U.S. ....	22
<b>11. Operating Your Breast Pump</b> .....	<b>23-26</b>
11A Glossary, controls & icons.....	23
11B Single pumping .....	24
11C Double pumping.....	24
11D Pumping steps.....	25-26
<b>12. Finding Your Maximum Comfort Vacuum</b> .....	<b>27</b>
<b>13. Features</b> .....	<b>28-33</b>
Breast Pump Connectivity.....	28-29
Selecting a mode.....	30
Setting the timer .....	31
Pausing your breast pump .....	32
Silencing your breast pump chimes .....	33
<b>14. Storing Breast Milk</b> .....	<b>34</b>
<b>15. Preparing &amp; Feeding Breast Milk</b> .....	<b>35</b>
<b>16. Troubleshooting</b> .....	<b>36-41</b>
Air leak alert.....	36
Battery drained .....	37
Battery broken .....	38
Bluetooth broken .....	39
General alert .....	40
Additional troubleshooting.....	41
<b>17. Long-term Storage</b> .....	<b>43</b>
<b>18. Disposal</b> .....	<b>44</b>
<b>19. Supplemental Information</b> .....	<b>45</b>
<b>20. Warranty</b> .....	<b>46</b>
<b>21. Meaning of Symbols</b> .....	<b>47</b>
<b>22. EMC/Technical Description</b> .....	<b>49-54</b>
<b>23. Technical Specifications</b> .....	<b>55</b>

## 2. Product Description

Your breast pump system includes

**2x PersonalFit™  
Breast Shields  
(24 mm)  
Applied Part**

**2x PersonalFit™  
Breast Shields  
(27 mm)  
Applied Part**

For other breast shield sizes,  
see **Section 8**

Replacement 800-A668 (24 mm)

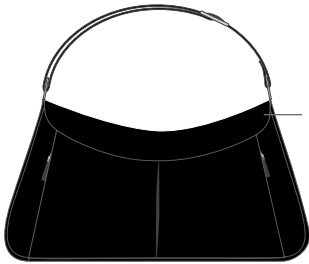
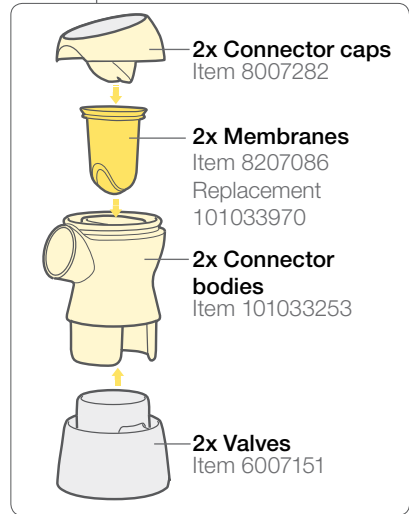
Replacement 800-A711 (27 mm)

**4x Bottles**

Item 200-A021

**2x Breast shield  
assemblies**

Replacement 101033976



**1x Bag**

Item 3007396

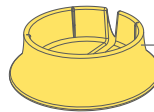
Replacement

101034054



**4x Lids**

Item 8107183



**2x Bottle stands**

Item 8107322



**1x Cooler bag**

Item 813-0003C

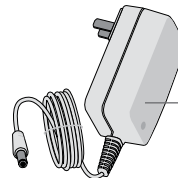
Replacement 200-A756

(replacement includes ice pack)



**1x Ice pack**

Item 811-7010A



**(1x) Power adaptor**

Item 101033610

Replacement

101033986

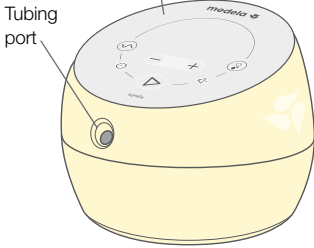


Quality & performance  
you can trust

Medela reserves the right to substitute any component or accessory with a replacement of equivalent performance.



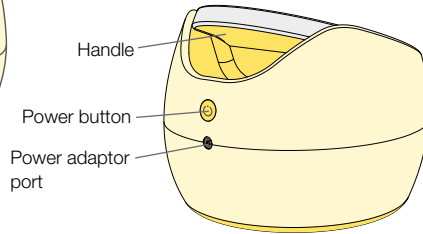
**1x Breast pump**



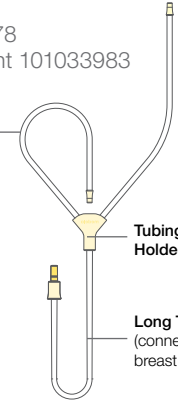
**1x Tubing**

Item 8007278

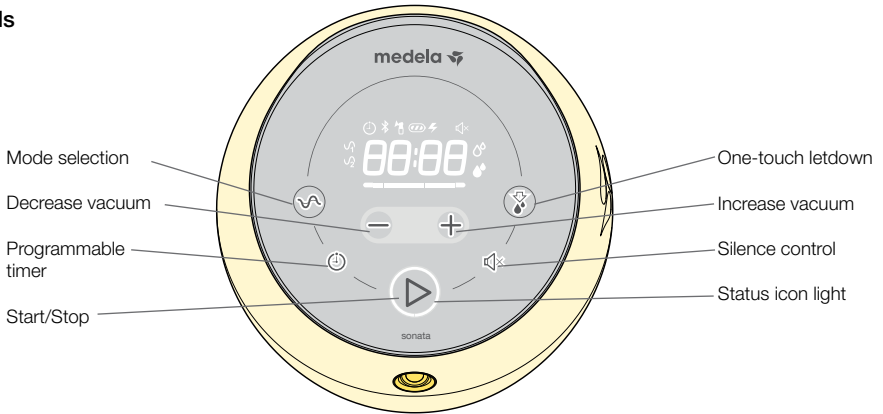
Replacement 101033983



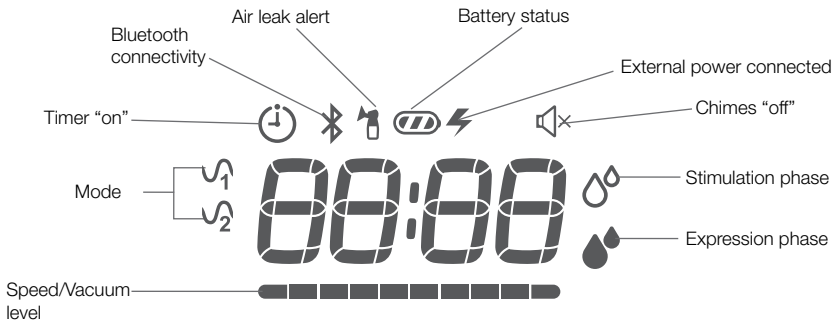
**Short Tubing**  
(connects to breast shield assemblies)



**Controls**



**Display Icons**



## 3. Getting Started



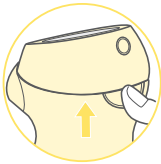
### Note

It is important for you to do the following before using your breast pump for the first time:

1. Plug the Sonata into an external power source. Charge the battery for 12 hours. (See **Section 10**, Powering Your Pump).
2. Separate all parts that are exposed to the breast or breast milk prior to cleaning.
3. Clean - see **Section 5**.

### Parts to clean

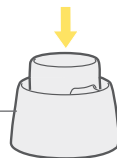
Separate all parts that are exposed to the breast and breast milk prior to cleaning.



Use your thumb to separate the connector cap and body.



Pull down on valve to remove from connector body. Do not rotate.






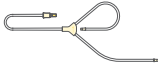


## 4. Cleaning Overview

Washing and sanitizing are two different activities. They must be done separately to protect you, your baby and the performance of your breast pump.

**Wash** – To clean the surfaces of the parts by physically removing contamination.

**Sanitize** – To kill living organisms, such as bacteria or viruses, that may be present on the surfaces of the parts.

When to Wash	Breast Shields 	Breast Pump Kit 	Bottles & Lids 
<b>Before 1st use</b>	<ul style="list-style-type: none"> <li>✓ wash</li> <li>✓ sanitize</li> </ul>	<ul style="list-style-type: none"> <li>✓ wash</li> <li>✓ sanitize</li> </ul>	<ul style="list-style-type: none"> <li>✓ wash</li> <li>✓ sanitize</li> </ul>
<b>After each use</b>	<ul style="list-style-type: none"> <li>✓ wash</li> </ul>	<ul style="list-style-type: none"> <li>✓ wash</li> </ul>	<ul style="list-style-type: none"> <li>✓ wash</li> </ul>
<b>Once per day</b>	<ul style="list-style-type: none"> <li>✓ sanitize</li> </ul>	<ul style="list-style-type: none"> <li>✓ sanitize</li> </ul>	<ul style="list-style-type: none"> <li>✓ sanitize</li> </ul>

When to Wash	Tubing 	Breast Pump 	Carry Bag 
<b>As needed</b>	<ul style="list-style-type: none"> <li>✓ wash <b>only if</b> dirty or milk is present</li> </ul>	<ul style="list-style-type: none"> <li>✓ wipe with clean, damp cloth</li> </ul>	<ul style="list-style-type: none"> <li>✓ wipe with clean, damp cloth</li> </ul>

Detailed cleaning instructions on pages 12-15:

- Wash – Section 5
- Sanitize – Section 5
- Breast Pump and Tubing Care – Section 6

## 5. Cleaning Instructions

### Supplies needed:

- Mild dish soap or Medela Quick Clean™ Breastmilk Removal Soap
- Clean dish towel or soft brush
- Clean sink or bowl
- Drinking-quality water
- Tongs
- Clean pot for boiling water

### Parts to wash or sanitize:

- Breast shields
- Breast milk bottles
- Lids
- Connector bodies
- Valves
- Membranes
- Connector caps



### Caution

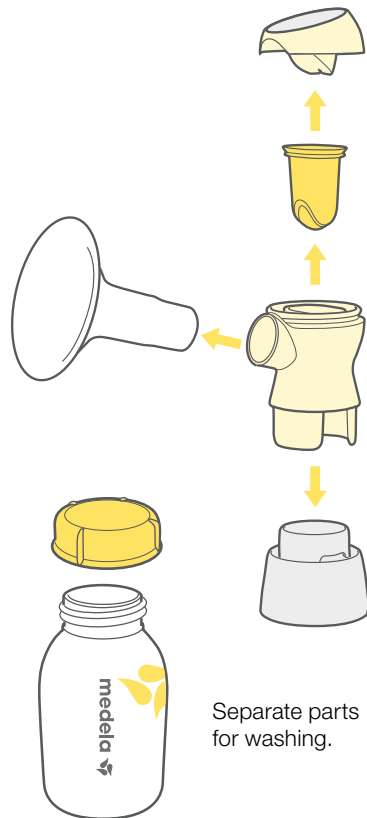
- Separate and wash all parts that are exposed to breast milk immediately after use. This will help to remove breast milk residue and prevent growth of bacteria.
- Only use drinking-quality tap or bottled water for cleaning.
- When cleaning the valves do not use small objects such as brushes. Be careful not to puncture.



### Note

- Take care not to damage parts of the breast pump kit during cleaning.
- Store the breast pump kit in a clean bag/ container until next use.
- Wash hands thoroughly.
- If you notice a white residue on your breast pump parts after boiling, your water may have a high mineral content. Remove residue by wiping parts with a clean cloth and allow to air dry.
- Distilled water is recommended when boiling parts to prevent substantial mineral build-up over time, which may compromise your parts.

### 1. Disassemble



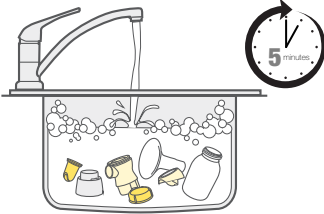
### Tip

- If using the dishwasher, parts may become discolored. This will not impact part function.
- Tubing should only be washed if dirty or milk is present. See **Section 6** for more details.

## 2. Wash

Before first use and after each use

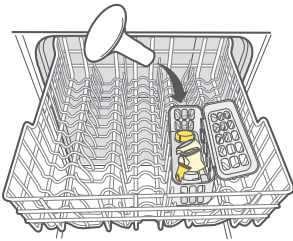
### Sink



- Step 1** – Rinse all separated parts that touch the breast and breast milk in cool water to remove breast milk residue.
- Step 2** – Soak in warm soapy water for 5 minutes, then wash and rinse.
- Step 3** – Allow parts to air dry. Store dry parts in a cool place when not in use. Do not store wet or damp parts.

OR

### Dishwasher



- Step 1** – Wash all separated parts by using the top rack of your dishwasher.
- Step 2** – Place parts on a clean surface and/or towel. Allow parts to air dry. Store dry parts in a cool place when not in use. Do not store wet or damp parts.

## 3. Sanitize

Before first use and once per day

### Stovetop



- Step 1** – Fill pot with water to cover all parts. Bring to a boil.
- Step 2** – Place parts in boiling water for 5 minutes.
- Step 3** – Allow parts to air dry. Store dry parts in a cool place when not in use. Do not store wet or damp parts.

OR

### Microwave



- Step 1** – Use Medela's Quick Clean™ Micro-Steam™ bags. Sold separately (Follow instructions as provided on bag)
- Step 2** – Place parts on a clean surface and/or towel. Allow parts to air dry. Store dry parts in a cool place when not in use. Do not store wet or damp parts.

## 6. Breast Pump & Tubing Care

### Supplies needed:

- Mild dish soap
- Clean dish towel
- Clean sink or bowl
- Drinking-quality water

### Parts needed:

- Tubing
- Breast pump



### Tip

- Tubing should only be washed if dirty or milk is present. Follow instructions in **Section 6B**.
- There is no need to clean tubing if condensation inside the tube is from previous washings or atmospheric conditions. Follow drying instructions in **Section 6B**.

## 6A. Cleaning the breast pump

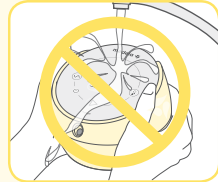


Wipe pump unit with a clean, damp cloth.



### Warning

- Do not immerse the breast pump in water; do not run water over the breast pump.
- When cleaning the breast pump display, only use a damp, soft cloth with mild dish soap. Other cleaners or abrasive cloths may degrade the display performance.



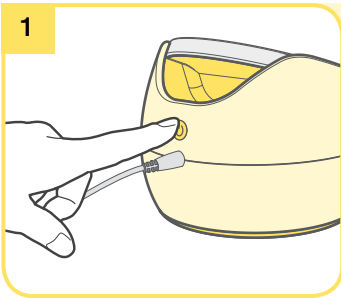
## 6B. Tubing care


- Tubing does not need to be washed before first use.
- Inspect tubing after each pumping session.

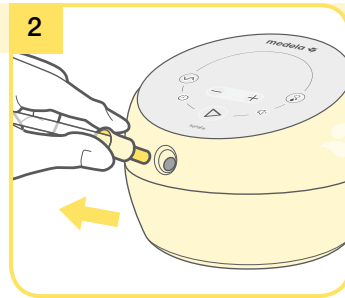
### Caution

- Do not store wet or damp parts as mold may develop.
- If tubing becomes moldy, discontinue use and replace tubing. Contact Medela Customer Service at 400-670-3600 / 400-670-3610.
- **Do not use breast pump with wet tubing; doing so will cause damage to your breast pump.**

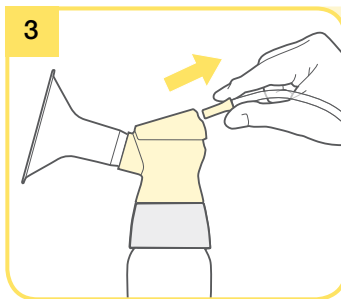
## To properly clean your tubing



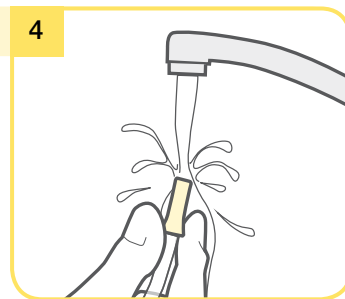
Turn off  breast pump and unplug from power source.



To remove tubing from the breast pump, grab the tube adaptor and pull directly from the tubing port. Do not wiggle or pull tubing at an angle.



Remove tubing from breast shield.



- Rinse tubing in cool water.
- Wash tubing in warm, soapy water.
- Rinse tubing with clear water.
- Shake out water droplets.
- Hang to air dry.

## 7. Breastfeeding Information

### Common pumping questions & answers

#### How often should you breast pump?

A breast pump is a replacement for when you are separated from your baby. It is important to pump when the baby would normally be breastfeeding. For example, a working mother may pump 2-3 times during an 8-hour work day.

#### How long should your pumping session last?

Pumping times can vary from mother to mother. Pumping sessions usually last from 15 to 30 minutes.

