

medela 

mother's milk,
everyday amazing™

Process optimisation

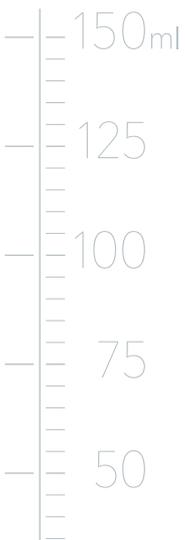


Making life easier for carers and mothers

The PersonalFit™ PLUS pump set for Symphony® delivers more streamlined, efficient processes on maternity and NICU wards, saving time and money. It also helps make it easier for healthcare professionals to provide mothers with the physical and emotional support they need, while ensuring infants receive all the benefits of an exclusive human milk diet.

PersonalFit™ PLUS pump sets for Symphony®

More milk. More comfort. More efficiency.



More milk when it counts

Not having enough human milk available on maternity and NICU wards can impact infant health. PersonalFit™ PLUS pump sets are clinically proven to remove 11% more milk after 15 minutes, compared to the standard design.¹ And when breastfeeding is impaired, using PersonalFit™ PLUS with the Symphony®'s unique suction patterns can help mothers successfully initiate and build adequate long-term milk production.²

For these reasons, PersonalFit™ PLUS improves the chance of infants receiving an exclusive human milk diet: especially crucial for vulnerable infants for whom every drop counts. For example, feeding human milk reduces the incidence and severity of a variety of infections, including necrotising enterocolitis.³

Having higher volumes of own mother's milk available can also mean:

- major reductions in NICU costs^{4,5}
- earlier transfer of infants from the NICU⁶
- earlier discharge thanks to reduced illness⁶ and enhanced neurodevelopment^{7,8}
- fewer hospital readmissions^{9,10}
- better long-term infant health outcomes¹¹
- reduced reliance on donor milk and formula¹²
- cost savings for hospitals¹³

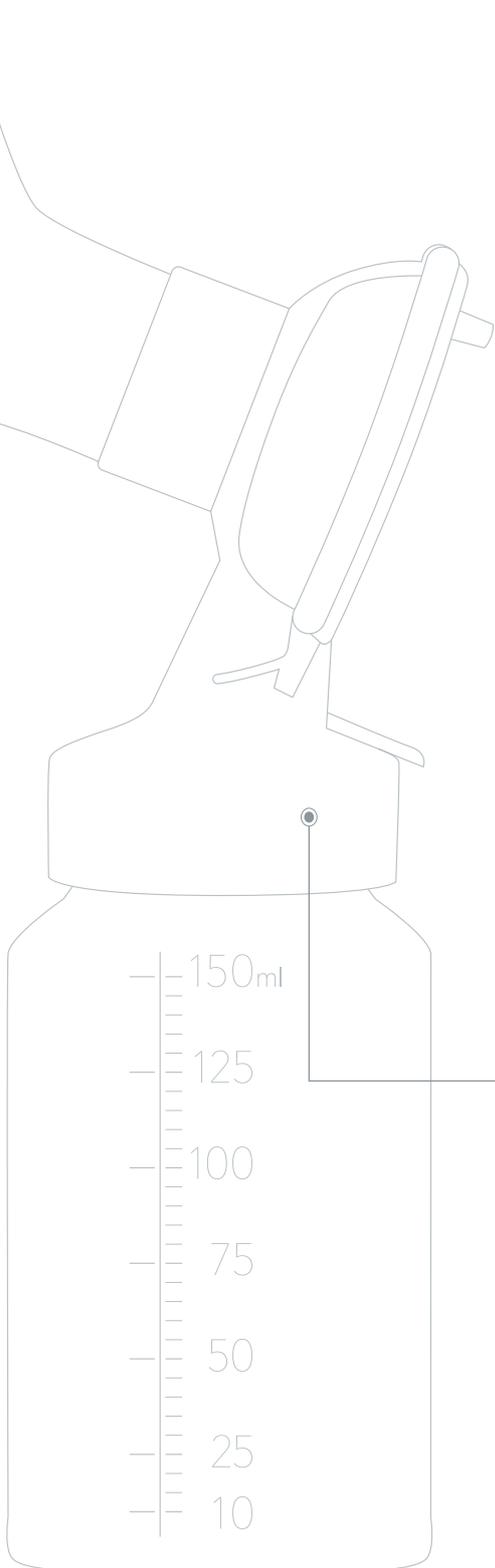
Increased patient satisfaction

As well as the practical efficiency benefits, PersonalFit™ PLUS is clinically proven to offer mothers a more comfortable pumping experience.¹ And when they use it with the evidence-based Symphony® breast pump,² they can be reassured they are optimally building their supply. This can help them feel more positive about pumping: ultimately supporting improved patient satisfaction scores.

If a mother needs to express at home long-term, using a PersonalFit™ PLUS pump set drives increased levels of satisfaction with rental breast pumps too.

Construction: Simpler and easier to handle

Because PersonalFit™ PLUS parts are larger than those of standard pump sets, they are easier to handle. There are also fewer of them to put together, disassemble and clean, which makes the milk expression process quicker, with less room for user error.



more milk = better health outcomes = cost savings

Process: Quicker and more streamlined



PersonalFit™ PLUS range

There are four types of PersonalFit™ PLUS pump sets for Symphony®.

- 1 Sterile disposable pump sets for hospitals that can be used straight from the packaging.
- 2 Ready-to-Use disposable pump sets for hospitals that can also be used straight from the packaging.
- 3 Reusable pump sets for hospitals that are multi-user products, suitable for reprocessing. They can also be sterilised in an autoclave.
- 4 Reusable pump sets that are single-user products for mothers who use a rented Symphony® at home.

