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ARDO 63.00.73

ARDO Carum True Hospital Breast Pump

Model: 63.00.73

Introduction Safety Information Package Contents Setup Operating Instructions Cleaning & Maintenance Troubleshooting Specifications Warranty & Support

1. Introduction

This manual provides essential instructions for the safe and effective use of your ARDO Carum True Hospital Breast Pump. The Carum is designed to meet the demanding requirements of mothers and professionals, offering a professional-quality breast pump with advanced features for comfortable and efficient milk expression.
Please read this manual thoroughly before first use and keep it for future reference.

2. Important Safety Information

- Always use the breast pump according to the instructions provided in this manual.
- Ensure all components are clean and properly assembled before each use.
- Do not immerse the pump unit in water or other liquids.
- Keep the device out of reach of children.
- Use only ARDO original accessories and spare parts.
- If you experience pain or discomfort during pumping, consult a healthcare professional.
- The ARDO Carum features a closed system for total hygiene, preventing milk from entering the pump mechanism or tubing.

3. Package Contents

Your ARDO Carum True Hospital Breast Pump package includes the following items:

- Carum pump unit
- Power adapter
- Milk collection container(s)
- Bottle holder
- Easy Freeze holder

- Instructions for use (this manual)

4. Setup and Assembly

Follow these steps to set up your ARDO Carum breast pump for first use:

1. **Unpack the Unit:** Carefully remove all components from the packaging. Inspect for any damage.
2. **Clean Components:** Before first use, clean all parts that come into contact with breast milk according to the "Cleaning and Maintenance" section.
3. **Assemble the Collection Set:** Attach the breast shell to the connector, then connect the valve membrane and valve head. Screw the milk collection bottle onto the connector.
4. **Connect Tubing:** Connect one end of the silicone tubing to the breast shell connector and the other end to the appropriate port on the pump unit. For single pumping, use one port. For double pumping, connect two sets to both ports.
5. **Power Connection:** Plug the power adapter into the pump unit and then into a suitable electrical outlet.



Image: The ARDO Carum pump unit with milk collection bottles and tubing attached, ready for use. This illustrates the assembled pump system.

5. Operating Instructions

The ARDO Carum offers both stimulation and expression modes with independent vacuum and cycle adjustments.

1. **Power On:** Press the power button () to turn on the pump. The display will illuminate.
2. **Select Mode:** The pump typically starts in stimulation mode. You can switch between stimulation and expression modes using the dedicated button.

3. **Adjust Vacuum:** Use the "Vacuum" up (▲) and down (▼) arrows to adjust the suction strength to a comfortable level.
4. **Adjust Cycles:** Use the "Cycles" up (▲) and down (▼) arrows to adjust the pumping frequency.
5. **Sensitive Programme:** For painful or inflamed nipples, activate the "Sensitive Programme" which provides low and gentle starting cycle and vacuum settings.
6. **"Drop Zone" Feature:** In expression mode, the "Drop Zone" feature ensures a continuous flow of breast milk for efficient collection.
7. **Timer:** The integrated timer helps you monitor your pumping session duration.
8. **Power Off:** Press and hold the power button to turn off the pump.