#### How should your breasts feel before and after pumping?

Before pumping, your breasts will have a firm, heavy feeling. After pumping, your breasts should feel soft with no firm areas. Firm areas could indicate that the breast is not draining all over.



# 8. Breast Shield Sizing

## 1. Medela's PersonalFit™ sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers five breast shield sizes.

21 mm

24 mm

27 mm

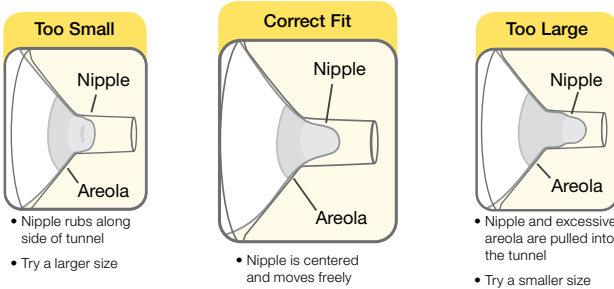
30 mm

36 mm

Visit [www.medela.cn](http://www.medela.cn) to view the full guide to help you determine your optimal size based on your nipple diameter.

## 2. Test your breast shield size

1. Start with the 24 mm that came with your pump, or the size determined by measuring.
2. Center nipple and gently hold breast shield against your breast.
3. Adjust for Maximum Comfort Vacuum™, to achieve optimum suction level.
4. Refer to images while pumping in expression.



## 3. Should you try a new size?

- Does your nipple rub sides of tunnel, to the point of causing discomfort?
- Do you see excessive areola being pulled into tunnel?
- Do you see any redness?
- Is your nipple or areola turning white?
- Do you feel unexpressed milk after pumping?

If you answered “**YES**” to any of these questions, consider trying a new size by following the measuring instructions above.

If you are still unsure if you selected the correct size, see a lactation consultant, breastfeeding specialist, or visit [www.medela.cn](http://www.medela.cn) for assistance in choosing the right size breast shield.

### Caution

- While some discomfort may be felt when first using a breast pump, using a breast pump should not cause pain. If you are unsure about breast shield sizing, please contact a healthcare professional or breastfeeding specialist who can help you get a proper fit.
- If you are experiencing discomfort at the base of the nipple due to rubbing of your breast tissue against the breast shield tunnel, use of a lubricant such as Medela PureLan™ may be beneficial.

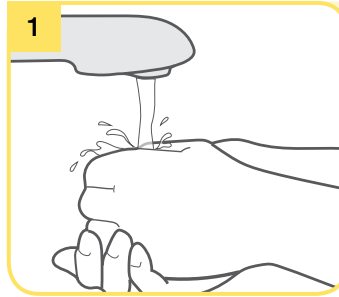
# 9. Assembling Your Breast Pump

### Parts Needed:

- Tubing
- Breast pump
- Breast shields
- Breast milk bottles
- Lids
- Connector bodies
- Valves
- Membranes
- Connector caps

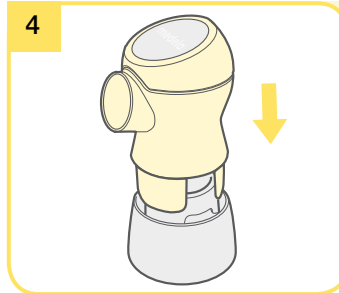
### T Tip

- Only use Authentic Medela Spare Parts. See **Section 2** for details.
- Check breast pump kit components for wear or damage before use. Replace if necessary.
- Always inspect all parts prior to use for cleanliness. If dirty, see **Section 4**.
- To prevent damage to the breast pump all components must be completely dry before use.

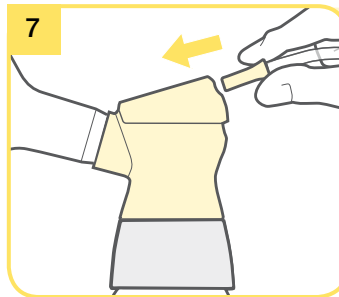


### T Tip

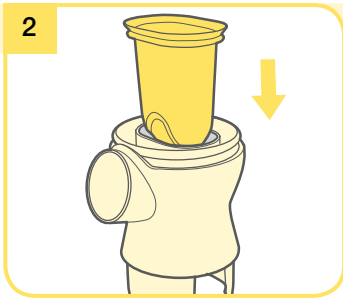
Wash hands thoroughly with soap and water before touching breast pump, breast pump kit and breasts. Avoid touching the inside of containers and lids.



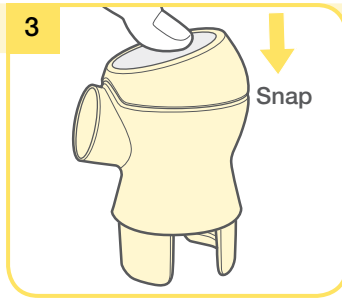
Using the two legs as guides, insert the connector body onto the valve.



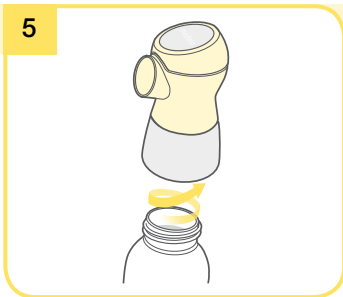
Insert short tubing into the connector cap until snug.



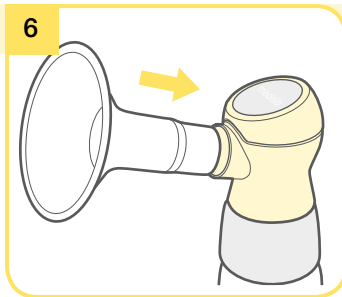
- Carefully insert the (dark yellow) membrane into the top of the connector body.
- The membrane must be secure for correct assembly.



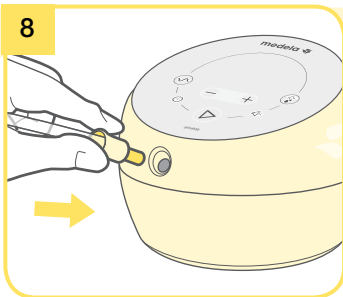
Press the connector cap onto the connector body. It will snap closed.



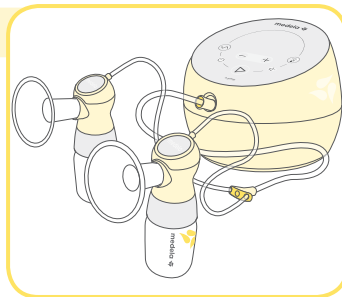
Fasten the bottle onto the complete breast shield assembly.



Push breast shield onto the connector body.



Insert the long tubing end into the breast pump as far as it will go.

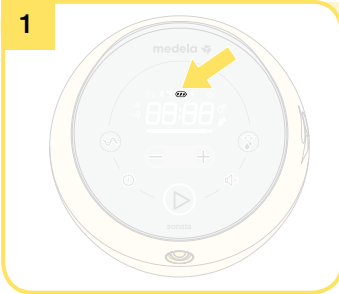



Accurately assembled system.

# 10. Powering Your Breast Pump

## 10A. There are Two Ways to Power Your Breast Pump for Your Pumping Session:

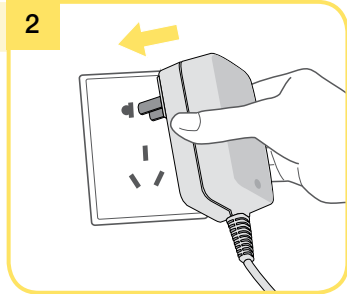
### Rechargeable Battery



- Before first use, charge the breast pump battery for 12 hours with the power adaptor. The battery icon  will appear fully charged on the display when charging is complete.
- Proceed to **Section 11**, Operating Your Breast Pump, to begin your pumping session.

OR

### Power Adaptor



- Plug power cord into the power adaptor port on the back of the breast pump. Plug power cord into power source.
- Proceed to **Section 11**, Operating Your Breast Pump to begin your pumping session.






## 10B. Battery Care

Your breast pump contains a lithium ion rechargeable battery.

### Tip

- Before using on battery power for the first time, fully charge your breast pump for 12 hours.
- You can use your breast pump while charging the battery. The battery will charge as soon as the breast pump is connected to a power source. It will not charge while the pump is running.
- Keep your pump in a cool place.
- Keep your battery charged.
- Fully charge the battery before storing your pump for an extended period of time.
- Recharge the battery before it completely drains. This is better for the lifecycle of the battery.
- If your breast pump has been stored in a hot location, it may not run on battery power right away. To resume normal battery function, allow the breast pump to cool for one hour. During this time, you can use your breast pump when plugged into external wall power.

## Battery Charge Status Codes

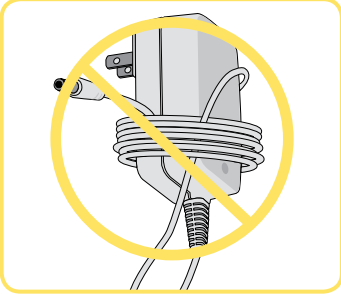
	External power source connected
	Battery charge status
 (flashing)	Low battery, needs charging
 <b>bAtt</b>	Battery drained. See Troubleshooting ( <b>Section16</b> ).
 (flashing)	Battery broken. See Troubleshooting ( <b>Section16</b> ) and Call Medela Customer Service.



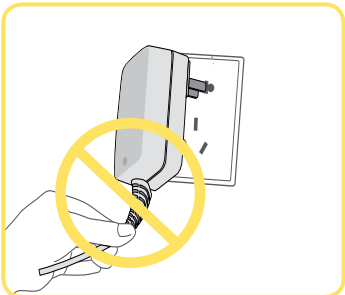
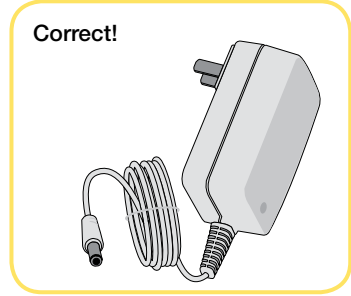
# 10. Powering Your Breast Pump (cont.)

## 10C. Power Adaptor Care

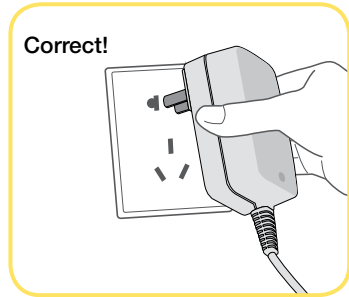
How to care for your adaptor:



**Do not wrap cord of power adaptor around the plug body.**



**Do not unplug power adaptor by pulling on the cord.**



Never operate an electrical device if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. If damage is found, immediately discontinue use of power adaptor and call Medela Customer Service at 400-670-3600 / 400-670-3610.



### **Warning**


- Use only the power adaptor that comes with the breast pump.
- Make sure the voltage of the power adaptor is compatible with the power source.

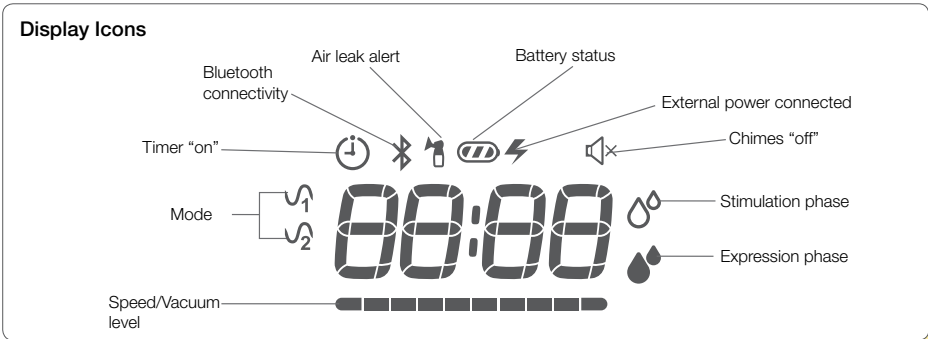
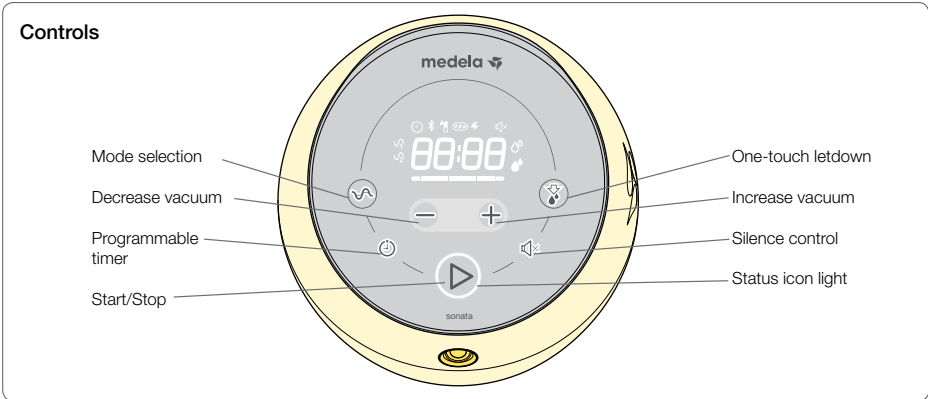
## 10D. Traveling internationally

When traveling internationally, we recommend purchasing a Universal Power Plug Adaptor (not included). Please consult with the country you are visiting to find out what type of adaptor will work best. This breast pump's A/C adaptor is two-pronged and does not require a grounded outlet. This breast pump has a Lithium ION Battery which may be restricted from the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to traveling with Lithium ION.

# 11. Operating Your Breast Pump

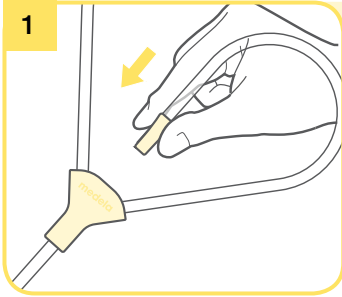
## 11A. Glossary of Terms

<b>2-Phase Expression®</b> 	Through research, Medela found that babies nurse in 2 Phases – Stimulation and Expression. This research is the basis for the technology in most Medela breast pumps.
<b>Stimulation Phase</b>	Fast sucking/pumping mode to stimulate milk flow.
<b>Expression Phase</b>	Slower sucking/pumping mode for gentle and efficient milk removal after milk has started flowing.
<b>Maximum Comfort Vacuum™</b>	Highest vacuum setting where pumping still feels comfortable. Different for every mother.
<b>Pumping Modes</b>	This breast pump includes two clinically-tested pumping modes. It offers you comfortable and effective options.
<b>Responsive Pump Technology</b>	Responsive Pump Technology automatically adjusts to the body and environment and makes sessions more consistent and productive.
<b>Letdown</b>	When milk begins to flow from the breast.

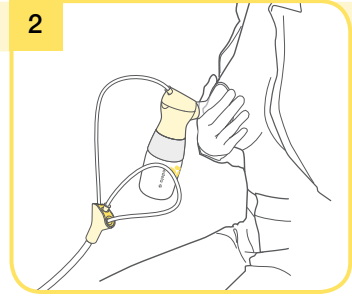


# 11. Operating Your Breast Pump (cont.)

## 11B. Single Pumping

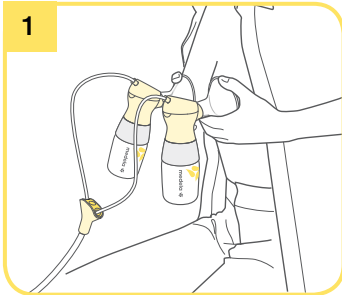


Insert the unused tubing end into the tubing holder.



Hold the breast shield and connector onto your breast with your thumb and index finger. Support your breast with the palm of your hand.

## 11C. Double Pumping



Place the breast shields on your breasts so that your nipples are properly centered in the tunnels.

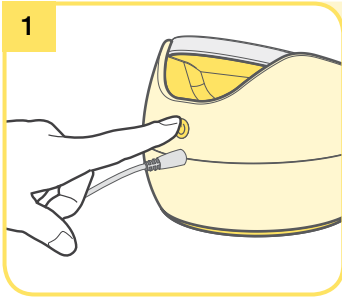
**Refer to Section 8 for breast shield sizing information.**


### Tip

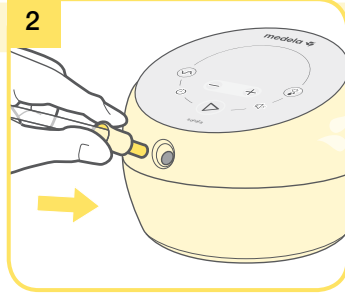
- Wash hands thoroughly with soap and water before touching breast pump, kit and breasts. Avoid touching the inside of containers or lids.
- Always inspect all parts prior to use for cleanliness.



