

*No. 1 choice  
of hospitals  
& mothers*

## Symphony – the efficient and trustworthy breast pump



- | **Efficient:** more milk in less time
- | **Supporting:** initiate, build and maintain an adequate milk production
- | **Comfortable:** high level of comfort and customer appreciation
- | **Trustworthy:** research-based to provide the most recent, evidence-based knowledge to support breastfeeding

# Passionate about human milk

Breastfeeding is clearly the most natural way to provide the benefits of human milk to the growing and developing infant. As a leading partner in the hospital sector, we are dedicated to human milk and support breastfeeding with innovative and research-based products. Our objective is the same as yours: satisfied and healthy mothers and infants.

## Symphony – the distinctive, research-based breast pump

Symphony is a leading breast pump that is met with a high degree of customer appreciation. The large number of satisfied mothers and healthcare professionals bears witness to its reliability and quality.

This distinctive breast pump operating with research-based pumping programs is often the starting point of the human milk journey in the hospital. One aim of using a hospital-grade breast pump is to maximise milk output so that the infant can benefit from a diet made up exclusively of human milk. A second aim is to ensure that the mother achieves an adequate milk supply to nourish her infant once they return home and transition to exclusive breastfeeding. The Symphony breast pump with its technical features, accessories and research base is an excellent partner for supporting mothers and their individual needs throughout the milk production journey. It is designed to:

- | Support mothers of pre- and full-term infants to initiate, build and maintain adequate milk production.
- | Alleviate the symptoms of engorgement by expressing milk.
- | Support the healing process in case of mastitis by removing milk from the affected breast.
- | Relieve sore and cracked nipples and bring out flat or inverted nipples.



### Symphony PLUS – a research-based pumping program card

The Symphony PLUS program card contains two different pumping programs for the Symphony breast pump. These research-based programs have been developed specifically to support mothers throughout their lactation journey: to initiate, build and maintain adequate milk production<sup>1-7</sup>.



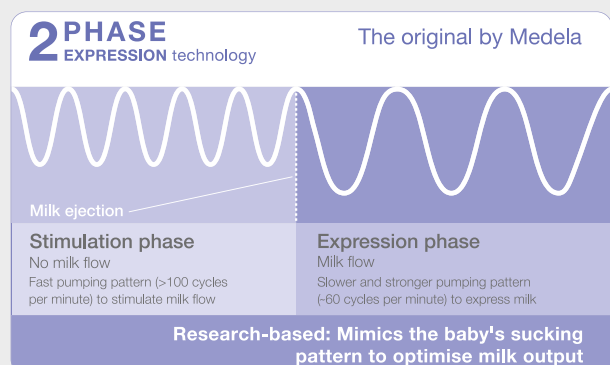
#### Supporting the first few days of lactation: the INITIATE program with Medela's initiation technology

The INITIATE program mimics the irregular and more rapid sucking and pausing pattern of a term born infant in the first few days of lactation and supports pump-dependent mothers to successfully initiate milk production<sup>1, 2</sup>.



#### Mimicking nature to optimise milk output: the MAINTAIN program with 2-Phase Expression technology

The Symphony with its research-based 2-Phase Expression technology mimics the term born infant's sucking pattern during established lactation to optimise milk output and support all mothers to build and maintain lactation<sup>3-7</sup>. In Symphony, this technology starts with a higher-frequency stimulation phase of 120 cycles per minute to elicit milk ejection. When the milk begins to flow, the mother can switch to the expression phase, which uses around 60 cycles per minute, to remove the milk comfortably and efficiently<sup>5</sup>.





## Benefits of the Symphony breast pump

### Efficiency and volume

Research has shown that mothers using the INITIATE program followed by the MAINTAIN program achieved significantly higher daily milk volumes over the first two weeks<sup>1</sup> and that pump-dependent mothers express enough milk to support a diet made up exclusively of human milk for their infant<sup>1,2</sup>.

The combination of double pumping and Medela's 2-Phase Expression technology allows mothers to profit from the following benefits:

- I Time saving – more milk delivered in less time<sup>3,7</sup>
- I Maintenance of milk supply when a mother is unable to breastfeed directly<sup>3,8</sup>
- I Milk with higher energy content – especially beneficial for preterm infants<sup>7</sup>
- I Comfort and efficiency<sup>5</sup>

### Comfort

The Symphony breast pump is attested to be comfortable for mothers<sup>4,5</sup> and is characterised by:

- I Easy handling requiring only the vacuum level to be set. The frequency depends on the vacuum level and has been optimised for efficiency and comfort<sup>4-6</sup>.
- I A particularly gentle and comfortable<sup>5</sup> transition between the stimulation and expression phases thanks to a gradual increase in vacuum level.
- I A patented suction curve that is particularly gentle on sensitive breast tissue and makes Symphony ideal for expressing breast milk regularly over a longer period.
- I A pleasingly quiet operation.

