

ardo alyssa double

FREQUENTLY ASKED QUESTIONS



What does it mean when we say that Ardo Alyssa Double is a 2-phase breastpump?

Ardo Alyssa was developed based on babies' sucking behaviour. The stimulation mode with fast cycle (suction frequency) and low vacuum (suction strength) gets breast milk flowing or triggers the let-down reflex, while the expressing mode with slow cycle (suction frequency) and high, comfortable vacuum (suction strength) enables the efficient expressing of breast milk.

Which are the best vacuum and cycle settings?

Every woman is unique, and has different needs and sensibilities, so it is important to choose a breastpump that offers personalised settings. Ardo Alyssa starts with gentle settings to protect your breasts. You can adjust the level of vacuum (suction strength) and the speed of the cycle (suction frequency) at any time during each expressing phase (stimulation or expressing mode) to suit your needs. Pleasant non-painful settings of vacuum and cycle are very important for successful expressing results.

What is the difference between double pumping and single pumping?

In single pumping, milk is expressed from only one breast. Double pumping, on the other hand, involves expressing milk from both breasts at the same time. Ardo Alyssa Double is a double pump, but can also be used as a single pump.

It has been proven that double expressing allows more milk to be expressed in less time. But what is more important, is that expressing is comfortable.

Can I increase my milk quantity with Ardo Alyssa?

Yes, with Ardo Alyssa Double the amount of milk can be increased particularly well and in a short time, because this is not only a double pump, but also the first breastpump on the market with automatic Power Pumping.

What is automatic Power Pumping?

Automatic Power Pumping mimics cluster feeding, a baby breastfeeding behaviour that increases milk volume by sucking more frequently at the breast. These are periods in fact when babies and toddlers want to be breastfed frequently, interrupted by short breaks - usually in the early evening over 2-3 hours.

Automatic Power Pumping is a predefined one-hour interval expressing - expressing three times, interrupted by two relaxing pauses - which increases the amount of milk. While the duration of the expressing phases and the pauses are predefined, the mother can adjust the vacuum and cycle settings to her own personal requirements at any time.

How often should I use automatic Power Pumping?

Milk production is increased when Power Pumping is used 1 to 2 times a day for 3 to 4 days. Automatic Power Pumping can be used throughout breastfeeding if you want to increase milk production.

How does Memory Plus work?

Once you have found your ideal settings where your breast milk flows best and you express most successfully, you can use Memory Plus to save your ideal expressing history. All the settings you selected during expressing in both phases incl. their duration will be saved and the Ardo Alyssa will switch off.

The next time you turn on your Ardo Alyssa, it will automatically start in the expressing sequence you saved and turn off after the saved duration.

Can I change my Memory Plus settings?

You can manually change the vacuum and cycle values, redefine the duration of the expressing cycle, and save the new expressing cycle, at any time. This replaces the previous sequence. You can turn off Memory Plus at any time by touching the button longer until it switches off.

How long does it take to charge the Ardo Alyssa Double? How long can you express with it?

The Ardo Alyssa Double is fully charged after about 2 hours and can then be operated for about 2 hours, depending on the set intensity. With a fully charged battery, you can express about 8 times. Ardo Alyssa Double can also be charged while expressing. However, this increases the charging time.

How can I charge the Ardo Alyssa Double?

The opening for the charging cable in the Ardo Alyssa is behind the flap. The battery is automatically charged when connected to a power supply via the included USB power adapter. Use only the power adapter and USB cable supplied with the breastpump.

The indicator on the display shows the charging status of the battery.



Where can I download MyArdo App?

On which smartphones does the MyArdo app work?

MyArdo app is available for both iOS and Android operating systems in the respective app stores. MyArdo app works on Android on operating systems 9, 10 and 11+, while on the iPhone on operating systems 13+.

What does MyArdo app have to offer?

With MyArdo app you can operate all Ardo Alyssa Double functions and thus control the breastpump remotely. In addition, you can find important tips about expressing.

Is Bluetooth safe? Does it affect other devices?

Basically, all devices that have electronics or a wireless interface emit radiation.

To ensure that this is harmless and that devices do not interfere with each other, there are strict regulations. Ardo Alyssa has an integrated Bluetooth Low Energy (BLE) radio module that complies with all current regulations and has been thoroughly tested as part of the approval process.

What will happen to my data?

Your data is only stored locally in the app and will not be shared.

How can I clean my Ardo Alyssa Double?