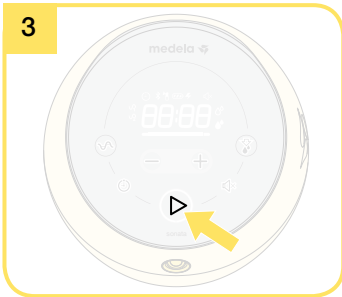
## 11D. Pumping Steps




Turn on the breast pump by pressing the power button  on the back.



Plug your assembled double-breast pump kit into the tubing port on the front of the breast pump.



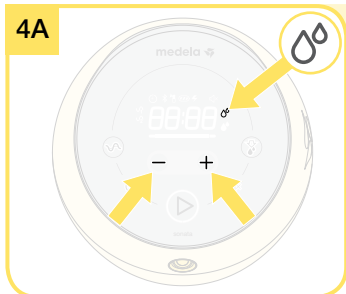
Start breast pump vacuum by pressing the start/stop  button.






### Caution

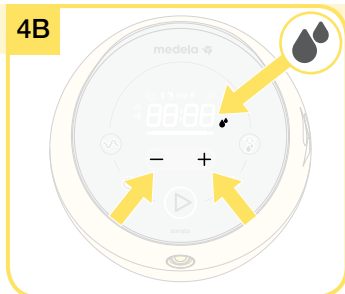
- Make sure tubing is not kinked or pinched while pumping.
- Do not hold the breast pump kit by the bottle. This can lead to blockage of the milk ducts and engorgement.
- Do not try to express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful.




## 11. Operating Your Breast Pump (cont.)




Your breast pump will begin in Stimulation Phase.  Adjust the pumping level using the   controls to find a comfortable level.

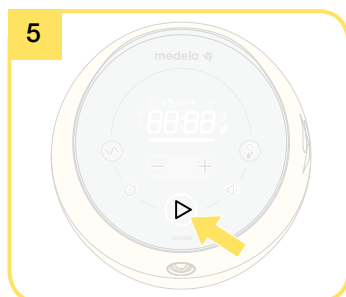
**Stimulation Phase** – a fast sucking/pumping mode to stimulate milk flow.




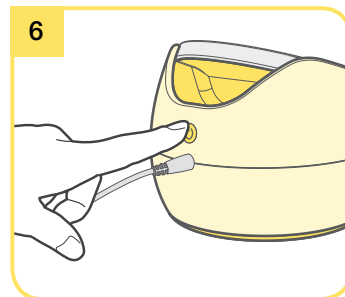
After two minutes, your pump will automatically transition to Expression Phase.  Adjust the pumping level using the   controls to find your Maximum Comfort Vacuum (**see Section 12**).


If your milk begins to flow before two minutes, press the let-down button  to manually transition to Expression Phase.

**Expression Phase** – a slower sucking/pumping mode for gentle and efficient milk removal after milk has started flowing.



When your pumping session is over, stop vacuum by pressing the start/stop button. 

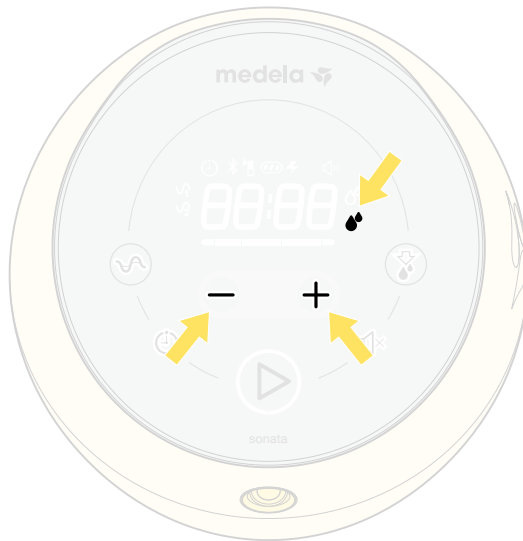



To turn off your breast pump, press the power button  on the back.

### Tip

- The breast pump will automatically turn off after five minutes of inactivity.
- Do not forget to record milk output in your Medela China WeChat.

## 12. Find Your Maximum Comfort Vacuum



Once you are pumping in the **Expression Phase**,  increase the speed/vacuum  $\oplus$  until pumping feels slightly uncomfortable (not painful), then decrease  $\ominus$  slightly.



### Tip

- Maximum Comfort Vacuum is the highest vacuum setting where pumping still feels comfortable. This is different for every mother.
- Stimulation should be at a comfortable vacuum level.
- Reassess your Maximum Comfort Vacuum throughout your pumping experience. It can change throughout each stage of lactation.

## 13. Features



### Breast Pump Connectivity

By tracking your sessions on WeChat MyMedela platform, you can stay on-target with daily highlights and custom content. Having visibility to your pumping history gives you the opportunity to plan efficiently each day and track changes in your body like an increase or decrease in milk output.

By connecting your breast pump to WeChat MyMedela platform you can automatically transfer your pumping data (session length, phases & levels) and manually input the amount of milk expressed into your Medela's WeChat page.

#### **How do I connect (pair) my Sonata Breast Pump with WeChat MyMedela platform?**

**Step 1.** Open WeChat.

**Step 2.** Search and follow Medela's official WeChat account.

**Step 3.** On Medela's official WeChat account MyMedela platform page, open "more" menu, follow the set-up and pairing instructions.

**Step 4.** When correctly paired, the Bluetooth icon  will appear on your breast pump display.



### Tip

- After initial set-up, the Bluetooth icon  will automatically appear on your breast pump, when powered on, if your paired device is near and your breast pump is connected.
- One WeChat account can bind multiple smart pumps with Bluetooth at one time.
- In WeChat, you can bind a pump with your personal WeChat account. Only if the WeChat account unbinds the device, another WeChat account can bind with that same device.
- Sonata has the ability to store your last 30 pump sessions in its memory. If the pump is not connected prior to session 31 your history will be overwritten with new session data. When connected, your WeChat account will log an infinite number of historical sessions.

### How do I remove Sonata from my WeChat account?

**Step 1.** Open WeChat and go to "me".

**Step 2.** Select "Settings".

**Step 3.** Select "Devices".

**Step 4.** Select your Sonata pump and click on "Delete device".



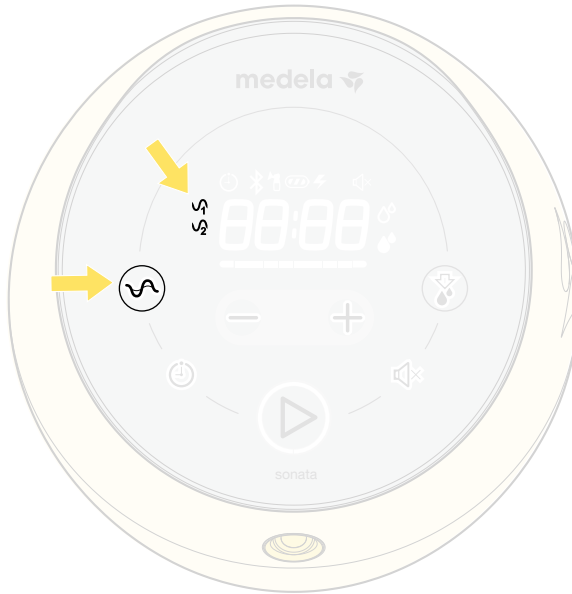
### Tip

- Removing Sonata from your mobile device will not delete pumping information stored on WeChat MyMedela platform.
- If you re-connect your breast pump and mobile device the last 30 records stored within your pump will transfer.

To learn more, please visit [www.medela.cn](http://www.medela.cn)



## 13. Features (cont.)




### Selecting a Mode

Two clinically tested pumping modes are included:

- 1. Signature** - This mode is based on Medela's successful Symphony Breast Pump used in hospitals.
- 2. Lifestyle** - An alternate mode for when you want to change your pumping routine. It includes additional benefits of longer battery, and quieter pump operation when you need it.



#### Note

Your breast pump will default to Signature mode to change to the alternate Lifestyle mode, push the pattern  button.



## Setting the Session Timer

The default timer on your breast pump will start at zero and count up. Follow the steps below if you want to count down from a set time.

### To set your count-down timer:

1. Before you begin pumping, press the timer (🕒) button. The timer icon will appear on the display and the **-** **+** buttons will be illuminated.
2. Use the **-** **+** buttons to adjust time in 1 minute increments (up to 30 minutes).
3. Press start (▶) to begin your pumping session.
4. Once you've reached your goal time, the vacuum will pause and the display will show your total pumping duration.

### ! Note

- Your breast pump will make a sound and the display will flash to let you know that your session has 1 minute remaining.
- Your breast pump will make a sound and flash to alert you that your session has ended.

### T Tip

If you want to continue the same session, press start/stop (▶) once and vacuum will continue in same level, phase and mode. The timer will count up from your previously entered pumping time.

## 13. Features (cont.)



### Pausing Your Breast Pump

Your breast pump has the ability to briefly pause during your pumping session. This allows you to readjust yourself or your breast pump pieces, or attend to your surroundings.

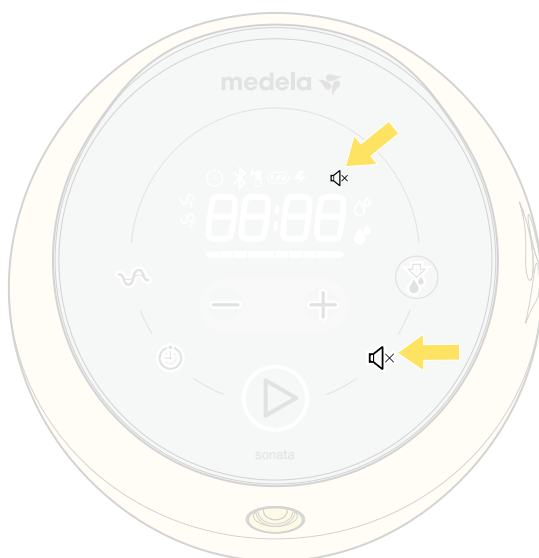
#### To pause your breast pump:

1. Press the start/stop (▶) button. Vacuum will stop and time on the display will flash. Start/stop (▶) icon on display will flash.
2. When ready to resume your session, press start/stop (▶) button.

#### Note

- If pumping is not resumed within two minutes, the breast pump will end your session. To resume pumping, you will need to start a new session.
- If you need to pause for more than two minutes, we recommend restarting in Stimulation Phase.






## Silencing Your Breast Pump Chimes


Your breast pump is equipped to provide sound notifications, such as button presses, during your pumping sessions.

### To silence your breast pump chimes:

1. Push the Silence control  button.
2. Your breast pump will remember your setting for future sessions. To reactivate the sound feature, push the button again.



### Note

When the breast pump chimes are turned off, the sound  icon will appear on the display screen.

# 14. Storing Breast Milk

## Storing Breast Milk in a Medela Cooler Bag

- Your Medela cooler bag requires one Medela contoured ice pack. Up to four 5 oz. bottles of breast milk will stay cool for up to 10 hours in a room temperature environment inside your pump bag. Up to four 5oz bottles of breast milk will stay cool for up to 8 hours in a room temperature environment, inside the cooler, stored outside of the pump bag.
- As soon as you are finished pumping, place the breast milk bottle or breast milk storage bag in the cooler bag with the ice pack.
- Transfer breast milk bottles or breast milk storage bags to the refrigerator or freezer once you are home.

Freshly Expressed Breast Milk Storage Guidelines (For Healthy Term Babies)			
Room Temperature	Cooler with Ice Pack	Refrigerator	Freezer
4-6 hours at 66-78 °F (19-26 °C)	24 hours at 59 °F (15 °C)	3-8 days at 39 °F or lower (4 °C)	6-12 months 0-4 °F (-18 — -20 °C)

# 15. Preparing & Feeding Breast Milk

## Preparing Breast Milk



### Caution

- Do not thaw frozen breast milk in a microwave or in a pan of boiling water.
- Do not microwave breast milk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. (Microwaving can also change the composition of breast milk.)
- Thaw breast milk overnight in the refrigerator. Thawed breast milk is safe in the refrigerator for 24 hours. Do not refreeze thawed breast milk.
- Quickly thaw breast milk by holding the bottle or bag under warm running water.
- Place the sealed bottle or bag in a bowl of warm water for 20-minutes to bring it to body temperature.
- If you are adding expressed breast milk to a container of already frozen breast milk, make sure to add a lesser amount than the already frozen amount.

## Feeding Breast Milk

It is recommended that breastfeeding is well established prior to bottle feeding your baby.

- Always inspect the bottle, nipple and other components immediately before and after each use. If nipple appears cracked or torn, discontinue use immediately.
- To prevent possible choking hazard, test strength of nipple by pulling on bulb portion of the nipple.
- Do not attempt to enlarge the nipple hole.
- Infants must not be bottle fed pacifier.

For additional breast milk collection & storage information, please visit [www.medela.cn](http://www.medela.cn).



## 16. Troubleshooting




### Air Leak Alert

There is an air leak in your system and vacuum is not operating at optimal performance. During this time, the breast pump will continue to run, but an alert icon will appear on the display and a chime will sound every 30 seconds until the correction has been made.

- Verify that the kit connections are properly assembled.
- Make sure the breast shields are secure to your breasts.
- Check that the tubing connection between the breast pump and kit is secure.
- If you still have issues after following these steps, please call Medela Customer Service at 400-670-3600 / 400-670-3610 for further assistance.



#### Note

**There is no need to turn off your breast pump.** The alert  icon will disappear once your breast pump detects that the error has been fixed. In order to do this, the breast pump must be running.

## 16. Troubleshooting (cont.)



### Battery Drained

If bAtt appears on the screen with an empty battery cell, the battery is too drained to start a vacuum.

#### To recover:

- Plug your breast pump into an external power source.
- Fully charge the battery for 12 hours.

## 16. Troubleshooting (cont.)



### Battery Broken

If the battery icon is empty and flashing, your battery is broken. The battery cannot be serviced or replaced. Please call Medela Customer Service at 400-670-3600 / 400-670-3610.

#### **To continue pumping:**

Plug your breast pump into an external power source to use.



#### **Note**

If your battery is broken, your breast pump will no longer be able to charge or run on battery power.



## Bluetooth Broken

If ERR flashes on your breast pump for three seconds it means the Bluetooth connection is broken and the breast pump or mobile device are unable to complete data transmission. This will not impact the ability to pump with Sonata, only the ability to transfer data to the Medela China WeChat. Please call Medela Customer Service at 400-670-3600 / 400-670-3610 for assistance.


## 16. Troubleshooting (cont.)




### General Alert

If CALL appears on the display, pump is not operable in this condition. Please contact Medela Customer Service at 400-670-3600 / 400-670-3610 for assistance.



<p><b>If your breast pump is not responding as expected</b></p>	<ul style="list-style-type: none"> <li>• To reset your device, plug Sonata into external power and press and hold the power button (on the back) for 10 seconds. If there is no change contact Medela Customer Service at 400-670-3600 / 400-670-3610.</li> </ul>
<p><b>If breast pump does not power on</b></p>	<ul style="list-style-type: none"> <li>• Check that the breast pump is plugged into a working electric outlet.</li> <li>• If there is no power, display does not light up, and there is no error alert appearing on screen, contact Medela Customer Service at 400-670-3600 / 400-670-3610.</li> </ul>
<p><b>If breast pump does not run after pushing the start/stop  button</b></p>	<ul style="list-style-type: none"> <li>• Make sure you've powered on the breast pump.</li> <li>• Make sure breast pump is plugged in and/ or charged.</li> <li>• For more information, refer to General Alert <b>(Section 16)</b>.</li> </ul>
<p><b>If breast pump exterior gets wet</b></p>	<ul style="list-style-type: none"> <li>• Unplug from power source and power off and discontinue use.</li> <li>• Dry off the exterior of the breast pump.</li> </ul>
<p><b>If breast pump is submerged in water</b></p>	<ul style="list-style-type: none"> <li>• Unplug from power source, power off and discontinue use.</li> <li>• Contact Medela Customer Service at 400-670-3600 / 400-670-3610.</li> </ul>
<p><b>If there is low or no suction</b></p>	<ul style="list-style-type: none"> <li>• Check that all of the breast pump and kit connections are secure.</li> <li>• Disassemble the double-pumping kit and check that all pieces are clean and not damaged.</li> <li>• Assemble the pump set as directed in Assembling your Breast Pump <b>(Section 9)</b>.</li> <li>• While pumping, make sure the breast shields form a complete seal around the breast.</li> <li>• When single pumping, check that the unused end is correctly stored in the tubing holder.</li> <li>• If suction does not improve after following these steps, contact Medela Customer Service at 400-670-3600 / 400-670-3610..</li> </ul>
<p><b>If there is a breast milk overflow</b></p>	<ul style="list-style-type: none"> <li>• Turn off the breast pump and unplug the power cord from the electrical outlet.</li> <li>• Use a damp (not wet) cloth to wipe the breast pump.</li> <li>• If there is milk in the tubing: Remove tubing from the pump unit as well as breast shield assembly. Clean as directed in <b>Section 6</b>.</li> <li>• When all components are dry, reassemble.</li> </ul>
<p><b>No "let-down" or breast milk expression</b></p>	<ul style="list-style-type: none"> <li>• Ensure your breast pump kit is assembled correctly and suction is available.</li> <li>• Relax and take a 10-15 minute break if let-down is not achieved after two consecutive pumping sessions.</li> <li>• Consult with a healthcare or lactation professional if expression does not occur.</li> </ul>

**Data cannot be sent**

- The Bluetooth function  on the mobile device is turned off. Turn on the Bluetooth function and try sending data again.
- Pairing between the two devices has not been completed. Perform pairing instructions again. Refer to "How do I pair my Sonata Breast Pump with my mobile device?" in **Section 13**.
- The mobile device is too far away from the breast pump. Move the device and breast pump closer together.
- The application on the mobile device is not ready. Check the application.
- If the Err symbol appears after checking the application, contact Customer Service at 400-670-3600 / 400-670-3610.

