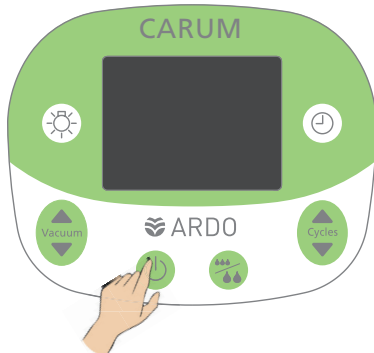


# QUICK GUIDE

## CARUM – THE FIRST STEPS

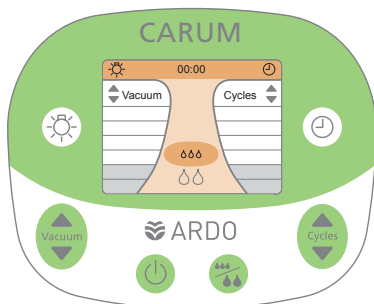
If you need help with your Ardo product, contact customer service at 844-411-ARDO (2736) or [support@ardo-usa.com](mailto:support@ardo-usa.com).

### 1 Switch on / switch off

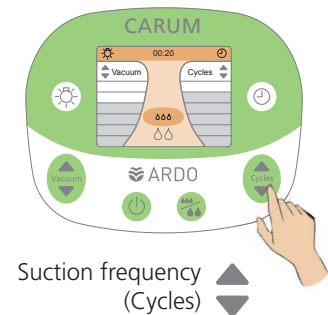
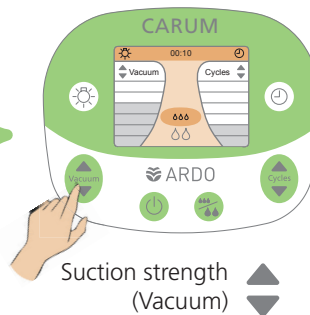


After switching the Carum on, the breastpump will start immediately with the stimulation mode.

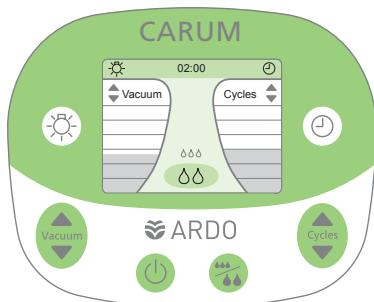
### 2 Stimulate (2 mins)



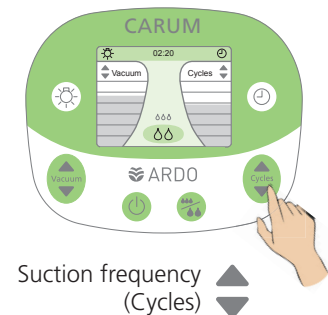
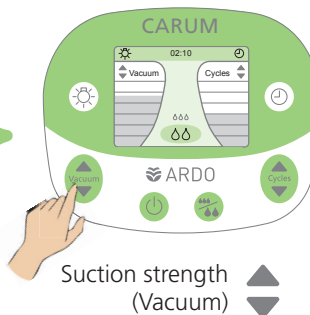
#### Individually adaptable



### 3 Express



#### Individually adaptable

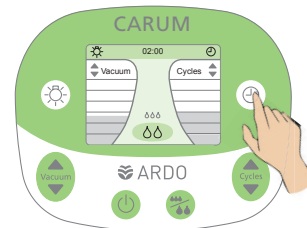


Videos showing the Ardo products can be found on YouTube, Facebook and on [www.ardo-usa.com](http://www.ardo-usa.com).

# ADDITIONAL FEATURES

## Timing / Time

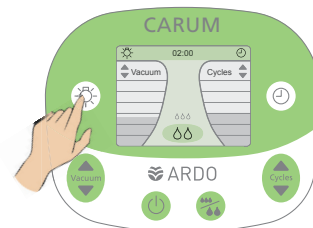
Timing starts automatically when the Carum is switched on. To stop timing, press the "time" button. The timer will be reset to 00:00 when the "time" button is pressed for a second time. Press the "time" button again to restart the timer.



## Dimming function

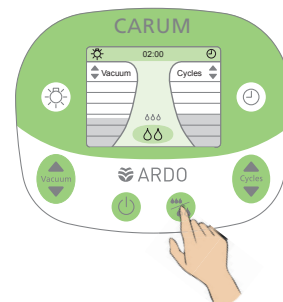
Using the Carum in a darkened room can be made more comfortable by dimming the intensity of the LCD. To reduce the intensity of the backlighting, press the "light" button once.

The dimming function can be turned on and off as required.



## Let-down reflex

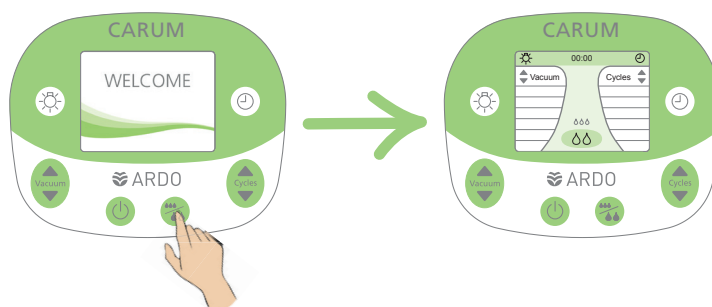
The let-down reflex can be triggered several times. If the milk flow falters, return to stimulation mode by pressing the "mode" button to prompt renewed milk flow.



## Sensitive Programme

The "Sensitive Programme" helps in the event of sore nipples – expressing with low-level vacuum and no prior stimulation mode.

- Activate the On/Off button.
- The "welcome" page will be displayed.
- Press the "mode" button while the "welcome" page is visible.



Express mode starts with an especially mild, gentle and low suction strength and suction frequency.

