

# How PersonalFit™ PLUS for Symphony® delivers a positive pumping experience

## Preventing painful pumping

Pumping should not hurt. If it does, a poorly fitting breast shield is often the reason, potentially causing nipple rubbing and red skin marks. This can be frustrating and disheartening for mothers, and may even lead them to stopping pumping and feeding breast milk altogether.

This is why Medela has created the PersonalFit™ PLUS pump set with a unique breast shield design. Its aim is to make pumping as comfortable and satisfying as possible, so mothers can continue feeding their infants an exclusive human milk diet for as long as they wish.

## Optimising the anatomical match

Medela found a 105° breast shield flange better matched lactating breast anatomy, compared to the standard 90° flange angle.<sup>1</sup>

When mothers used it in clinical trials:<sup>2</sup>

**100%**

said it fitted the breast well

**83%**

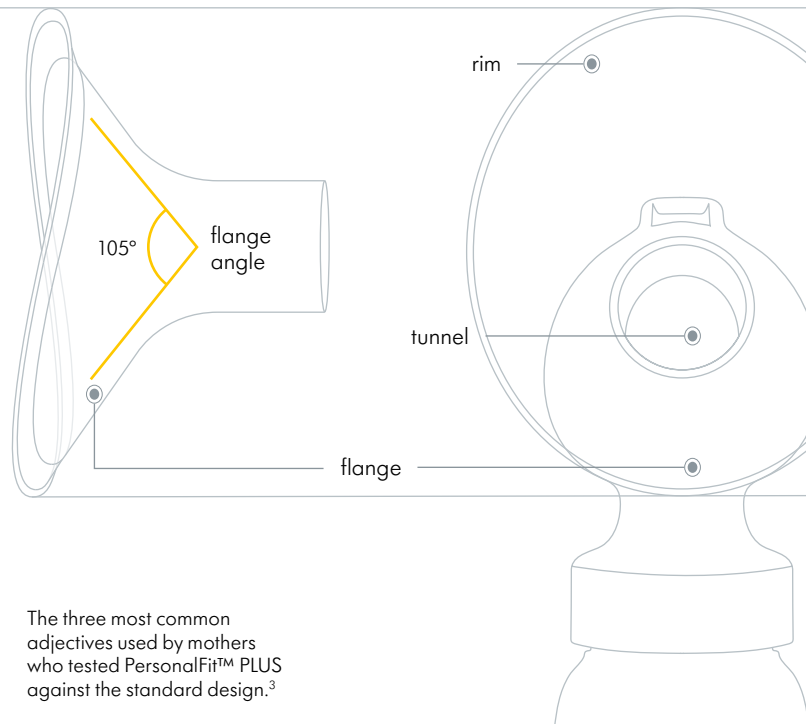
said expression felt more gentle and natural

**95.5%**

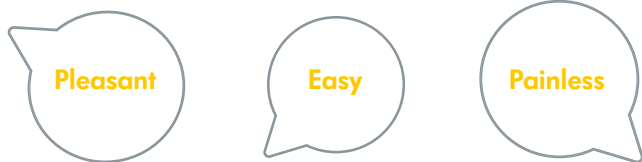
had minimal skin rubbing

**100%**

reported no or minimal skin pressure marks

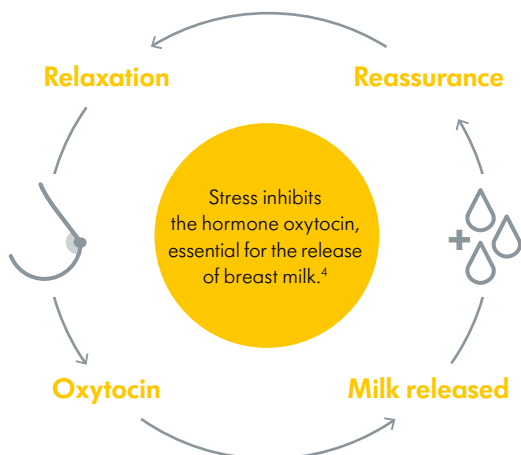


The three most common adjectives used by mothers who tested PersonalFit™ PLUS against the standard design.<sup>3</sup>



## Increasing milk volumes and satisfaction

The PersonalFit™ PLUS pump set has overflow protection (also referred to as a closed system) to prevent milk entering the tubing, so mothers can use it while sitting in a relaxed position.



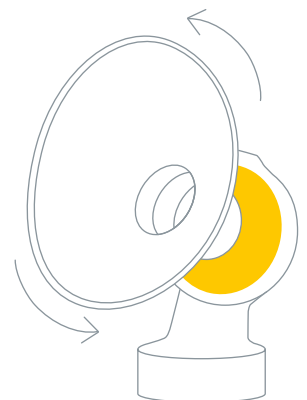
**11%**

more milk after 15 min

**4%**

more breast drainage

**360° rotatable shield**  
The breast shield's oval shape means mothers can position it on the breast in the orientation that is most comfortable for them.



PersonalFit™ PLUS is proven to obtain more milk than standard pump sets.<sup>5</sup> This helps reassure mothers: ultimately supporting increased satisfaction levels.

See the PersonalFit™ PLUS range at [medela.com/pfp](https://www.medela.com/pfp) and find more information at [medela.com/education-materials](https://www.medela.com/education-materials)

References 1 Schlienger A et al. Breastfeed Med. 2016; 11(2):A28-A29. 2 Clinical study. (NCT02492139). 2016. 3 Clinical study. (NCT02496429). 2015. 4 Newton M, Newton N. J Pediatr. 1948; 33(6):698-704. 5 Prime DK et al. 6th ABM Europe Conference, Rotterdam, NL; 2018.