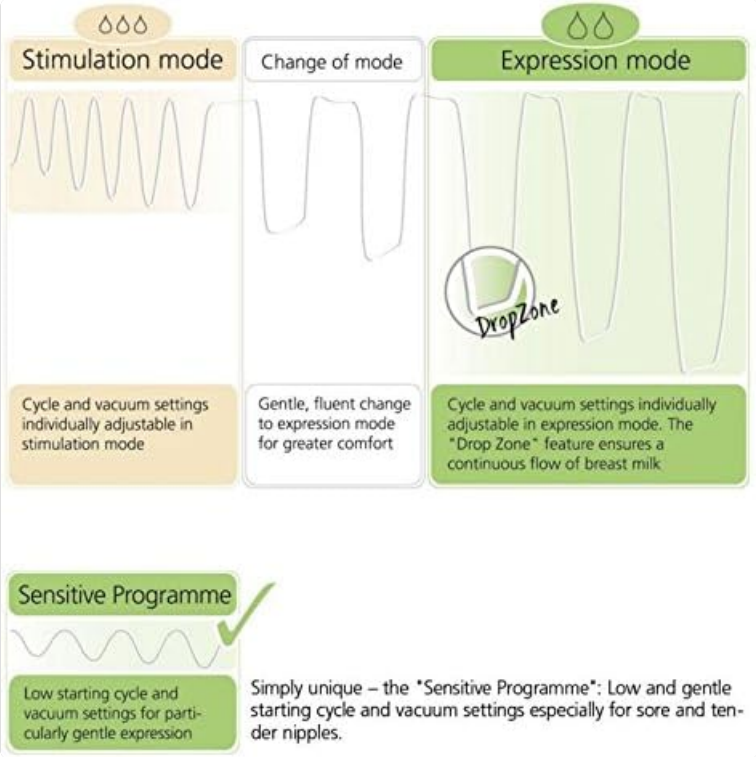


Image: A visual representation of the stimulation and expression modes, including the "Sensitive Programme" and "Drop Zone" feature, illustrating how vacuum and cycle settings are individually adjustable for comfort and efficiency.



Image: The main ARDO Carum pump unit, showcasing its ergonomic design and control panel with buttons for vacuum, cycles, and mode selection.

6. Cleaning and Maintenance

Proper cleaning and maintenance are crucial for hygiene and the longevity of your breast pump.

- **After Each Use:** Disassemble all parts that come into contact with breast milk (breast shells, connectors, valves, bottles). Wash them immediately in warm, soapy water. Rinse thoroughly with clean water.
- **Sterilization:** All milk-contacting parts are dishwasher safe. Alternatively, they can be sterilized by boiling in water for 5 minutes or using a steam sterilizer.
- **Pump Unit:** Wipe the main pump unit with a clean, damp cloth. Do not immerse the pump unit in water.
- **Tubing:** The ARDO Carum features a closed system, meaning milk should not enter the tubing. If milk or condensation is observed in the tubing, clean and dry it thoroughly before next use.
- **Storage:** Store the clean and dry pump and accessories in a clean, dry place when not in use.

7. Troubleshooting

If you encounter issues with your ARDO Carum breast pump, please refer to the following common solutions:

- **No Suction or Weak Suction:**
    - Check that all parts of the collection set are correctly assembled and securely fitted.
    - Ensure the valve membrane is not damaged or torn. Replace if necessary.

- Verify that the tubing is properly connected to both the pump unit and the breast shell connector, without kinks.
- Confirm that the breast shell forms a tight seal around your breast.

- **Pump Not Turning On:**
  - Ensure the power adapter is securely plugged into both the pump and the electrical outlet.
  - Check if the electrical outlet is functional.

- **Pain or Discomfort During Pumping:**
  - Reduce the vacuum level to a comfortable setting. Pumping should not be painful.
  - Ensure you are using the correct size breast shell. Consult a lactation consultant if unsure.
  - Try the "Sensitive Programme" for a gentler experience.

If the issue persists, please contact ARDO customer support.

8. Technical Specifications

Model Number	63.00.73
Brand	ARDO
Operation Mode	Electric
Power Source	Power Adapter
Item Weight	12 Pounds
Package Dimensions	15 x 10.5 x 9.5 inches
Material Type	BPA Free
Dishwasher Safe Parts	Yes (milk-contacting parts)
Additional Features	Closed System, Ergonomic, Painless, Rechargeable, Timer

9. Warranty and Customer Support

For warranty information, please refer to the documentation included with your product or visit the official ARDO website. ARDO offers protection plans for extended coverage.
If you require assistance, have questions, or need to report an issue, please contact ARDO customer support. Contact details can typically be found on the ARDO website or in the product packaging.

10. About ARDO

ARDO is a Swiss company dedicated to developing, producing, and distributing high-quality products that support mothers and newborns. With over 25 years of experience, ARDO focuses on meeting the needs of mothers and healthcare professionals through carefully designed and effective breastfeeding products.

Your browser does not support the video tag.

Video: An official video from ARDO, titled "We are Ardo!", providing an overview of the company's commitment to quality and support for breastfeeding mothers.

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