Before cleaning, it is very important to always clean your hands thoroughly first.

Cleaning Ardo Alyssa

Before cleaning, make sure that Ardo Alyssa has been disconnected from the power supply. If necessary, you can wipe the device with a damp cloth and commercial washing-up liquid.

Cleaning pumpset

Wash the pumpset with washing-up liquid after each use and rinse thoroughly until clear. Boil the pumpset once a day in disassembled state for 10 min., or put it in the dishwasher, microwave (in microwave bag) or steam steriliser (according to manufacturer's instructions). After cleaning, dry it with a clean cloth and cover it.

The closure hose adapter and the hose can be wiped with a cloth if necessary. These parts should not be boiled.

What is the Ardo Alyssa Double closed system?

The closed system is built into the breast shell. This prevents the breast milk from becoming contaminated and, at the same time, prevents milk from entering the breastpump.

Is my Ardo Alyssa Double safe?

Ardo Alyssa Double is a medical device and as such it guarantees a very high level of safety, reliability and quality. Ardo Alyssa has been designed and manufactured in compliance with the relevant standards for electrical medical devices. The Ardo medical AG quality management system is monitored and certified by the notified body (TÜV SÜD).

All parts that come into contact with breast milk or the breast during expressing are suitable for medical devices and are free of BPA, BPS and phthalates.

The Ardo Alyssa Double sucks too weakly or not at all, what can I do?

Make sure that the pumpset is assembled correctly and is not damaged (see the "pumpsets and accessories" instructions for use) and check that the pumpset is plugged tightly into the breastpump.

Check that the battery is charged and make sure that the USB cable and power adapter are properly connected and plugged in.

My nipples hurt when I express. What can I do?

Expressing should not be painful. If it hurts, check the following possible causes:

- The vacuum is set too high: Adjust the vacuum and cycle settings to what feels comfortable to you.
- The nipples are not centred: Make sure your nipples are in the centre of the breast bell.
- The funnel of the breast bell is too small or too large: Check which is the right size for you.

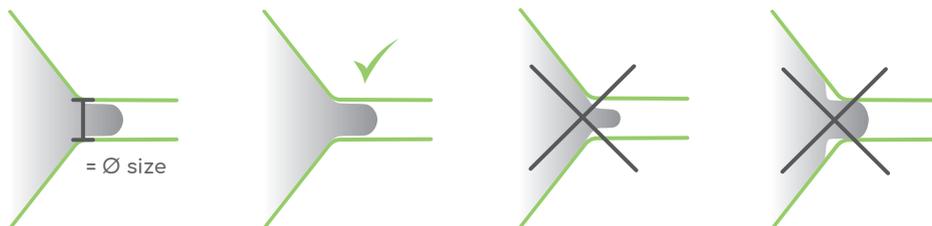
Which pumpsets can be used with Ardo Alyssa?

For successful expressing with Ardo Alyssa Double, it is important that you use only the original Alyssa pumpsets that you will find in the package. The adapter tube cover was especially developed for the Alyssa with a fixed lid insert (see illustration). Other Ardo pumpsets and third-party pumpsets are not suitable for expressing with Alyssa.



What breast shell sizes are there and how can I tell if they fit?

2 x 26 mm diameter breast shell and 2 x 22 mm diameter inserts are included in the Ardo Alyssa Double package. Ardo additionally offers breast shell sizes 31 mm and 36 mm. For the 31 mm breast shell, there is also a 28 mm insert and an Optiflow silicone insert.



The breast shell fits when:

- the nipple moves freely in the funnel and follows the rhythmic movements of the pump.
- there is no, or only a little, areolar tissue in the funnel.
- the breast milk flows and the breast feels soft all over after expressing.

Who can I contact if I have problems with my Ardo Alyssa Double?

If these steps do not help you, contact your point of purchase, dealer, a specialist, or Ardo Customer Service.

What comes with Ardo Alyssa Double?

With every Ardo Alyssa Double you get:

- One Ardo Alyssa breastpump
- 2 pumpsets each with a 150 ml bottle, a 26 mm breast shell with a 22 mm insert, flexible membrane pot, connecting parts and hose.
- 2 bottle stands
- A USB charging cable with power adapter

What are my warranty options with the Ardo Alyssa Double?

There are legally prescribed minimum warranty periods from the date of purchase that are specific for each country. Keep your proof of purchase for warranty purposes. The warranty coverage is limited to the first purchaser.