If you have not resolved the problem with your breast pump or you have further questions, please contact Medela Customer Service at 400-670-3600 / 400-670-3610.

## 17. Long-term Storage

Your breast pump contains a rechargeable battery. To preserve your breast pump, when not in use for an extended amount of time, it will automatically transition into storage mode.

To remove from storage mode, plug your breast pump into an external power source and fully charge the battery for 12 hours.

### ✓ Before storing your breast pump for an extended amount of time remember to:



- Clean breast pump kit  
**(Section 5)**



- Clean breast pump  
**(Section 6)**



- Make sure breast pump battery is fully-charged

# 18. Disposal

## Disposal

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The symbol on the product or its packaging indicates that this product must not be disposed of with your other household waste. Instead, it is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for the recycling of waste electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where you can drop off your waste for recycling, please contact your local authority, or where you purchased your product.

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# 19. Supplemental Information

## Supplemental Information

Following are some common breastfeeding-related conditions. If you experience any of these symptoms, contact a healthcare professional or lactation professional.

	<b>Symptom</b>	<b>Potential Causes</b>
<b>Engorgement</b>	Breasts are hard and uncomfortable, possibly with reddened areas.	Milk not draining properly from breast. Milk can drain back into the tissue causing areas to swell and become tender.
<b>Blocked/Plugged Ducts</b>	Area of breast will look reddened and may be tender to touch.	Milk not being drained from a specific duct. The area becomes "clogged" up and milk is then prevented from flowing.
<b>Mastitis</b>	Often follows engorgement but can just occur suddenly. The initial symptoms are similar to flu – fatigue, headache and muscle aches, fever and localized breast tenderness. It can be in one or both breasts and needs immediate treatment.	A bacterial infection in the breast tissue which is often accompanied by cracked nipples.

A Healthcare Professional or Lactation Professional can give you guidance in breastfeeding your baby and using a breast pump. Their guidance is valuable in terms of the lifetime of health benefits for both you and your baby.



## 20. Warranty

This product is warranted by Medela, LLC to the original retail purchaser to be free from defects in material and workmanship for the period of 2 year for pump mechanism from the date of purchase. Warranty can only be claimed in the country of purchase. In the event of defect, at Medela's option, Medela will replace this product, without charge for such replacement parts. Purchaser shall bear all expense for returning this product to Medela. This warranty does not apply to any product used commercially or which has been subjected to misuse, abuse or alteration.

ANY AND ALL IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO A DURATION OF 2 YEARS FROM DATE OF PURCHASE. SOME AREAS DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE OR IN YOUR COUNTRY.


Before you make a claim under this warranty, it may save time and expense to call Medela Customer Service at 400-670-3600 / 400-670-3610. You may also call this number for additional information concerning this warranty. If you wish to make a claim under this warranty, you must return this product to Medela with a return authorization number received from Medela Customer Service, prepaid, together with your dated bill of sale or other proof of purchase and a brief statement of the problem to the following address:


Medela (Beijing) Medical Technology Co., Ltd.  
Room 1505, Tower E2, Oriental Plaza, No. 1 East  
Chang An Street, Dongcheng DC,  
Beijing 100738 People's Republic of China  
Service Hotline: 400-670-3600/400-670-3610


Call first for authorization number. Returns not accepted without an authorization number.

# 21. Meaning of Symbols


## Glossary of Symbols

 On/off

 Session duration


 Refer to Operating Instructions for important safety information, failure to follow instructions could place operator at risk. (when shown on the product this symbol is blue).


 This symbol indicates the manufacturer.


 This symbol indicates do not dispose the device together with unsorted municipal waste (in accordance with local regulations).


 This symbol indicates compliance with international requirements for protection from electric shock. (Type BF applied parts.)

**IP21** This symbol indicates the protection against entrance of solid foreign objects and against harmful effects due to the entrance of water.

 This symbol indicates the date of manufacture (four digits for the year and two digits for the month and two digits for the day).

 This symbol indicates Class II.


 This symbol indicates that the power adaptor is for indoor use only.

 Classified by UL according to the standards ANSI/AAMI ES60601-1 (2005) + AMD 1 (2012), CAN/CSA-C22.2 No. 60601-1 (2014), IEC 60601-1-6:2010 + AMD1(2013), IEC 62366:2007 + AMD1(2014) and IEC 60601-1-11:2015


 This symbol indicates alternating current.


 This symbol indicates direct current.

 Friwo Gerätebau GmbH Trademark.

 This device contains Bluetooth® wireless technology. “The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Medela, LLC is under license. Other trademarks and trade names are those of their respective owners”.

 Keep Dry.

 Altitude warning sign. May be used safely only in areas where the altitude is less than 2000m.

 Non-tropical warning sign. May be used safely only in non-tropical climates.

## Glossary of Symbols



China compulsory EMC Certificate mark.



Operator's manual; operating instructions.



WARNING Can lead to serious injury or death.



CAUTION Can lead to minor injury.



## 22. EMC/Technical Description (cont.)

The breast pump needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the instructions for use. Portable and mobile RF communications can affect the breast pump.

### Guidance and manufacturer's declaration – electromagnetic emissions

This breast pump is intended for use in the electromagnetic environment specified below. The customer or the user of the breast pump should assure that it is used in such an environment.

Emission tests	Compliance	Electromagnetic environment – guidance
<b>RF Emissions CISPR 11</b>	Group 1	The breast pump uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
<b>RF emissions CISPR 11</b>	Class B	The breast pump is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
<b>Harmonic emissions IEC 61000-3-2</b>	Class A	
<b>Voltage fluctuations/ flicker emissions IEC 61000-3-3</b>	Not Applicable	



### Warning

**Warning** – This breast pump should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, this breast pump should be observed to verify normal operation in the configuration in which it will be used.

## Guidance and manufacturer's declaration – electromagnetic immunity

This breast pump is intended for use in the electromagnetic environment specified below. The customer or the user of the breast pump should assure that it is used in such an environment. The Sonata Breast Pump has no essential performance but was tested for immunity to electromagnetic disturbances and passed using the following criteria:

1. No visible change in the operation of the breast pump.
2. The breast pump changes settings but returns automatically to previous settings.
3. The breast pump changes settings but can return to previous settings by intervention of the user.
4. The breast pump changes settings but can return to previous settings by executing the INITIATION SEQUENCE.

### INITIATION SEQUENCE: (The following sequence can be used to reset the device in the event of an EM Disturbance)

1. Unplug the power cord from the back of the breast pump.
2. Unplug the power adaptor from the wall outlet.
3. Attach a breast pump kit to the pump port (if none is attached).
4. Press and hold the power button for at least 30 seconds. (Note: The breast pump may cycle on/off several times. After 30 seconds the breast pump should remain off.)
5. Plug the power adaptor back into the wall outlet.
6. Plug the power cord into the back of the breast pump.
7. Press the on/off switch to power on the breast pump.
8. Press the 'PLAY' button to begin pumping.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, ± 4 kV, ± 8.kV, ± 15 kV air	± 8 kV contact ± 2 kV, ± 4 kV, ± 8.kV, ± 15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV 100 kHz repetition frequency	± 2 kV 100 kHz repetition frequency	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 0,5 kV , ± 1 kV Line-to-line	± 0,5 kV , ± 1 kV Line-to-line	Mains power quality should be that of a typical commercial or hospital environment.

## 22. EMC/Technical Description (cont.)


<p>Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11</p>	<p>0 % UT ; 0,5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270°, and 315°</p>	<p>0 % UT ; 0,5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270°, and 315°</p>	<p>Mains power quality should be that of a typical commercial or hospital environment. If the user of the breast pump requires continued operation during power mains interruptions, it is recommended that the breast pump be powered from an uninterruptible power supply or a battery.</p>
<p>Power frequency (50/60 Hz) magnetic field IEC 61000-4-8</p>	<p>30 A/m, 50 or 60 Hz</p>	<p>30 A/m, 50/60 Hz</p>	<p>It may be necessary to position the breast pump further from sources of power frequency magnetic fields or to install magnetic shielding. The power frequency magnetic field should be measured in the intended installation location to assure that it is sufficiently low.</p>

NOTE  $U_T$  is the a.c. mains voltage prior to application of the test level.



## Guidance and manufacturer's declaration – electromagnetic immunity

This breast pump is intended for use in the electromagnetic environment specified below. The customer or the user of the breast pump should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3 V 0,15 MHz – 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 1 kHz	6V	Portable and mobile RF communications equipment should be used no closer to any part of the breast pump, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommend separation distance $d = 1,2\sqrt{P}$ $d = 1,2\sqrt{P}$ 80 MHz - 800 MHz $d = 2,3\sqrt{P}$ 800 MHz - 2.7 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, <sup>a</sup> should be less than the compliance level in each frequency range. <sup>b</sup> Interference may occur in the vicinity of equipment marked with the following symbol. 
Radiated RF IEC 61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m	

## 22. EMC/Technical Description (cont.)

Note 1 At 80 MHz and 800 MHz, the higher frequency range applies.

Note 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

<sup>a</sup> Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the breast pump is used exceeds the applicable RF compliance level above, the breast pump should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the breast pump.

<sup>b</sup> Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 10 V/m.



## Recommended separation distances between portable and mobile RF communications equipment and the breast pump

This electric breast pump is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the electric breast pump can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the electric breast pump as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = 1.2\sqrt{P}$	80 MHz to 800 MHz $d = 1.2\sqrt{P}$	800 MHz to 2,7 GHz $d = 2.3\sqrt{P}$
0,01	0,06	0,04	0,07
0,1	0,18	0,11	0,22
1	0,58	0,35	0,22
10	1,84	1,11	2,21
100	5,83	3,50	7,00

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

Note 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

Note 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

**WARNING:** Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the breast pump including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

# 23. Technical Specifications

## Technical Specifications

Vacuum Range  
-50....-250 mmHg  
54 ... 120 cpm

Power In / Power Out

In	Out
100-240V- 50/60 Hz	12V --- 1.5 A

Battery Capacity and Type  
7.4 V, 2200mAh  
Li-Ion

Size  
160 x 160 x 120 mm

Weight  
1.1 kg

Bluetooth RF Output Power 0dBm (class 3)  
Frequency band 2400-2483.5 MHz  
Frequency-hopping spread spectrum per  
Bluetooth® 4.0 Core Specification.



Operation Temperature



Transport / Storage Temperature



Operation Humidity



Transport / Storage Humidity



Ambient Pressure  
kPa











# 1. 重要安全事项

使用电气产品时, 尤其是有儿童在场时, 应始终遵循基本安全预防措施。

## 使用本产品前, 请阅读所有使用说明。

定义的警示词用于指示对于安全很重要的所有使用说明。请遵照使用说明, 否则可能会导致人身伤害或损坏吸乳器。当与下列文字一同使用时, 定义的警示词代表:

-  **警告** 可能导致严重人身伤害或死亡。
-  **警告** 可能导致轻微伤害。
-  **注** 可能导致材料损坏。
-  **提示** 与安全无关的有用或重要信息。

### **警告: 为避免火灾、触电或严重烫伤:**

- 本产品为个人用品。多人使用可能会对健康造成威胁, 并且会影响质保有效性。
- 使用完后, 务必立即拔掉电气产品的电源插头(充电时除外)。
- 放置或存储产品时, 避开容易跌落或掉入浴缸和水槽的地方。
- 吸乳器和配件不耐高温: 远离受热面或明火。
- 请勿在易燃材料附近使用。
- 吸乳器通电时必须有人监督使用。
- 如果电气产品的线缆或插头损坏, 无法正常工作, 或者, 如果曾掉落或损坏, 切勿操作。如果发现损坏, 请立即停止使用并致电 Medela (美德乐) 客服中心: 400-670-3600/400-670-3610。
- 请勿使用触到水或其他液体的电气装置, 包括:
  - 不要在洗澡或冲淋时使用。
  - 切勿放入或掉入水或其他液体中。
  - 请勿在吸乳器上倒水。
  - 如果装置已触到水或其他液体, 请勿触摸, 将装置从电插座上拔下, 关闭并与制造商联系。



### 警告：为避免健康风险和降低受伤风险：

- 该设备不可维护或修理。请勿自行修理。请勿改装该装置。
- 禁止使用已损坏的设备。请替换损坏或磨损部件。
- 只能使用吸乳器附带的电源适配器。
- 只能按照本手册中所述的用途使用吸乳器。
- 请勿在睡眠或过于困倦时使用吸乳器。
- 请勿在开车时使用 Sonata 致韵吸乳器。
- 每次使用前，检查所有相应的吸乳器组件。
- 如果导管发霉，则停止使用并更换导管。
- 吸乳有催产作用。请勿在产前吸乳。如果在母乳喂养或吸乳期间怀孕，则在继续吸乳之前向执业的医护人员进行咨询。
- 如果母亲感染了乙肝、丙肝或人类免疫缺陷病毒 (HIV)，吸乳不会降低或避免将病毒通过乳汁传给宝宝的风险。
- 请勿用微波炉加热母乳或进行煮沸。用微波炉加热母乳时，乳汁会变得很烫，很可能导致宝宝嘴巴被严重烫伤。（微波炉加热还可能会改变母乳成分。）
- 首次使用前，对所有与乳房和乳汁接触的部件进行清洗和消毒。
- 每次使用后，清洗所有与乳房和乳汁接触的部件。
- 只能用 Medela (美德乐) 推荐的部件与 Sonata 致韵吸乳器配套使用。
- 如果在儿童可触及的范围内使用吸乳器或配件，则需要严密看管。

## 1. 重要安全事项（续）



### 注意：可能导致轻微伤害：

- 便携式和移动无线电频率通讯设备可能会对吸乳器的使用产生影响。
- 确保电源适配器的电压与电源相匹配。请参阅**第 23 章**了解技术规格。
- 在触碰吸乳器、吸乳器配件和乳房前，用肥皂水彻底清洗双手，避免触碰瓶和盖的内部。
- 每次使用后应立即拆分与乳汁接触过的所有部件并进行清洗。这将有助于清除残留的乳汁，防止滋生细菌。
- 使用前，务必检查吸乳护罩、连接器、阀、膜、奶瓶、瓶盖和导管是否干净。如果无法通过清洗解决问题，请与 Medela (美德乐) 客服中心联系。
- 只能用饮用水或瓶装水清洁吸乳器和部件。
- 为避免发霉，请勿存放潮湿部件。
- 请勿将吸乳器与湿导管配套使用。这样做可能会损坏吸乳器。
- 如果因乳腺组织与吸乳护罩通道发生摩擦而致乳头底部感觉不适，则使用诸如 Medela (美德乐) PureLan 纯羊脂膏等滋润产品可能有益。要获得正确的吸乳护罩尺寸和舒适吸乳方面的帮助，请访问 [www.medela.cn](http://www.medela.cn)。
- 如果吸乳时感觉不适，或吸乳导致疼痛，请关闭吸乳器，用手指隔开乳房与吸乳护罩，然后从乳房上摘下吸乳护罩。
- 如果只能吸出很少或无法吸出母乳，亦或在吸乳时感到疼痛，请联系您的医护人员或母乳喂养专家。请参阅**第 7 章**和**第 8 章**了解详细信息。
- 首次使用吸乳器时可能会感觉到一些不适，但使用吸乳器不应导致疼痛。要获得正确的吸乳护罩尺寸和舒适吸乳方面的帮助，请访问 [www.medela.cn](http://www.medela.cn) 或咨询哺乳顾问/母乳喂养专家。
- 吸乳时请勿将负压（吸力）调得过高或感觉不适（疼痛）。疼痛和可能随之而来的乳房和乳头损伤，可能会降低泌乳量。
- 确保吸乳时导管没有打结或被夹住。
- 请勿用奶瓶支撑吸乳器配件。此举会导致乳导管堵塞和乳涨。请参阅**第 11 章**了解详细信息。
- 吸乳器使用 Bluetooth® 蓝牙技术。带吸乳器坐飞机时，请遵循航空公司有关使用便携式电气产品的规定。
- 不推荐在飞机上使用吸乳器。机舱压力可能会影响吸乳器性能。

