

SmartRhythm™ Pumping

How can using pumping rhythms help me?

You can use different pumping rhythms as your needs change through your pumping journey. For example, if you're feeling sensitive, you can choose **Slow and Gentle** rhythm. Or, if you have a heavier let-down, you can select **Express and Collect** rhythm, which helps your pump manage a heavier milk flow.

How do I choose a pumping rhythm?

You can choose the rhythm you want to use by tapping the (~) button on the control screen. From here, you can select one of the three new rhythms available. These rhythms are:

1. Multi-Switch
2. Catch and Collect
3. Slow and Gentle

The Elvie Original rhythm ("Single-Switch") is also available.

What can I expect when I use a pumping rhythm?

You may need more time to feel the difference between each pumping rhythm, so we recommend you try a rhythm for at least five consecutive sessions to see the effect.

Once you have chosen your rhythm and pressed play, your pump will always start in Stimulation mode. This is a faster speed to stimulate milk let-down. If it detects your let-down, Elvie Pump will automatically switch to Expression mode after two minutes or earlier. Expression mode is a slower pumping speed to keep the milk flowing after your let-down.

The Elvie logo is written in a lowercase, rounded, sans-serif font. The letter 'i' has a small dot above it.

What is "Multi-Switch?"

Multi-Switch is a rhythm designed for power pumping, where the pump repeatedly cycles between Stimulation and Expression modes every few minutes. This rhythm follows set timings, starting with Stimulation for 2 minutes, then moving to Expression for 7 minutes, and then the pattern repeats. You cannot manually change modes in-app while running this rhythm.

What is "Express and Collect?"

Catch and Collect is a rhythm designed for users with a heavy let-down. This rhythm helps the pump cope with a heavier milk flow. The pump will take a tiny pause for breath in between cycles, which gives more time for your milk to drain into your Bottles. In this rhythm, you can change between Stimulation and Expression modes whenever you like, using the (💧) symbol.

What is "Slow and Gentle?"

Slow and gentle is a rhythm designed for pumpers who feel sensitive or need a lighter touch to stimulate a let-down. The pump will suction more gently and ramp up the intensity more slowly. You can change between Stimulation and Expression modes whenever you like in this rhythm using the (💧) symbol.

How can I control intensity while using pumping rhythms?

Elvie Pump has 7 intensity levels for Stimulation and Expression modes for every rhythm. When you increase the intensity level, two things happen:

- The suction gets stronger
- The pumping cycles get slower

When you decrease the intensity levels, the opposite happens.

- The suction gets softer
- The pumping cycles get faster

It may feel logical to use a setting that pumps faster, but if you aren't getting enough suction to suit your needs, you may find you get better results using a stronger intensity setting, which will sound and feel slower.

Please keep in mind that more suction doesn't always mean more milk.

While higher suction works for some women, it's not universal. For some women, higher suction can even reduce milk volumes and cause discomfort and pain.

It's essential to experiment and find intensity settings that are right for you.

Can I set a different rhythm for each side?

If you are a double pumper, you will need to set your chosen rhythm on each of your pumps individually. You can choose to use different rhythms for each side if you want to.

Will my Elvie Pump remember what rhythm I selected during my last session?

Yes. If you select a rhythm, that rhythm will stay on your Pump until you choose to use a different one. Your chosen rhythm will stay on your pump even if you are not connected to the app for your next session.

How long will it take to choose a SmartRhythm™?

The first time you select the (~) button in the "Pump with Elvie" app, it can take up to 20 seconds to load the list of rhythms available to you. You will need to keep your phone close to your Pump while this loading process happens.

The next time you select the (~) button in the app, updating the SmartRhythm™ on your pump should take no more than a few seconds. You will need to keep your phone close to your Pump whenever you choose a new rhythm to put onto your Pump.

New SmartRhythm™ pumping

Optimize your milk output with 3 new rhythms



Multi-Switch
for power pumping



Express and Collect
for heavy letdowns



Slow and Gentle
for sensitive nipples

**New SmartRhythm technology will work on ALL Elvie
Double or Single pumps!**

All that is needed is an update to the Elvie App

**Using this feature will require the use of the APP to select
the desired setting**