

ardo alyssa double

DOUBLE ELECTRIC BREASTPUMP



Factsheet Ardo Alyssa / V02 / 10/2021

1. Intended use

The Ardo Alyssa electric breastpump is used to express and collect breast milk from lactating or, to be more precise, from breastfeeding women by generating a defined vacuum at the breast. It can be used for single or double pumping. The breastpump is intended for use indoors. The Ardo Alyssa breastpump is intended for a single user.

The breastpump also enables mothers to empty the breast in cases of engorgement and breast inflammation, or in case of sore, flat or inverted nipples. Ardo Alyssa is a medical device and comprises of the pump unit and the pumpset.

2. Features & Benefits

Efficient, simple and safe – that's the certified Ardo Alyssa Double breastpump. Developed for the needs of pumping mothers and adhering to the standards of electric medical devices, Ardo Alyssa Double is a reliable high-quality breastpump with a very user-friendly and intuitive interface.



Best care
for mothers

Compact, light and easy to use

Its compact size and robust construction makes Ardo Alyssa the ideal breastpump at home and on the go. The illuminated touch display is easy to use and clean.

Ardo Alyssa operation is very intuitive both on the breastpump and on the MyArdo App. Developed with mothers and lactation professionals Ardo Alyssa satisfies the needs of pumping mothers.

Save pumping history and duration with Memory Plus and access this at the touch of a button



Automatic Power Pumping

Automatic Power Pumping to increase the milk quantity

Ardo Alyssa is the first breastpump in the world with automatic Power Pumping. This function is based on the natural breastfeeding pattern called clusterfeeding, which achieves an increase of milk production through more frequent breastfeeding¹.

There are times, normally 2 or 3 hours in the evening, during which babies and small children need to be fed more often with shorter pauses. Through this sucking behaviour the prolactin (milk producing hormone) level stays high or even increases resulting in an increase of the milk quantity².

For this reason, professionals recommend Power Pumping to improve lactation or stabilise the milk production^{3,4,5}. The mother should express from both breasts⁶ once a day for an hour according to a simple expression-pause scheme^{5,7}: 20' pump - 10' pause - 10' pump - 10' pause - 10' pump.

Ardo Alyssa automatic Power Pumping, is a simple predefined one-hour interval pumping program imitating the clusterfeeding of a baby to increase milk production. The duration of the pumping phases and pauses is predefined, but the mother can adjust the vacuum and cycle settings at any time to her own personal needs.



1. Katharine R. Faulkner: Modeling milk production in the lactating period and the effect of feeding frequency on milk production, The university of British Columbia (2019)
2. Arnold LDW: Human Milk in the NICU: Policy Into Practice, Jones and Barlett Publishing, 2010; 143 -144).
3. Walker M: Breastfeeding Management for the Clinician – Using the evidence. 3. Aufl. Jones and Barlett Publishing, 2017; 444 – 445
4. Europäisches Institut für Stillen und Laktation (EISL): Skriptum «Gewinnen von Muttermilch per Hand und Milchpumpe. 2018
5. Andrea Hemmelmayr IBCLC, Laktation und Stillen 4-2016 HANDOUT, "Power Pumping" Superantrieb für die Milchproduktion. www.elacta.eu
6. Prime DK et al. Simultaneous breast expression in breastfeeding women is more efficacious than sequential breast expression. *Breastfeed Med.* 2012 Dec; 7(6):442-447.
7. <https://livingwithlowmilksupply.com/power-pumping-to-increase-milk-supply> (08.2021)



Memory Plus

Memory Plus – personalised expressing at the touch of a button

A pumping session is a personal combination of suction (vacuum) and speed (cycles) levels with variable duration. Once a mother finds the settings that are most comfortable for her, and with which the milk flows best, she can save the session by pressing the Memory Plus button. This not only saves the whole pumping session history but also automatically reproduces it when starting the breastpump the next time. When Ardo Alyssa is switched on it is possible at anytime to save a new session (touching Memory button until it beeps), exit Memory Plus mode (changing vacuum or cycle) and delete any saved session (touching Memory Plus button longer).



Remote control
via App

MyArdo app to control Ardo Alyssa and more

MyArdo app allows controlling the Ardo Alyssa breastpump comfortably from the smartphone. Vacuum and cycle levels, Memory Plus or Power Pumping can be controlled on iPhone or Android mobile. Additionally, the app offers important information on breastpump functions as well as useful tips on pumping. If the Ardo Alyssa is turned on but the pumpset is not connected it runs quietly but will not pump. This silent start enables you to connect to the MyArdo app without the breastpump being active. Ardo Alyssa also works without the app.



Rechargeable
battery

Rechargeable integrated battery for maximum mobility

Thanks to the integrated battery Ardo Alyssa can be used at home, at work and in any place independently from the availability of an electric socket. The Ardo Alyssa can also be operated when the pump is connected to the mains and is recharging. A fully charged battery allows to pump up to 8 times.



Individual
Phases

2-phases with individual settings

Ardo Alyssa operates in two phases based on the baby's sucking behaviour: stimulation mode and expression mode. In stimulation mode, the cycles (suction frequency) are fast while the vacuum level (suction level) is low to stimulate the let-down reflex. In expression mode, the vacuum is high and cycles are slow to allow an efficient flow of breast milk. Ardo Alyssa always starts in stimulation mode with gentle settings and changes to expression mode automatically after two minutes or manually at any time. In both phases, you have the possibility to choose independently between 8 suction levels (vacuum) and 8-speed levels (cycles) for a total of 64 different setting combinations in each phase.



Closed System

Closed system for maximum protection

The silicone pot integrated in the Ardo pumpsets ensures a 100% barrier for breast milk even from pathogens. The „Closed System“ technology protects the breasts, breast milk and the breastpump from contamination and guarantees optimal hygiene.





BPA & BPS
free

Safe and reliable

Being a medical device Ardo Alyssa is certified according to the standard defined in the directive 93/42/EEC concerning medical devices. Ardo medical AG's quality management system is monitored and certified by the notified body TÜV SÜD; this can be recognised from the CE-mark with number 0123.

All parts which come into contact with breast milk are BPA, BPS & phthalate free.

3. What's in the box



- A Ardo Alyssa breastpump
- B Power adapter with USB cable
- C Tube and tube connector
- D Breast shell insert 22 mm
- E Cap with liner
- F Adapter tube cover
- G Flexible membrane pot
- H Breast shell 26 mm
- I Lip valve
- J Bottle 150 ml
- K Bottle Stand