## **!** 注

- 塑料奶瓶和部件冷冻后会变脆，掉落时可能会破损。
- 奶瓶和部件拿放不当（如掉落、拧的过紧或打翻），都可能被损坏。
- 拿放奶瓶和组件时应小心。
- 请勿使用已损坏的奶瓶或组件中的乳汁。

## 使用说明

Sonata 致韵吸乳器是哺乳期女性用于吸乳和集乳的电动吸乳器。Sonata 致韵吸乳器是个人用户使用装置。

## 禁忌症

目前尚无使用本产品的已知禁忌症。

## **T** 提示

除非医护人员建议，否则，最好在建立母乳喂养习惯（约 4 周）后再开始吸乳。

如果因身体原因或其他需求而只能完全依靠吸乳，则建议使用医院级（多用户）吸乳器，比如 Medela（美德乐）Symphony®（心韵）吸乳器。要了解更多信息，请访问 [www.medela.cn](http://www.medela.cn)。

## 产品介绍

此款吸乳器是个人使用电动吸乳器，其中采用了 2-Phase Expression®（双韵律）技术，可进行单侧和双侧吸乳。

Sonata 致韵吸乳器的正常使用寿命为 275 小时。吸乳器配件的正常使用寿命为 6 个月。

**请保存这些使用说明书。  
本产品为个人使用产品。**



# 目录

1. 重要安全事项 .....	58-61
2. 产品介绍 .....	64-65
3. 开始使用 .....	66
4. 清洁概述 .....	67
5. 清洁方法 .....	68-69
6. 吸乳器和导管维护 .....	70-71
6 A 清洁吸乳器 .....	70
6 B 导管维护 .....	71
7. 母乳喂养信息 .....	72
8. 确定吸乳护罩尺寸 .....	73
9. 组装吸乳器 .....	74-75
10. 吸乳器的供电 .....	76-78
10 A 给吸乳器充电 .....	76
10 B 电池维护和状态码 .....	76-77
10 C 电源适配器的维护 .....	78
10 D 在美国境外旅行 .....	78
11. 操作吸乳器 .....	79-82
11 A 词汇表、控件和图标 .....	79
11 B 单侧吸乳 .....	80
11 C 双侧吸乳 .....	80
11 D 吸乳步骤 .....	81-82
12. 找到 Maximum Comfort Vacuum 最大舒适负压 .....	83
13. 特点 .....	84-89
吸乳器联网 .....	84-85
选择模式 .....	86
设置吸乳计时器 .....	87
暂停吸乳器 .....	88
关闭吸乳器提示音 .....	89
14. 储存母乳 .....	90
15. 准备和哺喂母乳 .....	91
16. 故障排除 .....	92-97
漏气警报 .....	92
电池无电 .....	93
电池损坏 .....	94
蓝牙中断 .....	95
一般警报 .....	96
其他故障排除信息 .....	97
17. 长期存储 .....	99
18. 废弃处理 .....	100
19. 补充信息 .....	101
20. 产品质保 .....	102
21. 符号含义 .....	103
22. EMC/技术说明 .....	105-110
23. 技术说明 .....	111

## 2. 产品介绍

吸乳器系统包括

2 个 PersonalFit  
多选型吸乳护罩  
吸乳护罩  
(24 mm)  
接触身体部分

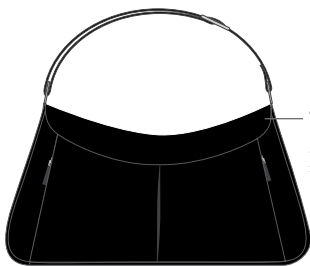
2 个 PersonalFit  
多选型吸乳护罩  
吸乳护罩  
(27 mm)  
接触身体部分

有关其他吸乳护罩尺寸的信息,  
请参阅第 8 章

替换件 800-A668 (24 mm)

替换件 800-A711 (27 mm)

4 个奶瓶  
产品编号 200-A021



1 个手提包  
产品编号 3007396  
替换件 101034054



1 个冰包  
产品编号 813-0003C  
替换件 200-A756  
(替换件包括冰排和 4 个带盖  
奶瓶)



1 个冰排  
产品编号 811-7010A

2 个吸乳护罩装置  
替换件 101033976



2 个连接器盖  
产品编号 8007282

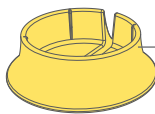
2 个保护膜  
产品编号 8207086  
替换件  
101033970

2 个连接器主体  
产品编号  
101033253

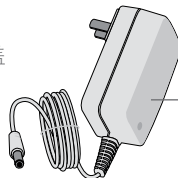
2 个阀  
产品编号 6007151



4 个瓶盖  
产品编号 8107183



2 个奶瓶座  
产品编号 8107322



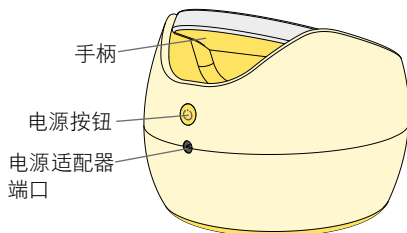
(1 个) 电源适配器  
产品编号 101033610  
替换件 101033986



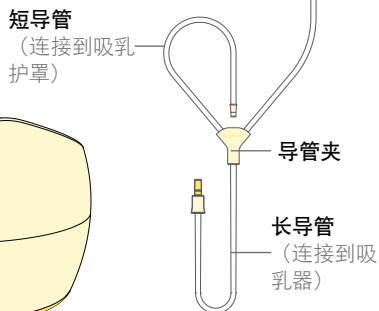
可信任的质量和性能

Medela (美德乐) 保留使用具有同等性能的替换件来替换任何组件或配件的权利。

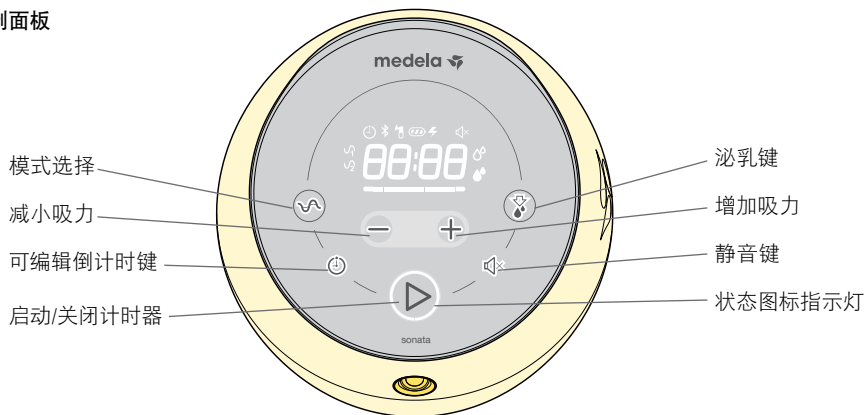




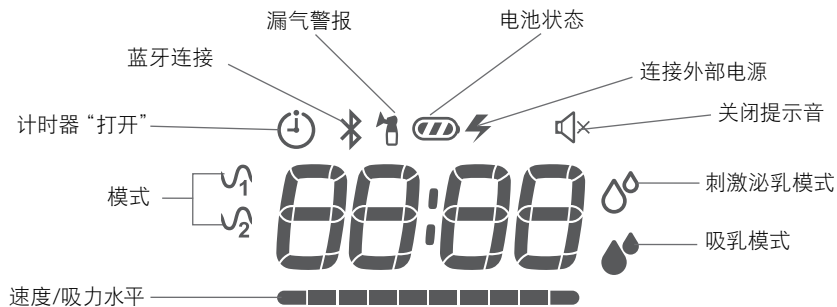
1 个导管  
产品编号 8007278  
替换件 101033983



### 控制面板



### 显示屏图标



### 3. 开始使用

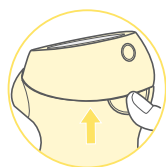
#### ! 注

首次使用吸乳器前执行以下操作很重要：

1. 将 Sonata 致韵吸乳器插入外部电源。给电池充电 12 小时（请参阅**第 10 章**“给吸乳器充电”）。
2. 清洗前，拆分接触乳房或乳汁的所有部件。
3. 清洁 – 请参阅**第 5 章**。

#### 要清洁的部件

清洗前，拆分接触乳房和乳汁的所有部件。



用拇指按下，分离  
连接器盖和主体。



向下拉拔以将阀门  
从连接器主体上拆除。  
请勿旋转。






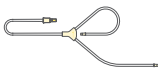


## 4. 清洁概述

清洗和消毒是两类不同事项。必须分开进行以保护妈妈和宝宝，同时维持吸乳器的性能。

**清洗** – 通过物理方法去除污染物来清洁部件表面。

**消毒** – 杀死部件表面可能存在的活的有机体，比如细菌或病毒。

何时清洗	吸乳护罩 	吸乳器套件 	奶瓶和瓶盖 
首次使用前	<ul style="list-style-type: none"> <li>✓ 清洗</li> <li>✓ 消毒</li> </ul>	<ul style="list-style-type: none"> <li>✓ 清洗</li> <li>✓ 消毒</li> </ul>	<ul style="list-style-type: none"> <li>✓ 清洗</li> <li>✓ 消毒</li> </ul>
每次使用后	<ul style="list-style-type: none"> <li>✓ 清洗</li> </ul>	<ul style="list-style-type: none"> <li>✓ 清洗</li> </ul>	<ul style="list-style-type: none"> <li>✓ 清洗</li> </ul>
每天一次	<ul style="list-style-type: none"> <li>✓ 消毒</li> </ul>	<ul style="list-style-type: none"> <li>✓ 消毒</li> </ul>	<ul style="list-style-type: none"> <li>✓ 消毒</li> </ul>

何时清洗	导管 	吸乳器 	手提包 
按需	<ul style="list-style-type: none"> <li>✓ <b>仅在</b>有脏污或残留乳汁时清洗</li> </ul>	<ul style="list-style-type: none"> <li>✓ 用干净湿润的布擦拭</li> </ul>	<ul style="list-style-type: none"> <li>✓ 用干净湿润的布擦拭</li> </ul>

详细清洁说明请见第 12-15 页：

- 清洗 – 第 5 章
- 消毒 – 第 5 章
- 吸乳器和导管维护 – 第 6 章

## 5. 清洁方法

### 所需物品:

- 温和的清洁剂
- 干净的擦碗布或软刷
- 干净的水槽或碗
- 饮用水品质的水
- 夹钳
- 用于煮沸水的干净的锅

### 要清洗或消毒的部件:

- 吸乳护罩
- 母乳奶瓶
- 瓶盖
- 连接器主体
- 阀
- 保护膜
- 连接器盖

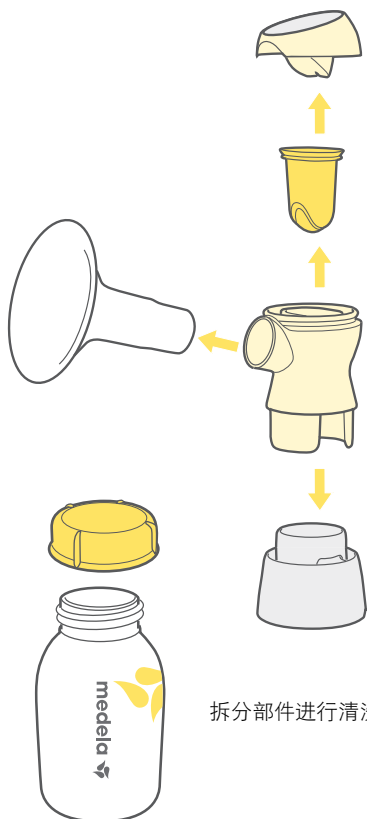
### ⚠ 注意

- 每次使用后应立即拆分与乳汁接触过的所有部件并进行清洗。这将有助于清除残留的乳汁, 防止滋生细菌。
- 只能用饮用水或瓶装水进行清洁。
- 清洁阀时, 请勿使用诸如刷子等小物品。小心不要刺破。

### ! 注

- 小心清洗吸乳器配件以免损坏部件。
- 在下次使用前, 将吸乳器配件存放在干净的袋子/容器中。
- 彻底清洗双手。
- 如果煮沸后注意到吸乳器部件上有白色残留物, 则说明水的矿物质含量可能过高。使用干净的布擦掉部件上的残留物并晾干。
- 对部件进行煮沸消毒时, 推荐使用蒸馏水, 防止随时间堆积大量矿物质, 从而影响部件性能。

### 1. 拆分



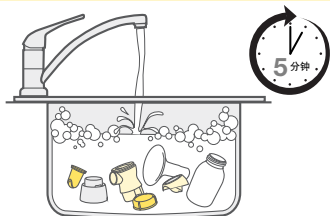
### T 提示

- 如果使用洗碗机, 部件可能会褪色。这不会影响部件正常使用。
- 仅当导管中有脏污或乳汁时才需要进行清洗。
- 请参阅第 6 章了解详细信息。

## 2. 清洗

首次使用前和每次使用后

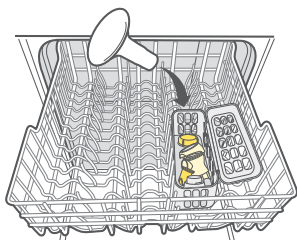
### 水槽



- 步骤 1** - 用凉水冲洗所有拆下来的接触过乳房和乳汁的部件以去除残留的乳汁。
- 步骤 2** - 在温和的肥皂水中泡 5 分钟，然后清洗并冲洗干净。
- 步骤 3** - 将部件晾干。不用时，将干燥的部件存放在阴凉处。请勿存放潮湿部件。

或者

### 洗碗机



- 步骤 1** - 将所有拆下来的部件放到洗碗机上层清洗。
- 步骤 2** - 将部件放到干净的表面或毛巾上。将部件晾干。不用时，将干燥的部件存放在阴凉处。请勿存放潮湿部件。

## 3. 消毒

首次使用前和每天一次

### 炉面



- 步骤 1** - 在锅中添水至能够淹没所有部件的位置。煮至沸腾。
- 步骤 2** - 将部件放入沸水中煮 5 分钟。
- 步骤 3** - 将部件晾干。不用时，将干燥的部件存放在阴凉处。请勿存放潮湿部件。

或者

### 微波炉



- 步骤 1** - 使用 Medela (美德乐) 的 Quick Clean Micro-Steam 微波炉消毒袋。该袋单独销售 (按袋上提供的说明操作)
- 步骤 2** - 将部件放到干净的表面或毛巾上。将部件晾干。不用时，将干燥的部件存放在阴凉处。请勿存放潮湿部件。

## 6. 吸乳器和导管维护

### 所需物品:

- 温和的清洁剂
- 干净的擦碗布
- 干净的水槽或碗
- 饮用水品质的水

### 所需部件:

- 导管
- 吸乳器

### **T** 提示

- 仅当导管中有脏污或乳汁时才需要进行清洗。请遵循**章节 6B** 中的操作说明。
- 如果导管内的冷凝物因以前的清洗或大气条件所致，则无需清洗导管。请遵循**章节 6B** 中的干燥操作说明。

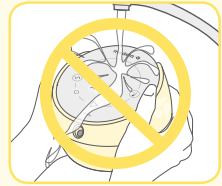
### 6 A. 清洁吸乳器



用干净湿润的布擦拭吸乳器。

### **!** 警告

- 请勿将吸乳器浸入水中；请勿在吸乳器上倒水。
- 清洁吸乳器显示屏时，只能使用蘸有温和清洁剂的湿润软布。其他清洁剂或砂布可能会降低显示屏性能。



## 6 B. 导管维护

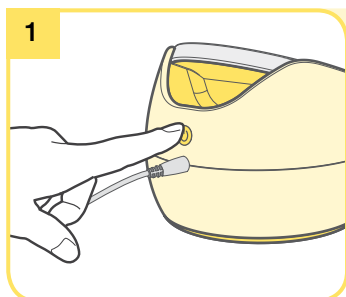
- 首次使用前无需清洗导管。
- 每次吸乳后检查导管。



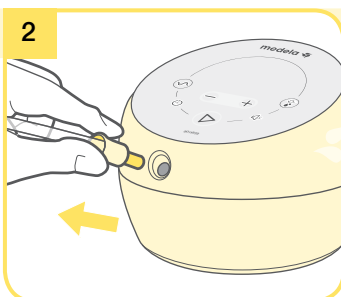
### 注意

- 为避免发霉，请勿存放潮湿部件。
- 如果导管发霉，则停止使用并更换导管。联系 Medela (美德乐) 客服中心: 400-670-3600 (周一至周五) / 400-670-3610 (周一至周日)。
- 请勿将吸乳器与湿导管配套使用; 否则会损坏吸乳器。

