

Breast Pump Resources



Use the resources below to learn more about breast pumps offered through the WA State WIC Program.

Ardo

- Alyssa Breast Pump – How to Use: [bit.ly/AlyssaBP1 \(Video\)](https://bit.ly/AlyssaBP1)
- Alyssa Breast Pump – How to Assemble: [bit.ly/AlyssaBP2 \(Video\)](https://bit.ly/AlyssaBP2)
- Alyssa Breast Pump – Operate from Phone: [bit.ly/AlyssaBP3 \(Video\)](https://bit.ly/AlyssaBP3)
- Bellis Quick Guide: [bit.ly/BellisGuide \(PDF\)](https://bit.ly/BellisGuide)
- Breast Shell Insert – How to Assemble: [bit.ly/Breast-shell \(Video\)](https://bit.ly/Breast-shell)
- Pumpset – How to Assemble: [bit.ly/Pumpset1 \(Video\)](https://bit.ly/Pumpset1)
- Pumpset – How to Disassemble and Clean: [bit.ly/Pumpset2 \(Video\)](https://bit.ly/Pumpset2)



Hygeia

- EnDeare, Case, Universal PAS Personal Accessory Set Instructions: [bit.ly/HygeiaHowTo4 \(Video\)](https://bit.ly/HygeiaHowTo4)
- EnDeare and EnJoye – How to attach a Personal Accessory Set: [bit.ly/HygeiaHowTo5 \(Video\)](https://bit.ly/HygeiaHowTo5)
- Enjoye, Evolve, and PRO Pump Videos: [bit.ly/HygeiaHowTo1 \(Webpage\)](https://bit.ly/HygeiaHowTo1) (English & Spanish)
- Evolve Pump – How to Operate: [bit.ly/HygeiaHowTo6 \(Video\)](https://bit.ly/HygeiaHowTo6) (English), [bit.ly/HygeiaHowTo6-SP \(Video\)](https://bit.ly/HygeiaHowTo6-SP) (Spanish)
- One-hand, 2-Phase Manual Breast Pump: [bit.ly/HygeiaHowTo3 \(Video\)](https://bit.ly/HygeiaHowTo3)
- Pro Breast Pump Instructional Video G2: [bit.ly/HygeiaHowTo2 \(Video\)](https://bit.ly/HygeiaHowTo2) (English), [bit.ly/HygeiaHowTo2-SP \(Video\)](https://bit.ly/HygeiaHowTo2-SP) (Spanish)



Lansinoh

- Breastmilk Collector Silicone Breast Pump: [bit.ly/LBCollector \(Video\)](https://bit.ly/LBCollector)
- Silicone Breast Pump Information: [bit.ly/LSiliconeBP \(PDF\)](https://bit.ly/LSiliconeBP)
- Smartpump 2.0: [bit.ly/smartpump2 \(Video\)](https://bit.ly/smartpump2)
- Smartpump 2.0 – How to Assemble: [bit.ly/LS2HowTo \(Video\)](https://bit.ly/LS2HowTo)
- Smartpump 2.0 Double Electric Breast Pump: [bit.ly/LS2double \(PDF\)](https://bit.ly/LS2double)
- Smartpump 3.0 – Introduction: [bit.ly/smartpump3 \(Video\)](https://bit.ly/smartpump3)



Medela

- Lactina Breast Pump – How to Assemble: [bit.ly/LactinaHowTo \(Video\)](https://bit.ly/LactinaHowTo)
- Pump In Style with MaxFlow Videos:
 - Get Started: [bit.ly/PSGet-Started \(Video\)](https://bit.ly/PSGet-Started)
 - How to Disassemble, Clean, Assemble, and Operate: [bit.ly/PSHow-To \(Video\)](https://bit.ly/PSHow-To)
 - Breast Shield Sizing: [bit.ly/PS-Shield \(Video\)](https://bit.ly/PS-Shield)
 - Troubleshoot Low or No Suction: [bit.ly/PS-Suction \(Video\)](https://bit.ly/PS-Suction)
 - Troubleshoot Power Issues: [bit.ly/PS-Power \(Video\)](https://bit.ly/PS-Power)



Medela (continued)

- Tubing and Adapter Change: bit.ly/PS-Tubing-Adapter (Video)
- Accessory Compatibility Video: bit.ly/PS-Accessory1 (Video)
- Accessory Compatibility Chart: bit.ly/PS-Accessory2 (PDF)

Rumble Tuff



- Breeze – Introduction: bit.ly/RTBreeze (Video)
- Breeze Pro Multi-User Guide: bit.ly/BPGuide1 (PDF)
- Breeze Pro Multi-User Breast Pump: bit.ly/BreezePro (Video)
- Expression Collection Combo Kits – How To Assemble: bit.ly/RTHowTo1 (Video)
- Sweet Essence Manual Breast Pump – How to Use and Assemble: bit.ly/RTHowTo2 (Video)
- Wave Form – Introduction: bit.ly/RTWaveForm (Video)

Unimom



- Opera Multi-User
 - Opera Video Guides & Tutorials: bit.ly/Opera-videos (Webpage)
 - Opera Hospital-Grade Portable Breast Pump – How to Use: bit.ly/OperaHG (Video)
 - Opera Quick Operation Guide: bit.ly/OperaGuide2 (Video)
 - Opera and Minuet Pump with Zomee’s Hands Free Collection Cups: bit.ly/OperaHF (Video)
- Silicone Hands Free Collection Cups – How to Assemble: bit.ly/SiliconeHF (Video)
- Zomee Guides & Tutorials: bit.ly/Zomee-videos (Webpage)
- Zomee Fit
 - Zomee Fit Wearable Breast Pump: bit.ly/ZFit (Video)
 - Zomee Fit – How To Assemble: bit.ly/ZFitHowTo1 (Video)
 - Zomee Fit – How To Clean: bit.ly/ZFitHowTo2 (Video)
- Zomee Hands Free Collection Cups – How to Assemble: bit.ly/ZomeeHF (Video)
- Zomee Z2
 - Z2 Presentation Booklet: bit.ly/Z2booklet (PDF)
 - Z2 Double Electric Breast Pump: bit.ly/Z2double (Video)
 - Z2 – How to Use: bit.ly/Z2HowTo1 (Video) (English), bit.ly/Z2HowTo1-SP (Video) (Spanish)
 - Z2 – How to Assemble: bit.ly/Z2HowTo2 (Video) (English), bit.ly/Z2HowTo2-SP (Video) (Spanish)
 - Z2 – How to Wash: bit.ly/Z2HowTo3 (Video) (English), bit.ly/Z2HowTo3-SP (Video) (Spanish)



DOH 961-1281 October 2023

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