### Hygiene

Symphony is a hygienic multi-user breast pump. The milk overflow protection system of the Symphony and pump sets inhibits expressed milk from flowing into the pump, thereby improving hygiene and supporting easy handling.

### Pump sets and bottles

Medela offers a complete and comprehensive range of reusable and disposable breastfeeding products enabling hospitals to meet their needs and policies.

- I For hospitals using sterilisation/disinfection processes, Medela's reusable products can be autoclaved and are designed for use by multiple mothers.
- I Medela's disposable products are available in Ready-to-Use or EO sterile. They are intended for single-use or one-day use in hospitals and require no cleaning prior to first use.

Medela's breast milk bottles, breast shields and all Medela products that come into contact with human milk are made from food-grade material and without BPA.

### Upgradable

The Symphony breast pump offers a unique upgrade functionality allowing adaptation to new research findings by simply changing the card.

## References

- 1 Meier,P.P., Engstrom,J.L., Janes,J.E., Jegier,B.J., & Loera,F. Breast pump suction patterns that mimic the human infant during breastfeeding: Greater milk output in less time spent pumping for breast pump-dependent mothers with premature infants. *J Perinatol* 32, 103–110 (2012).
- 2 Torowicz,D.L., Seelhorst,A., Froh,E.B., & Spatz DL Human milk and breastfeeding outcomes in infants with congenital heart disease. *Breastfeed Med* 10, (2015).
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- 4 Kent,J.C., Ramsay,D.T., Doherty,D., Larsson,M., & Hartmann,P.E. Response of breasts to different stimulation patterns of an electric breast pump. *J Hum Lact* 19, 179–186 (2003).
- 5 Meier,P.P. et al. A comparison of the efficiency, efficacy, comfort, and convenience of two hospital-grade electric breast pumps for mothers of very low birthweight infants. *Breastfeed Med* 3, 141–150 (2008).
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- 7 Prime,D.K., Garbin,C.P., Hartmann,P.E., & Kent,J.C. Simultaneous breast expression in breastfeeding women is more efficacious than sequential breast expression. *Breastfeed Med* 7, 442–447 (2012).
- 8 Kent,J.C. et al. Volume and frequency of breastfeeds and fat content of breastmilk throughout the day. *Pediatrics* 117, e387-e395 (2006).

## Technical data and ordering information

Symphony breast pump	Symphony standard version	Symphony battery version
Art. Nr.	Variable*	Variable*
Contents	Symphony breast pump, Symphony PLUS program card, cord, bottle stand, instructions for use	Symphony breast pump with battery, Symphony PLUS program card, cord, bottle stand, instructions for use
Battery	–	Built-in (lead acid)
Dimensions (LxBxH)	215 x 155 x 245 mm	215 x 155 x 245 mm
Weight	2.9 kg	3.5 kg
Power supply	100 – 240 V ~ 50/60 Hz	100 – 240 V ~ 50/60 Hz
Warranty	3 years	3 years
Pumping program	Program description	Vacuum level and cycles
INITIATE program	Initiation technology to support pump-dependent mothers to successfully initiate milk production	Stimulation phase 1: –70 to –200 mmHg/120 cpm Stimulation phase 2: –70 to –200 mmHg/90 cpm Expression phase: –100 to –250 mmHg/34–54 cpm
MAINTAIN program	2-Phase Expression technology to assist mothers to build and maintain their milk production	Stimulation phase: –50 to –200 mmHg/120 cpm Expression phase: –50 to –250 mmHg/54–78 cpm
Optional accessories		
600.0832	Mobile stand	
810.0552	Bottle stand	
600.7073	Hard case	
600.0816	Card and cord protector	
928.1017	Car connection cable for Symphony	
Variable *	Pumping log for mothers of premature infants	
* depending on language, voltage and/or plug		

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 Medela AG  
Lättichstrasse 4b  
6341 Baar, Switzerland  
[www.medela.com](http://www.medela.com)

**International Sales**  
Medela AG  
Lättichstrasse 4b  
6341 Baar  
Switzerland  
Phone +41 41 562 51 51  
[www.medela.com](http://www.medela.com)

**Australia**  
Medela Australia Pty Ltd,  
Medical Technology  
3 Arco Lane,  
Heatherton, Vic 3202  
Australia  
Phone +61 3 9552 8600  
[contact@medela.com.au](mailto:contact@medela.com.au)  
[www.medela.com.au](http://www.medela.com.au)

**Canada**  
Medela Canada Inc.  
4160 Sladeview Crescent  
Unit # 8  
Mississauga, Ontario  
Canada L5L 0A1  
Phone +1 905 608 7272  
[info@medela.ca](mailto:info@medela.ca)  
[www.medela.ca](http://www.medela.ca)

**United Kingdom**  
Medela UK Ltd.  
Huntsman Drive  
Northbank Industrial Park  
Irlam, Manchester M44 5EG  
United Kingdom  
Phone +44 161 776 0400  
[info@medela.co.uk](mailto:info@medela.co.uk)  
[www.medela.co.uk](http://www.medela.co.uk)