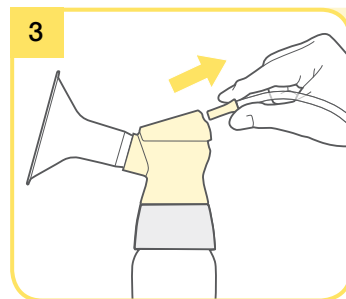
## 正确清洁导管



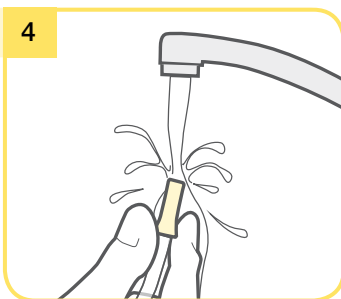
1 关闭  吸乳器并拔掉电源。



2 从吸乳器上拆除导管时，抓住导管适配器从导管端口上直接拔下。请勿扭动或斜着拉拔导管。



3 从吸乳护罩上拆除导管。



## 清洗导管

- 用凉水冲洗导管。
- 在温肥皂水中清洗导管。
- 用干净的水冲洗导管。
- 晃出水滴。
- 悬挂晾干。

## 7. 母乳喂养信息

### 常见吸乳问题和答案

#### 应多久吸一次乳？

吸乳器是在您与宝宝分离时的替代品。在正常情况下该给宝宝喂奶的时间进行吸乳很重要。例如，工作中的妈妈可在 8 小时工作日内吸乳 2-3 次。

#### 每次应吸乳多长时间？

吸乳时间因人而异。每次吸乳通常持续 15 至 30 分钟。

#### 乳房在吸乳前后应有何感觉？

吸乳前，乳房会有发硬、沉重的感觉。吸乳后，乳房应感觉柔软，无硬块。如果有硬块，则表明乳房未完全排空。



## 8. 确定吸乳护罩尺寸

### 1. 确定 Medela（美德乐）PersonalFit 多选型吸乳护罩的尺寸

吸乳不应造成疼痛。为确保更高的舒适度和更好的吸乳效率，Medela（美德乐）提供了五种吸乳护罩尺寸。

21  
mm

24  
mm

27  
mm

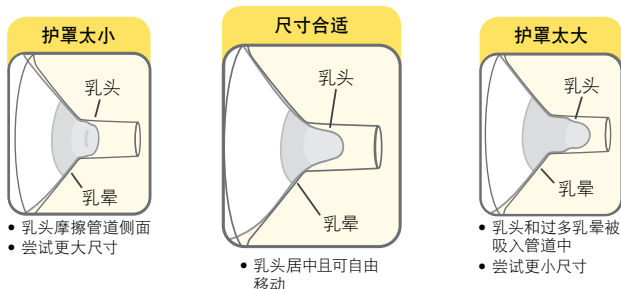
30  
mm

36  
mm

请访问 [www.medela.cn](http://www.medela.cn) 查看完整指南以帮助根据乳头直径确定最佳尺寸。

### 2. 测试吸乳护罩尺寸

1. 首先使用吸乳器附带的 24 毫米吸乳护罩或根据测量值确定相应尺寸的吸乳护罩。
2. 保持乳头居中，轻轻握住吸乳护罩将它贴到乳房上。
3. 调整以获得 Maximum Comfort Vacuum™ 最大舒适负压来实现尽可能理想的负压水平。
4. 吸乳过程中参考图像。



### 3. 是否应尝试新尺寸？

- 乳头碰到管道侧面是否引发不舒适的感觉？
- 是否看到过多乳晕被吸入管道中？
- 是否看到皮肤发红？
- 乳头或乳晕是否变白？
- 吸乳后是否感觉有未吸出的乳汁？

如果对这些问题的任何一个回答“是”，则考虑按照上述测量说明尝试新尺寸。

如果仍不确信是否选择了正确的尺寸，请向哺乳顾问、母乳喂养专家咨询，或者访问 [www.medela.cn](http://www.medela.cn) 以获取选择正确尺寸吸乳护罩的帮助。

#### ⚠ 注意

- 首次使用吸乳器时可能会感觉到一些不适，但使用吸乳器不应导致疼痛。如果对于吸乳护罩的尺寸感到不确定，请与医护人员或母乳喂养专家联系，他们可帮助您确定适合的尺寸。
- 如果因乳腺组织与吸乳护罩通道发生摩擦而致乳头底部感觉不适，则使用诸如 Medela（美德乐）PureLan 纯羊脂膏等滋润产品可能有益。

## 9. 组装吸乳器

### 所需部件:

- 导管
- 吸乳器
- 吸乳护罩
- 母乳奶瓶
- 瓶盖
- 连接器主体
- 阀
- 保护膜
- 连接器盖

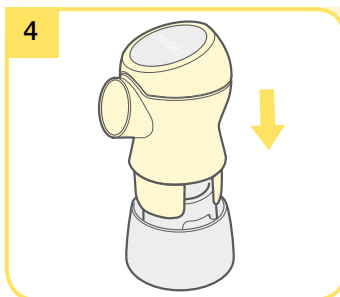
### T 提示

- 只能使用 Medela (美德乐) 正品备件。请参阅**第 2 章**了解详细信息。
- 在使用前, 请检查吸乳器配件组件有无磨损或损坏。必要时更换。
- 使用前, 务必检查所有部件是否干净。如果脏污, 请参阅**第 4 章**。
- 为防止损坏吸乳器, 使用前, 吸乳器的所有组件必须完全干燥。

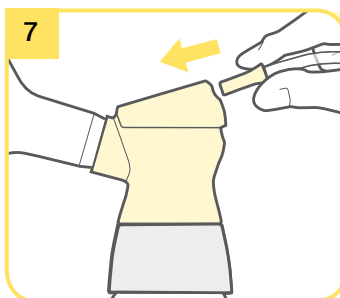


### T 提示

在触碰吸乳器、吸乳器配件和乳房前, 用肥皂水彻底清洗双手。避免接触容器和盖子内侧。

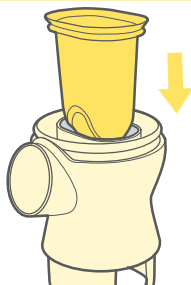


参照两个支腿的位置将连接器主体插入到阀上。



将短导管插入连接器盖中, 直到紧密贴合。

2



- 将暗黄色保护膜小心地插入连接器主体顶部。
- 该保护膜必须牢固以便正确组装。

3



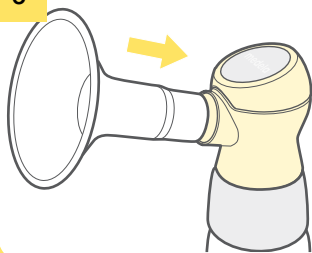
将连接器盖按到连接器主体上。将咔嚓一声闭合。

5



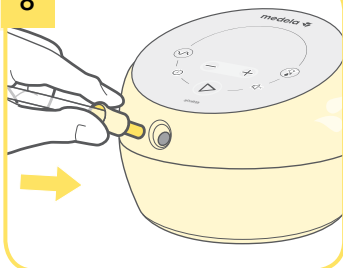
将奶瓶拧到整个吸乳护罩装置上。

6

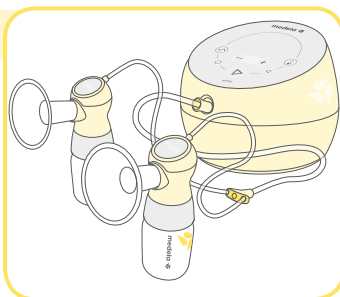


将吸乳护罩推到连接器主体上。

8



将长导管端尽可能多地插入到吸乳器中。



正确组装的吸乳器。

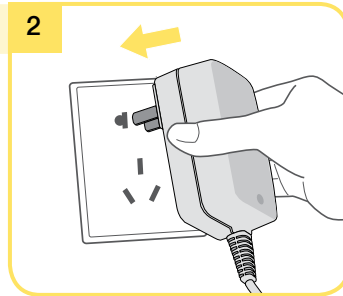
## 10. 吸乳器的供电

### 10 A. 可通过两种方式给吸乳器充电来进行吸乳：


#### 可充电电池



#### 电源适配器



或者

- 首次使用前，使用电源适配器给吸乳器电池充电 12 小时。充电完成后，显示屏上将出现充满电的电池图标 。
- 继续按照第 11 章“操作吸乳器”中的说明开始吸乳。

- 将电源线插入到吸乳器背面的电源适配器端口中。将电源线插入电源中。
- 继续按照第 11 章“操作吸乳器”中的说明开始吸乳。

### 10 B. 电池维护

吸乳器包含一个锂离子可充电电池。

#### 提示

- 首次使用电池供电之前，对吸乳器电池充电 12 小时以充满。
- 可在给电池充电时使用吸乳器。将吸乳器连接到电源后，电池即开始充电。当吸乳器操作时不会充电。
- 将吸乳器置于阴凉位置。
- 保持电池已充电。
- 长时间存储吸乳器之前，给电池充满电。
- 在电池电量耗尽之前进行充电。这有利于延长电池的使用寿命。
- 如果已将吸乳器储存在高温位置，则可能无法立即使用电池操作。要恢复正常的电池功能，先将吸乳器冷却一小时。在此期间，可使用插入外部墙上电源的吸乳器。

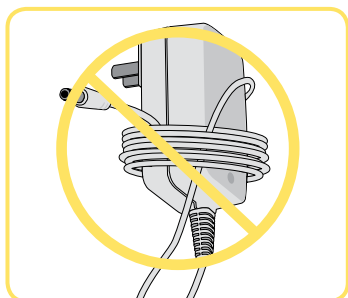
## 电池充电状态码

	连接外部电源
	电池充电状态
 (闪烁)	电池电量低, 需要充电
 <b>bAtt</b>	电池无电。 请参阅“故障排除”( <b>第 16 章</b> )。
 (闪烁)	电池损坏。 请参阅“故障排除”( <b>第 16 章</b> )并致电 Medela (美德乐) 客服中心。

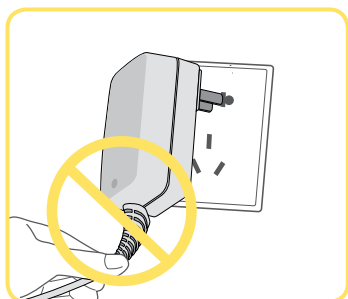
## 10. 吸乳器的供电（续）

### 10 C. 电源适配器的维护

如何维护适配器：



请勿将电源适配器线缠在插头上。



请勿通过拉拔线来拔下电源适配器。



若电气装置有损坏的电源线或插头，如果其工作不正常，被摔，被损坏或掉入水中，切勿操作。如果发现损坏，请立即停止使用电源适配器并致电 Medela（美德乐）客服中心：400-670-3600/400-670-3610。



#### 警告


- 只能使用吸乳器附带的电源适配器。
- 确保电源适配器的电压与电源相匹配。

### 10 D. 出国旅行

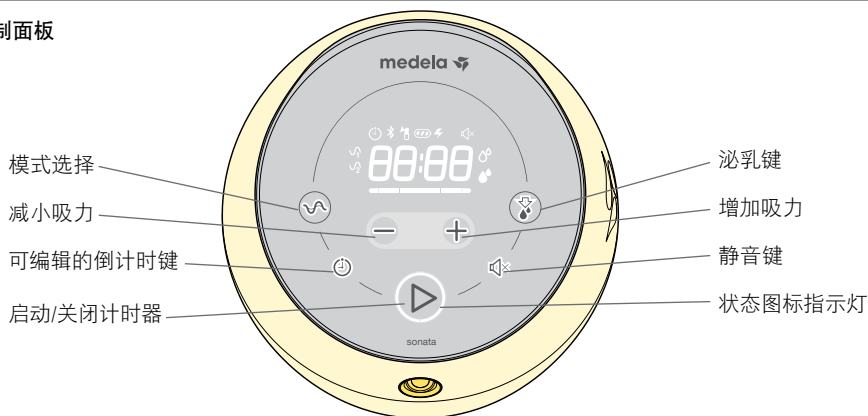
出国旅行时，建议购买通用电源插头适配器（未附带）。请您您要逗留的国家的相应机构进行咨询以确定哪类适配器最适合。此款吸乳器的交流适配器为两头型，无需接地插座。此款吸乳器带有锂离子电池，在要逗留的国家可能会受到限制。请您您要逗留的国家的相应机构进行咨询以确定对于带锂离子电池旅行有无限制。

# 11. 操作吸乳器

## 11A. 词汇表

<b>2-Phase Expression®</b> 	通过研究, Medela (美德乐) 发现婴儿以两种模式吃奶 – 刺激泌乳和吸乳。此研究是 Medela (美德乐) 大多数双韵律吸乳器中所用技术的基础。
<b>刺激泌乳模式</b>	快节奏吸乳可刺激乳汁流出。
<b>吸乳模式</b>	在乳汁开始流出后慢模式吸乳以轻柔高效地吸出乳汁。
<b>Maximum Comfort Vacuum 最大舒适负压</b>	吸乳时仍感觉舒适的最高负压设置。此设置因人而异。
<b>吸乳模式</b>	此款吸乳器包括两种经临床测试的吸乳模式, 为您提供舒适有效的方式。
<b>Responsive Pump Technology 感应调节技术</b>	Responsive Pump Technology 可自动调整以适合身体和环境, 使吸乳过程更稳定且吸乳量更高。
<b>泌乳</b>	乳汁开始从乳房流出。

### 控制面板

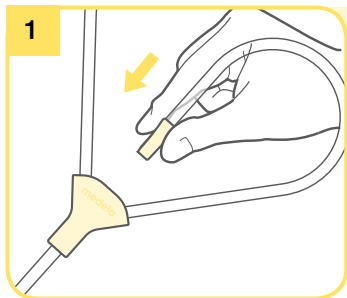


### 显示屏图标

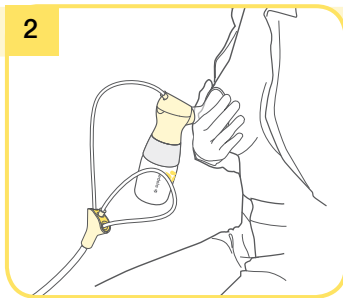


## 11. 操作吸乳器（续）

### 11 B. 单侧吸乳

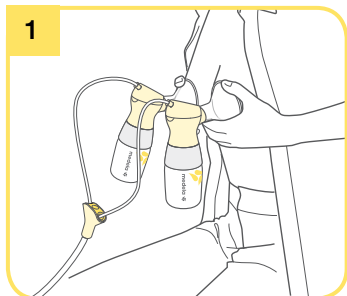


将未用的导管端插入导管夹中。



用拇指和食指扶住吸乳护罩和连接器，将它们放到乳房上。用手掌托住乳房。

### 11 C. 双侧吸乳



将吸乳护罩放到乳房上，保持乳头刚好位于吸乳护罩的导管中央。

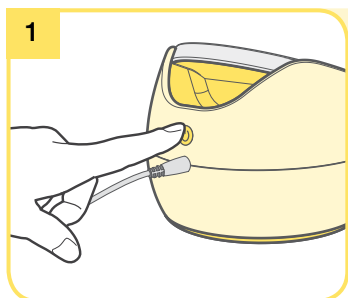
请参考第 8 章了解确定吸乳护罩的尺寸的信息。


#### ⓘ 提示

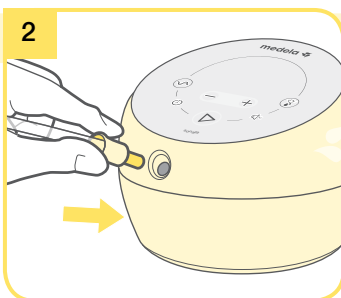
- 在触碰吸乳器、吸乳器配件和乳房前，用肥皂水彻底清洗双手。避免接触容器或盖子内侧。
- 使用前，务必检查所有部件是否干净。



