

# ardo alyssa double

The first double breastpump with  
automatic Power Pumping function  
to increase milk volume.

I am  
new



 ardo  
SWITZERLAND

# Developed by mothers for mothers



Every family is unique and every mother has her own personal experiences with her baby. We at Ardo endeavour to understand highly diverse needs and to provide day-to-day support for families with their very special circumstances.

The Ardo Alyssa Double breastpump was therefore developed specifically to meet the needs of mothers. A comprehensive international study asked 288 mothers from different age groups what they expected from a breastpump. Their answer was clear: A breastpump should be easy to operate, pump efficiently and function reliably and safely. Based on these requirements, we developed the new Alyssa breastpump – naturally in close collaboration with our Ardo mums and professionals.

As a result, Ardo Alyssa provides an efficient solution for increasing milk volume with its automatic Power Pumping function. It also combines user friendliness and individuality with its Memory Plus function that retrieves a saved personal pumping session at the touch of a button. Thanks to the MyArdo app, Ardo Alyssa can also be operated absolutely intuitively using a smartphone.

With Ardo Alyssa Double we satisfy mothers' requirements for efficiency, simplicity and safety – because Ardo medical AG is committed to ensuring that many babies can be fed with precious breast milk.

Samuel Krähenbühl,  
father of two and CEO of Ardo medical AG



# The new all-rounder from Ardo

Ardo Alyssa Double is the next generation breastpump: modern, user friendly and efficient – with the established quality and reliability of all Ardo breastpumps.

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

The image shows the Ardo Alyssa Double breastpump system, including two breast shells and a main pump unit. The pump unit has a touch display and various control buttons. Callouts with icons point to specific features of the device.

- Closed system with hygiene barrier integrated in pumpset** (Icon: two circular arrows forming a square)
- includes 2 breast shells sized 22+26 mm (further sizes available)** (Icon: two breast shells)
- Increase the milk volume through double pumping** (Icon: two arrows pointing up)
- BPA & BPS free** (Icon: a green leaf)
- Control Ardo Alyssa via smartphone using the MyArdo app** (Icon: a smartphone with a hand icon)
- Intuitive use with modern touch display** (Icon: a hand touching a screen)
- Save pumping history and duration with Memory Plus and access this at the touch of a button** (Icon: a document with a checkmark)
- Pump up to 8 times with integrated battery** (Icon: a battery with a plug)
- Increase in milk supply thanks to automatic Power Pumping** (Icon: a water drop with an upward arrow)
- Vacuum & cycle individually adjustable in every pumping phase** (Icon: a sine wave)
- 2-phase breastpump similar to the natural suction behaviour of babies** (Icon: two water drops above two more water drops)

# Compact, simple, mobile



Integrated  
battery

Thanks to its compact size and robust construction, Ardo Alyssa Double is the ideal breastpump for at home and on the go. Operating the Ardo Alyssa is user friendly and intuitive, whether using the touch display or the app.

The integrated rechargeable battery has enough capacity for up to eight pumping sessions with one charge, enabling mums to pump anywhere. Ardo Alyssa Double can also be charged while pumping, however, this will increase the charging time.

« The breast-pump functions fantastically and double pumping is super efficient. I was positively surprised by how much milk I was able to pump. »

L.F., UK

« I found the battery especially good. Now I can pump at work using Ardo Alyssa instead of using my manual breastpump. And I love using the save option. It means I can just lie back, relax and everything takes care of itself... :- ) »

I.K., Switzerland



## Two phases – individually adjustable



Individual phases

The two phases of the Ardo Alyssa Double – stimulation mode and expression mode – simulate the sucking behaviour of babies. The stimulation mode with fast cycle (suction frequency) and deep vacuum (suction strength) stimulates breast milk to flow respectively triggers the let-down reflex. The expression mode with slow cycle (suction frequency) and high, comfortable vacuum (suction strength) enables efficient expressing of breast milk. Ardo Alyssa Double always starts in stimulation mode with gentle settings and switches automatically to the expression mode after 2 minutes or manually when the mode button is tapped.

In both phases, you can choose between 8 vacuum levels and 8 independent cycle levels for a total of 64 different settings for each phase. Ardo Alyssa Double adapts to the individual needs of the mother at all times.