An intuitive system

Disposable PersonalFit™ PLUS pump sets offer the easiest process. The user simply washes their hands, takes the parts from the packaging and assembles by:

1. slotting in breast shield
2. affixing tubing
3. screwing on collection bottle

The user then connects the pump set to the Symphony® and starts pumping.

This initial process is the same for all types of PersonalFit™ PLUS pump sets, although the reusable versions must be sanitised before first use and are put together slightly differently: full details are given in the instructions for use.

This straightforward, intuitive system means carers can spend less time giving instructions on pump set use, and more time focusing on mother and infant wellbeing.

Then, after each pumping session:

- Sterile single-use pump sets are disposed of immediately.
- Ready-to-Use pump sets can be used up to eight times within 24 hours before being disposed of. They are simply disassembled, cleaned, dried and reassembled between sessions.
- Reusable pump sets need sanitising once a day, and cleaning after each use as above. Reusable hospital pump sets also need reprocessing between each user. Procedures may differ depending on local regulations and hospital guidelines. Again, full details are in the instructions for use.



Next-generation hygiene



Human milk's remarkable antimicrobial, anti-inflammatory and immunomodulatory properties mean it plays a key role in supporting infants' immune systems.^{14,15} However, its management requires hygienic conditions to maintain quality and safety.

PersonalFit™ PLUS Ready-to-Use disposable pump sets are a safe, cost-effective choice that can be used with term infants, preterm infants, sick infants, and mothers.¹⁶ They are:

- formed at over 150 °C (302 °F) to destroy potential pathogens
- produced and packaged in a cleanroom under laminar flow, which creates an aseptic work area¹⁷
- microbiologically tested¹⁸ before release

PersonalFit™ PLUS Sterile disposable pump sets are available for markets where the use of non-sterile products is not permitted, or when sterile products are requested. They are:

- validated according to applicable standards^{18–21} for sterile medical devices
- treated with ethylene oxide – certified as sterile for entire shelf life
- sealed in individual sterile packaging

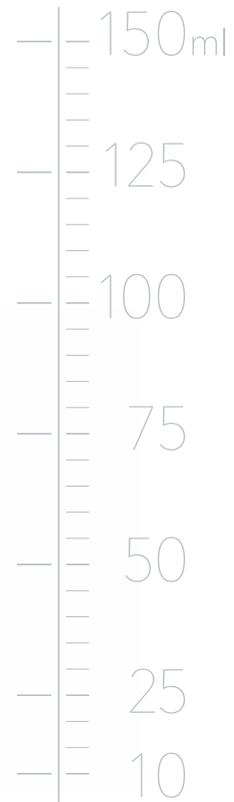
Protecting milk from contamination

All PersonalFit™ PLUS pump sets have overflow protection (also referred to as a closed system) for increased levels of hygiene. The membrane that provides the overflow protection fits simply into the pump set connector to help ensure milk cannot enter the tubing, even if the user is sitting back in a relaxed position.



Only Medela

Medela has always shared information and ideas with healthcare professionals, gaining a deep understanding of the challenges they face. Its Breastfeeding and Lactation Symposium is a platform for sharing these experiences and exchanging knowledge – insights Medela uses to develop enhanced pumping solutions and human milk feeding technology.



View the evidence

1 Prime DK et al. 6th ABM Europe Conference, Rotterdam, NL; 2018. **2** Meier PP et al. J Perinatol. 2012; 32(2):103–110. **3** Meier PP et al. Clin Perinatol. 2010; 37(1):217–245. **4** Johnson TJ et al. Adv Nutr. 2014; 5(2):207–212. **5** Johnson TJ et al. Neonatology. 2015; 107(4):271–276. **6** Schanler RJ et al. Pediatrics. 2005; 116(2):400–406. **7** Patra K et al. Neonatology. 2017; 112(4):330–336. **8** Lechner BE, Vohr BR. Clin Perinatol. 2017; 44(1):69–83. **9** Vohr BR et al. Pediatrics. 2006; 118(1):e115–e123. **10** Johnson TJ et al. J Perinatol. 2018. **11** Victoria CG et al. The Lancet. 2016; 387(10017):475–490. **12** Meier PP et al. Clin Perinatol. 2017; 44(1):1–22. **13** Mahon J et al. Health Econ Rev. 2016; 6(54). **14** Lobbok MH et al. Nat. Rev Immunol. 2004; 4(7):565–572. **15** Ballard O, Morrow AL. Pediatr Clin North Am. 2013; 60(1):49–74. **16** German Consulting Centre for Hospital Epidemiology and Infection Control (Deutsches Beratungszentrum für Hygiene). Conclusion of the Risk Assessment of the Production Method for Ready-to-Use Products (2014). **17** Laminar flow housing with air quality similar to EN ISO 8 or clean rooms EN ISO certified class 7 or 8 EN ISO 14644-1 Cleanrooms and associated controlled environments – Part 1: Classification of air cleanliness by particle Concentration. **18** EN ISO 11737-1: Sterilization of medical devices – Microbiological methods – Part 1: Determination of a population of microorganisms on products. **19** EN ISO 11607-1: Packaging for terminally sterilized medical devices – Part 1: Requirements for materials, sterile barrier systems and packaging systems. **20** EN ISO 11135-1: Sterilization of health care products – Ethylene oxide – Part 1: Requirements for development, validation and routine control of a sterilization process for medical devices. **21** EN ISO 11607-2: Packaging for terminally sterilized medical devices – Part 2: Validation requirements for forming, sealing and assembly processes.

Discover what PersonalFit™ PLUS can do for your next generation. Go to medela.com/pfp or contact your Medela representative