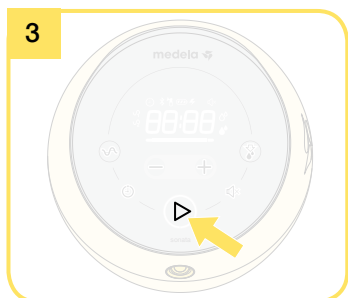
## 11 D. 吸乳步骤




按吸乳器背面的电源按钮  以打开吸乳器。



将组装好的双侧吸乳器配件插入到吸乳器前面的导管端口上。

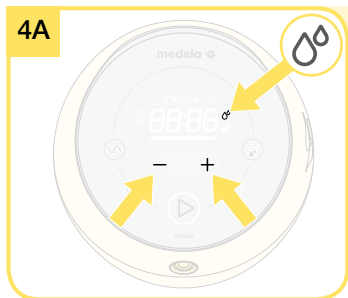


按开始/停止  按钮让吸乳器开始产生负压。

### 注意

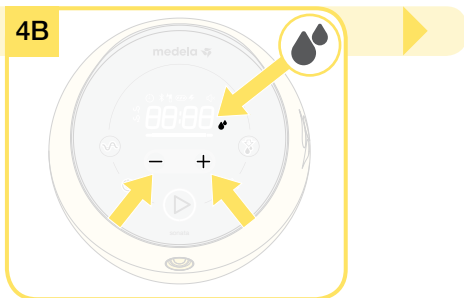
- 确保吸乳时导管没有打结或被夹住。
- 请勿用奶瓶支撑吸乳器配件。此举会导致乳导管堵塞和乳胀。
- 吸乳时请勿将负压（吸力）调得过高或感觉不适（疼痛）。疼痛和可能随之而来的乳房和乳头损伤，可能会降低泌乳量。
- 如果只能吸出很少或无法吸出母乳，亦或在吸乳时感到疼痛，请联系您的医护人员或母乳喂养专家。

## 11. 操作吸乳器（续）



吸乳器首先进入刺激泌乳模式 。使用 控制按钮调整吸乳负压大小以找到适合自己的负压（吸力）。

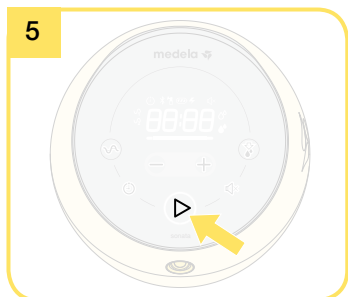
**刺激泌乳模式** - 快模式吸乳可刺激乳汁流出。



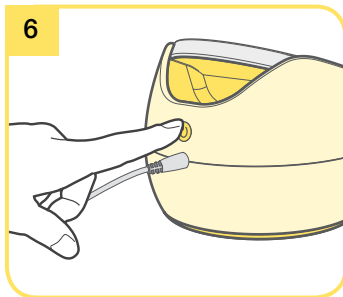
两分钟后，吸乳器将自动转换为吸乳模式 。使用 控制按钮调整吸乳负压水平，找到最大舒适负压（请参阅第 12 章）。

如果乳汁在两分钟内开始流出，按 键可手动切换至吸乳模式。

**吸乳模式** - 在乳汁开始流出后慢模式吸乳以轻柔高效地吸出乳汁。



完成吸乳后，按开始/停止按钮 停止负压吸乳。

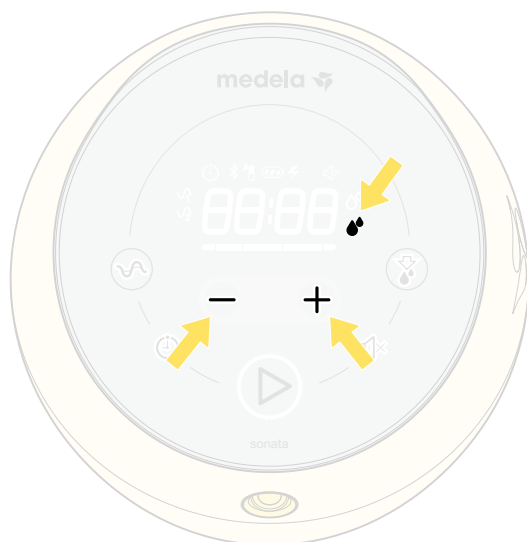





要关闭吸乳器，请按背面的电源按钮 。

### 提示

- 五分钟无操作后，吸乳器将自动关闭。
- 在 Medela (美德乐) 官方微信账号 MyMedela 平台中记录吸出的乳量。

## 12. 找到你的 Maximum Comfort Vacuum 最大舒适负压



**在吸乳模式**  下吸乳时，可按  提高速度/负压直到吸乳时感觉轻微的不适（不疼），然后按  回调一格。

### 提示

- Maximum Comfort Vacuum 最大舒适负压是舒适吸乳的最高负压设置。此值因人而异。
- 刺激泌乳时应处于舒适的负压水平。
- 重新评估整个吸乳历程中的 Maximum Comfort Vacuum 最大舒适负压。该值在哺乳期的每个阶段都会发生变化。

## 13. 特点



### 吸乳器蓝牙连接

通过跟踪您在 Medela (美德乐) 官方微信账号 MyMedela 平台上的吸乳情况, 可以专注于每日焦点和自定义内容。由于能够查看吸乳历史记录, 这样就可以每天高效制定计划, 并可跟踪身体变化, 比如泌乳量的增减。


通过将吸乳器连接到 Medela (美德乐) 官方微信账号 MyMedela 平台, 可自动传送吸乳数据 (吸乳时间长度、模式和负压水平) 并可在该帐号页面上手动输入吸出的母乳量。

#### 如何将我的 Sonata 致韵吸乳器与 Medela (美德乐) 官方微信账号 MyMedela 平台相连接 (配对)?


步骤 1. 打开微信。

步骤 2. 搜索并关注 Medela (美德乐) 官方微信账号 MyMedela 平台。

步骤 3. 在 Medela (美德乐) 官方微信账号 MyMedela 平台上, 找到“更多”按照设置和配对说明操作。

步骤 4. 正确配对后, 吸乳器显示屏上将出现蓝牙图标 。

## **T** 提示

- 完成初始设置后, 打开电源, 如果配对的设备就在附近且已连接吸乳器, 蓝牙图标  将自动出现在吸乳器上。
- 每个微信账号可同时绑定多台有蓝牙设备的智能吸乳器。
- 在微信中, 你可以用个人微信账号绑定一台吸乳器。只有当该微信账号解绑该设备, 另一个微信账号才可绑定这台设备。
- Sonata 致韵吸乳器的内存能够存储最近 30 次吸乳数据。如果在第 31 次吸乳之前未将吸乳器联网, 则历史记录将被新的吸乳数据覆盖。联网后, Medela (美德乐) 官方微信账号 MyMedela 平台将能够记录无限数量的历史吸乳数据。

### 如何从我的微信账号中删除 Sonata 致韵吸乳器?

步骤 1. 打开微信, 进入“我”。

步骤 2. 选择“设置”。

步骤 3. 选择“设备”。

步骤 4. 选择 Sonata 致韵吸乳器并单击“删除设备”。

## **T** 提示

- 从移动设备上删除 Sonata 致韵吸乳器不会删除存储在 Medela (美德乐) 官方微信账号 MyMedela 平台上的吸乳信息。
- 如果将吸乳器重新连接到移动设备, 则将传输存储在吸乳器上的最近 30 条记录。

要了解更多信息, 请访问 [www.medela.cn](http://www.medela.cn)。

## 13. 特点 (续)




### 选择模式

包括两种经临床测试的吸乳模式：

1. **舒适模式** – 此模式基于 Medela (美德乐) 成功的医院级 Symphony (心韵) 吸乳器。
2. **省电模式** – 希望更改吸乳习惯时的替代模式。此模式可在需要时提供电池使用时间更长、吸乳器操作更安静等额外好处。

#### 注





吸乳器默认为使用舒适模式。要更改为替代的省电模式，按  模式选择键。



## 设置倒计时器

吸乳器上的默认计时器将从零开始正计时。如果要从设定时间倒计时，请按以下步骤操作。


**要设置倒计时计时器：**

1. 开始吸乳前，按计时器  按钮。显示屏上将出现计时器图标， 按钮将点亮。
2. 使用  按钮以 1 分钟为增量调整时间（最长 30 分钟）。
3. 按启动按钮  可开始吸乳。
4. 达到指定时间后，即暂停提供负压，显示屏上将显示出总吸乳时间。

### 注

- 当您吸乳时间还剩 1 分钟，吸乳器将发出声响，显示屏将闪烁作为提示。
- 吸乳器将发出声响并闪烁，提醒您吸乳已结束。

### 提示

如果要继续相同的吸乳过程，按启动/停止  按钮一次，将继续以相同的负压水平、模式和节奏吸乳。计时器将和上次输入的吸乳时间累加。




## 13. 特点 (续)



### 暂停吸乳器

可在吸乳过程中短暂停止吸乳器。这样，您就可以重新调整自己或吸乳器部件或周围环境。

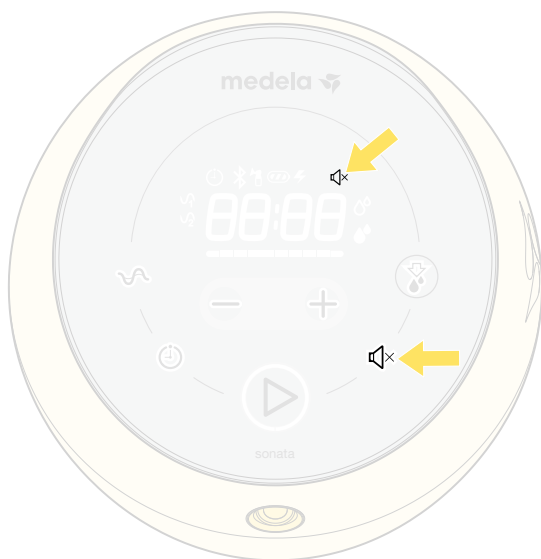
**要暂停吸乳器：**

1. 按启动/停止  按钮。负压将停止，显示屏上的时间将闪烁。显示屏上的启动/停止  图标将闪烁。
2. 准备好继续吸乳后，按启动/停止  图标。

#### 注

- 如果在两分钟内未继续吸乳，吸乳器将结束吸乳过程。要继续吸乳，需要启动新的吸乳过程。
- 如果需要暂停两分钟以上，建议重新启动刺激泌乳模式。






## 关闭吸乳器提示音

吸乳器具有声音提示功能，比如吸乳过程中按下按钮时发出声音。

要关闭吸乳器提示音：

1. 按静音键 。
2. 吸乳器将记住所做的设置以用于后面的吸乳。要重新激活提示音功能，再次按该按钮。

### 注

关闭吸乳器提示音功能时，显示器屏幕上将出现声音  图标。

## 14. 储存母乳

### 使用 Medela（美德乐）冰包储存母乳

- Medela（美德乐）冰包需要一个 Medela（美德乐）波状冰排。吸乳器冰包最多可放置四个 5 盎司奶瓶，在室温环境下，将冰包置于吸乳器包中时，奶瓶中的母乳保冷时间长达 10 小时。如果在室温环境下，将冰包储存在吸乳器包外时，则母乳保冷时间最长为 8 小时。
- 完成吸乳后，立即将装有母乳的奶瓶或储奶袋放到带有冰排的冰包中。
- 回家后立即将装有母乳的奶瓶或储奶袋放到冰箱或冰柜中。

新吸出母乳的储存指南 (适合健康的足月婴儿)			
室温	带冰排的冰包	冰箱	冰柜
66-78 °F 下 4-6 小时 (19-26 °C)	59 °F 下 24 小时 (15 °C)	39 °F 或 更低温度下 3-8 天 (4 °C)	0-4 °F 下 6-12 个月 (-18 至 -20 °C)

# 15. 准备和哺喂母乳

## 准备母乳



### 注意

- 不要将冷冻的母乳放在微波炉或煮沸的热水中解冻。
- 请勿用微波炉加热母乳。用微波炉加热母乳时，乳汁会变得很烫，很可能导致宝宝嘴巴被严重烫伤。（微波炉加热还可能会改变母乳成分。）
- 将母乳放到冰箱冷藏室中一夜进行解冻。解冻的母乳可在冰箱中安全存放 24 小时。请勿再次冷冻已解冻的母乳。
- 将奶瓶或储奶袋放到流动的温水下可快速解冻母乳。
- 将密封的奶瓶或储奶袋放到温水碗中 20 分钟即可使母乳达到体温。
- 如果在已冷冻母乳的容器中添加吸出的母乳，则确保添加的量要少于已冷冻的量。

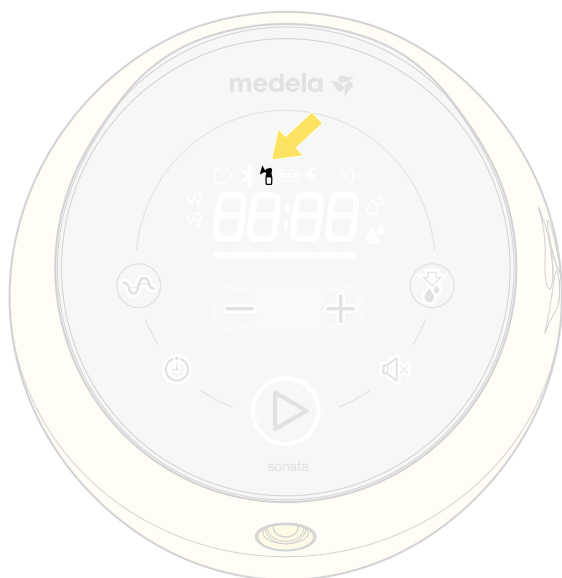
## 哺喂母乳

建议在养成良好的母乳喂养习惯后再使用奶瓶哺喂宝宝。

- 每次使用之前和之后，请务必检查奶瓶、奶嘴和其他组件。如果奶嘴破损或被撕裂，则立即停止使用。
- 为防止可能的窒息危险，通过拉动奶嘴头部来测试奶嘴强度。
- 请勿尝试增大奶嘴孔。
- 不可用奶瓶奶嘴来安抚婴儿。

有关母乳收集和储存的更多信息，请访问 [www.medela.cn](http://www.medela.cn)。

## 16. 故障排除




### 漏气警报

系统中存在漏气，负压无法实现最佳性能。在此期间，吸乳器将继续运行，但显示屏上将出现警报图标，每隔 30 秒鸣响一次，直到完成更正。

- 确保已正确组装配件接头。
- 确保吸乳护罩与乳房贴合。
- 检查吸乳器与配件之间的导管连接是否牢靠。
- 如果在执行这些步骤后仍有问题，请致电 Medela (美德乐) 客服中心以获得更多帮助：400-670-3600/400-670-3610。

#### 注

无需关闭吸乳器。只要吸乳器检测到错误已被修正，警报  图标将消失。检测必须运行吸乳器。

## 16. 故障排除（续）



### 电池无电

如果屏幕上出现 bAtt 和空电池图标，则说明电池电量太低，无法启动负压。

请使用以下方法补充电量：

- 将吸乳器插入外部电源。
- 给电池充电 12 小时以充满。

## 16. 故障排除（续）



### 电池损坏

如果电池图标为空且闪烁，则说明电池已损坏。电池不可维护或更换。请致电 Medela（美德乐）客服中心：400-670-3600/400-670-3610。

#### 要继续吸乳：

将吸乳器插入外部电源继续使用。

#### **!** 注

如果电池损坏，吸乳器将不能再充电或使用电池运行。



## 蓝牙中断

如果吸乳器上闪烁 Err 字样三秒钟，则表示蓝牙连接中断，吸乳器或移动设备无法完成数据传输。这不会影响使用 Sonata 致韵吸乳器进行吸乳，而只影响将数据传输到 Medela (美德乐) 官方微信账号 MyMedela 平台。请致电 Medela (美德乐) 客服中心以获得帮助：400-670-3600/400-670-3610。