# Memory Plus – personalised pumping at the touch of a button



Memory Plus

A pumping session history is a very individual combination of suction strength (vacuum) and suction frequency (cycle) with different durations. Once a mother has found the ideal settings where her milk flows best, she can save them using the Memory Plus button. This function not only saves the entire pumping session history but also retrieves it at the next pumping session.

The Memory Plus function can be exited at any time by manually changing the vacuum or cycle. Saving a new pumping session history and deleting an old one can always be done when Ardo Alyssa Double is switched on.

## Memory Plus is so easy to use

EXPRESSING  
BREAST MILK



SAVE  
SESSION  
(button lights up)



REPLAY  
SESSION  
(button flashes)



# Increasing breast milk volume thanks to Power Pumping

Ardo Alyssa Double is the world's first breastpump with an automatic Power Pumping function.

This technique is based on cluster feeding, which is a baby's breast-feeding behaviour that increases milk volume by more frequent sucking at the breast<sup>1</sup>. There are times, usually over 2-3 hours in the early evening, when babies want to be breastfed more frequently, interrupted by short pauses. This natural breastfeeding pattern ensures that the level of prolactin (milk-producing hormone) stays high or is increased between the feeding phases, which leads to an overall

increase in the milk supply<sup>2</sup>. Power Pumping is based on this feeding pattern and is therefore recommended by professionals to improve milk production or to stabilise fluctuating milk volumes<sup>3,4,5</sup>. The mother pumps from both breasts<sup>6</sup> using the following pumping-pause sequence: 20 min pumping – 10 min pause – 10 min pumping – 10 min pause – 10 min pumping, repeating this sequence once a day over an hour<sup>5,7</sup>.





## Automatic Power Pumping

The automatic Power Pumping function of Ardo Alyssa Double is a predefined one-hour interval pumping that is based on a baby's cluster feeding and thus increases the volume of milk. While the length of the pumping phases and the pauses is predefined, the mother can adjust the vacuum and cycle settings to meet her own needs at any time.



- 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](http://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)

# MyArdo app – operate Ardo Alyssa and more



Remote control via app

Ardo Alyssa can be directly and simply operated by a smartphone using the MyArdo app. Thanks to the clear and straightforward graphics and detailed information about the different functions the MyArdo app is particularly user friendly and intuitive. In the app there are also lots of helpful tips for users about pumping.

Ardo Alyssa also works without the MyArdo app.







## Rely on Ardo Alyssa



Closed  
System

The flexible membrane pot in the Ardo pumpset creates a 100% barrier for breast milk and pathogens. The closed system protects breasts, breast milk and breastpump from contamination and guarantees optimal hygiene.



As a medical device, Ardo Alyssa provides maximum safety and satisfies Directive 93/42/EEC on medical devices. Ardo Alyssa is subject to the quality management system of Ardo medical AG, which is monitored by the notified body (TÜV SÜD).

# 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



BPA & BPS  
free

All parts that come into contact with breast milk or breasts during pumping are free from BPA, BPS and phthalates.

# Discover the world of Ardo



**ardo calypso**  
Single electric breastpump



**ardo calypso double plus**  
Double electric breastpump



**ardo calypso-to-go**  
Double electric breastpump



**ardo amaryll**  
Manual breastpump



**ardo alyssa**  
single pumpset



**ardo alyssa**  
double pumpset



**ardo tulips**  
Nipple shields



**ardo bottle set**  
Bottles for breast milk



**ardo easy store**  
Breast milk storage bags





## Ardo Breast Care

- **ardo care lanolin**  
Lanolin nipple cream
- **ardo care balm**  
Vegan nipple cream
- **ardo day & night pads**  
Single-use breast pads
- **ardo lilypadz**  
Reusable silicone breast pads





@ardomoms



@ardomoms



ardomedical.com/  
blog

Ardo medical AG  
Gewerbstrasse 19  
6314 Unterägeri  
Switzerland

Phone: +41 41 754 70 70  
Email: info@ardo.ch

More information at: [www.ardomedical.com](http://www.ardomedical.com)

 ardo  
SWITZERLAND