## 16. 故障排除（续）




### 一般警报

在此情况下无法使用吸乳器。请联系 Medela (美德乐) 客服中心以获得帮助：  
400-670-3600/400-670-3610。



如果吸乳器未做出预期响应	<ul style="list-style-type: none"> <li>要进行重置，将 Sonata 致韵吸乳器插入外部电源，按住电源按钮（位于背面）并保持 10 秒。如果没有变化，请联系 Medela（美德乐）客服中心：400-670-3600/400-670-3610。</li> </ul>
如果吸乳器没有电	<ul style="list-style-type: none"> <li>检查吸乳器是否已插入可正常使用的电源插座。</li> <li>如果没电，显示屏不会变亮，屏幕上不会出现错误提示，请联系 Medela（美德乐）客服中心：400-670-3600/400-670-3610。</li> </ul>
如果按开始/停止按钮后，吸乳器未运行 	<ul style="list-style-type: none"> <li>确保吸乳器有电。</li> <li>确保吸乳器已插入电源或已充电。</li> <li>有关详细信息，请参考“一般警报”（第 16 章）。</li> </ul>
如果吸乳器外部被弄湿	<ul style="list-style-type: none"> <li>断开电源、关机并停止使用。</li> <li>将吸乳器外部晾干。</li> </ul>
如果吸乳器被浸入水中	<ul style="list-style-type: none"> <li>断开电源、关机并停止使用。</li> <li>联系 Medela（美德乐）客服中心：400-670-3600/400-670-3610。</li> </ul>
如果吸力很小或没有吸力	<ul style="list-style-type: none"> <li>检查吸乳器和配件的所有连接是否牢固。</li> <li>拆卸双侧吸乳配件并检测所有部件是否都干净且未损坏。</li> <li>按“组装吸乳器”（第 9 章）中的指示组装吸乳器套装。</li> <li>吸乳时，确保吸乳护罩与乳房完全贴合。</li> <li>单侧吸乳时，检查未用端是否正确固定在导管夹中。</li> <li>如果在执行这些步骤后吸力并未改善，则联系 Medela（美德乐）客服中心：400-670-3600/400-670-3610。</li> </ul>
如果出现母乳溢出	<ul style="list-style-type: none"> <li>关掉吸乳器开关，并从电插座上拔下电源线。</li> <li>使用一块湿润（不是湿漉漉）的布擦拭吸乳器。</li> <li>如果导管中有乳汁残留：从吸乳器和吸乳护罩装置上拆除导管。按第 6 章中的指示进行清洁。</li> <li>当所有组件都晾干后，重新进行组装。</li> </ul>
未“泌乳”或未吸出乳汁	<ul style="list-style-type: none"> <li>确保吸乳器套装正确组装，且可感觉到吸力。</li> <li>如果经过连续两次吸乳后仍没有乳汁流出，请放松，休息 10-15 分钟。</li> <li>如果吸不出乳汁，请咨询医护或哺乳专业人员。</li> </ul>

#### 无法发送数据

- 移动设备上的蓝牙功能  被关闭。打开蓝牙功能并尝试再次发送数据。
- 两个设备之间的配对尚未完成。再次执行配对操作。请参考第 13 章中的“如何将我的 Sonata 致韵吸乳器与我的移动设备配对?”。
- 移动设备距吸乳器太远。将该设备与吸乳器移得更近一些。
- 移动设备上的应用程序未准备就绪。检查该应用程序。
- 如果检查该应用程序后出现 Err 符号, 请联系客服中心: 400-670-3600/400-670-3610。

如果尚未解决吸乳器问题或者出现更多问题, 请联系 Medela (美德乐) 客服中心: 400-670-3600/400-670-3610。

## 17. 长期存储

吸乳器包含一个可充电电池。为了保护吸乳器，长时间不用时，它将自动转换为存储模式。

要退出存储模式，将吸乳器插入外部电源中并为电池充电 12 小时。

✓ 长时间存储吸乳器之前，请谨记：



清洁吸乳器配件  
(第 5 章)



清洁吸乳器  
(第 6 章)



确保吸乳器电池  
充满电

## 18. 废弃处理

### 废弃处理

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本产品或其包装上的符号指示出不得将本产品与其他生活垃圾一起处置。您有责任将报废产品送至回收报废电气设备的指定收集点来进行处置。处置时单独收集和循环利用报废设备有助于节省自然资源，确保以保护人类健康和环境的方式进行回收。有关将报废产品送至何处进行回收的更多信息，请与地方当局或者产品购买地联系。

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## 19. 补充信息

### 补充信息

以下是一些常见的与母乳喂养相关的情况。如果您出现任何此类症状，请与医护人员或哺乳专家联系。

	症状	可能原因
肿胀	乳房变硬，感觉不适，有些部位可能发红。	乳汁未从乳房中有效排出。乳汁会回流到组织中，导致某些部位肿胀且有压痛。
乳导管受阻/堵塞	乳房上的某些部位看起来发红，可能非常敏感，触之疼痛。	乳汁未从某些乳导管中排出。相应部位堵塞，乳汁无法流动。
乳腺炎	通常在肿胀后出现，但也会突然发生。初始症状与流感类似：疲劳、头疼、肌肉痛、发烧且乳房局部压痛。可能发生在单个乳房上，也可能在两边乳房上同时发生，需要立即治疗。	乳腺组织中的细菌感染通常伴随乳头破裂。

医护人员或哺乳专家可在您给宝宝进行母乳喂养和使用吸乳器过程中提供指导。对母婴顺利进行母乳喂养有益，让双方终身受益。

## 20. 产品质保

本产品由 Medela (美德乐) 向终端购买者保证, 自购买之日起两年内, 美德乐对主机和电源进行免费保修。产品质保只能在购买国进行。购买者应承担将本产品寄回给 Medela (美德乐) 的相应费用。本质保不适用于任何商用或被滥用、误用或更改的产品。

任何隐含保证, 包括适销性保证, 都仅限于自购买日起 2 年内。一些区域不允许限制隐含保证的持续时间, 因此, 上述限制可能不适用于您。本质保授予您特定合法权利, 您可能还享有其他权利, 这些权利因所在州或国家/地区不同而异。

遇到产品质保时, 致电 Medela (美德乐) 客服中心可节省时间和费用: 400-670-3600/400-670-3610。您还可拨打此号码获取有关本质保的更多信息。如果您需进行质保, 则必须将本产品连带日期的销售单据或其他购买凭据, 保修卡并附上问题的简要说明一起退回至以下地址:

中国  
美德乐 (北京)  
医疗科技有限公司  
客户服务中心  
中国上海  
闵行区  
吴中路 1068 号燎申国际大厦 4 楼 M 座 邮编: 201103  
服务热线: 400-670-3600/400-670-3610

## 21. 符号含义

### 符号词汇表



开/关。



吸乳持续时间。



请参考操作手册了解重要的安全信息, 未遵守操作说明会给操作人员带来危险。(在吸乳器上出现时, 该符号为蓝色)。



该符号代表制造商。



该符号表示废弃时不得与未分类的城市垃圾一同处理(遵守地方法规)。



该符号表示符合国际防电击要求(BF 型触身部分)。

**IP21**

该符号表示可防止固体异物进入产品, 以及防止水进入而造成有害影响。



该符号代表生产日期(四位数字代表年份, 中间两位数字代表月份, 最后两位数字代表日期)。



该符号表示属于 II 类产品。



该符号表示电源适配器只能在室内使用。



已根据标准 ANSI/AAMI ES60601-1 (2005) + AMD 1 (2012)、CAN/CSA-C22.2 No. 60601-1 (2014)、IEC 60601-1-6:2010 + AMD1(2013)、IEC 62366:2007 + AMD1(2014) 和 IEC 60601-1-11:2015 进行 UL 分类认证。



该符号表示交流电。



该符号表示直流电。



Friwo Gerätebau GmbH 商标。



该设备使用 Bluetooth® 无线技术。“Bluetooth® 字样和徽标是由 Bluetooth SIG, Inc. 所有的注册商标, Medela LLC 对该字标和徽标的使用均已获得许可。其他商标和商品名属于各自所有者”。



保持干燥。



海拔警告符号。可能只能在海拔低于 2000 米的地方安全使用。



非热带警告符号。可能只能在非热带气候下安全使用。

## 符号词汇表



中国强制 EMC 认证标志。



操作人员手册；操作说明书。



警告可能导致严重人身伤害或死亡。



注意可能导致轻微伤害。



## 22. EMC/技术说明（续）

此款吸乳器需要特别注意 EMC, 必须按照使用说明书中提供的 EMC 信息进行安装和使用。便携式和移动无线电频率通讯可能会对吸乳器的使用产生影响。

### 指导和制造商声明 – 电磁辐射

此款吸乳器适合在以下指定的电磁环境中使用。客户或用户应确保在此类环境下使用吸乳器。

辐射测试	合规情况	电磁环境 – 指导
射频辐射 CISPR 11	组 1	此款吸乳器仅将射频能量用于其内部功能。因此，其射频辐射非常低，不太可能对附近电子设备造成干扰。
射频辐射 CISPR 11	B 类	
谐波辐射 IEC 61000-3-2	A 类	此款吸乳器适用于所有场所，包括室内场所以及直接连接到为建筑供电用于室内用途的公共低电压电网的场所。
电压波动/闪烁辐射 IEC 61000-3-3	不适用	



### 警告

**警告** – 此款吸乳器不可在其他设备附近使用或与其他设备堆叠使用。如果必须要在其他设备附近使用或堆叠使用，应观测此款吸乳器以确认能够在所用配置中正常操作。

## 指导和制造商声明 – 电磁抗扰性

此款吸乳器适合在以下指定的电磁环境中使用。客户或用户应确保在此类环境下使用吸乳器。Sonata 致韵吸乳器没有基本性能要求,但按照以下标准经过电磁抗扰测试并通过测试:

1. 吸乳器操作无明显变化。
2. 吸乳器改变设置但自动返回到前一设置。
3. 吸乳器改变设置但可通过用户干预返回到前一设置。
4. 吸乳器改变设置但可通过执行启动步骤返回到前一设置。

**启动步骤:** (以下步骤可用于在存在电磁干扰的情况下重置设备)

1. 从吸乳器背面拔下电源线。
2. 从墙上插座拔下电源适配器。
3. 将吸乳器配件连接到吸乳器端口 (如果未连接)。
4. 按住电源按钮至少 30 秒。(注:可能多次开/关吸乳器。30 秒后,吸乳器应保持关闭。)
5. 将电源适配器重新插入到墙上插座中。
6. 将电源线插入到吸乳器背面。
7. 按开/关按钮打开吸乳器电源。
8. 按“播放”按钮开始吸乳。

抗扰测试	IEC 60601 测试级别	合规级别	电磁环境 – 指导
静电放电 (ESD) IEC 61000-4-2	± 8 kV 接触放电 ± 2 kV、± 4 kV、 ± 8.kV、± 15 kV 空气放电	± 8 kV 接触放电 ± 2 kV、± 4 kV、 ± 8.kV、± 15 kV 空气放电	地板应为木质、水泥或瓷砖。如果地板上铺有合成材料,则相对湿度应至少为 30%。
电气快速瞬变/脉冲 IEC 61000-4-4	± 2 kV 100 kHz 重复频率	± 2 kV 100 kHz 重复频率	电源质量应达到典型商业或医院环境的电源质量。
浪涌 IEC 61000-4-5	± 0,5 kV、± 1 kV 线对线	± 0,5 kV、± 1 kV 线对线	电源质量应达到典型商业或医院环境的电源质量。

## 22. EMC / 技术说明 (续)

<p>电源输入线上的电压突降、短时中断和电压变化 IEC 61000-4-11</p>	<p>0 % UT; 0,5 个周期 (0°、45°、90°、135°、180°、225°、270° 和 315°)</p>	<p>0 % UT; 0,5 个周期 (0°、45°、90°、135°、180°、225°、270° 和 315°)</p>	<p>电源质量应达到典型商业或医院环境的电源质量。如果吸乳器的用户需要在电源中断期间继续操作, 建议使用不间断电源或电池给吸乳器供电。</p>
<p>工频 (50/60 Hz) 磁场 IEC 61000-4-8</p>	<p>30 A/m, 50 或 60 Hz</p>	<p>30 A/m, 50/60 Hz</p>	<p>可能需要将吸乳器置于距工频磁场源更远的位置或安装磁屏蔽装置。应在指定安装位置测量工频磁场以确保磁场干扰足够低。</p>

注  $U_T$  是应用测试级别前的交流电源电压。

## 指导和制造商声明 – 电磁抗扰性

此款吸乳器适合在以下指定的电磁环境中使用。客户或用户应确保在此类环境下使用吸乳器。

抗扰测试	IEC 60601 测试级别	合规级别	电磁环境 – 指导
传导性射频 IEC 61000-4-6	3 V 0,15 MHz – 80 MHz ISM 波段和 0,15 MHz 至 80 MHz 的业余无线 电波段中为 6 V 1 kHz 时为 80 % AM	6V	使用便携式和移动射频通信设备时，与吸乳器任何部件（包括电缆）之间应至少保持根据适用于发射器频率的等式计算出的建议间距。 建议的间距 $d = 1,2\sqrt{P}$ $d = 1,2\sqrt{P}$ 80 MHz - 800 MHz $d = 2,3\sqrt{P}$ 800 MHz - 2.7 GHz 其中，P 是发射器制造商规定的以瓦特 (W) 为单位表示的发射器的最大输出额定功率，d 是以米 (m) 为单位表示的建议间距。 通过电磁现场测量 <sup>a</sup> 所确定的固定射频发射器的场强应小于每个频率范围的合规级别。 <sup>b</sup> 带有以下标志的设备附近可能会出现干扰。 
辐射性射频 IEC 61000-4-3	10 V/m 80 MHz – 2,7 GHz 1 kHz 时为 80 % AM	10 V/m	

## 22. EMC/技术说明 (续)

注 1 在 80 MHz 和 800 MHz 下, 适合使用更高频率范围。

注 2 这些指导可能不适用所有情况。电磁波的传播会受到建筑、物体和人体的吸收和反射的影响。

<sup>a</sup> 固定发射器的场强, 比如无线(蜂窝/无线)电话、陆地移动无线电、业余无线电、调幅和调频无线电广播以及电视广播的基站等, 理论上无法准确预测。要评估因固定射频发射器产生的电磁环境, 应考虑进行电磁现场测量。如果在使用吸乳器的位置所测得的场强超过上述适用的射频合规级别, 则应观测吸乳器以确定能否正常操作。如果观测到异常情况, 则可能需要采取其他措施, 比如调整吸乳器的位置或方向。

<sup>b</sup> 在 150 kHz 至 80 MHz 的频率范围内, 场强应小于 10 V/m。

## 便携式和移动射频通信设备与吸乳器之间的建议间距

此款电动吸乳器适合在辐射性射频干扰受控的电磁环境中使用。电动吸乳器的客户或用户可通过在便携式和移动射频通信设备（发射器）与电动吸乳器之间保持下面根据通信设备的最大输出功率而建议的最小距离，可帮助防止电磁干扰。

发射器的额定最大输出功率 W	取决于发射器频率的间距 m		
	150 kHz 至 80 MHz $d = 1.2\sqrt{P}$	80 MHz 至 800 MHz $d = 1.2\sqrt{P}$	800 MHz 至 2,7 GHz $d = 2.3\sqrt{P}$
0,01	0,06	0,04	0,07
0,1	0,18	0,11	0,22
1	0,58	0,35	0,22
10	1,84	1,11	2,21
100	5,83	3,50	7,00

对于最大额定输出功率未在上表中列出的发射器，可使用适用于该发射器频率的等式来估算建议的间距  $d$ （以米 (m) 计），其中， $P$  是发射器制造商指定的发射器最大输出功率额定值（以瓦特 (W) 计）。

注 1 在 80 MHz 和 800 MHz 下，适合使用更高频率范围的间距。

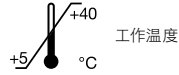
注 2 这些指导可能不适用所有情况。电磁波的传播会受到建筑、物体和人体的吸收和反射的影响。

**警告：**使用便捷式射频通信设备（包括诸如天线电缆和外部天线等外设）时，距离吸乳器任何部分（包括制造商指定的线缆）的距离不得小于 30 cm (12 英寸)。否则，可能会导致本设备的性能降低。

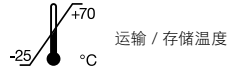
# 23. 技术说明

## 技术说明

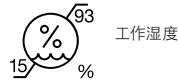
负压范围  
-50...-250 mmHg  
54 ... 120 cpm



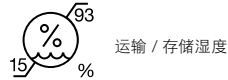
电源输入 / 电源输出 输入	输出
100-240V~ 50/60 Hz	12 V --- 1.5 A ---



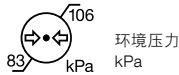
电池容量和类型  
7.4 V, 2200mAh  
锂离子



大小  
160 x 160 x 120



重量  
1.1 kg



蓝牙射频输出功率 0dBm (3 类)  
频带 2400-2483.5 MHz  
跳频展频符合 Bluetooth® 4.0 核心规格。







**medela** 

**[www.medela.cn](http://www.medela.cn)**



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Distributed by:  
美德乐（北京）医疗科技有限公司  
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at 400-670-3600 or 400-670-3610 or visit [www.medela.cn](http://www.medela.cn)  
有任何问题? 请致电 Medela (美德乐)  
客服中心: 400-670-3600 或 400-670-3610 或访问  
[www.medela.cn](http://www.medela.cn)

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1548484 A 0617 © 2017 Medela 101033635