

7.3 Preparing for double pumping

Information

Double pumping saves time and increases the nutritional value of the milk.

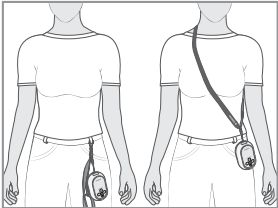
1. Insert short tubing ends into both connectors.
→ Correctly assembled system (for double pumping).

2. Place the breast shields on the breasts so that the nipple is properly centered in the tunnel.

3. Hold the breast shields and connectors onto your breasts with your thumbs and index fingers. Support your breasts with the palm of your hands.
Start pumping as described in **chapter 8.3**.

7.4 Wearing your breast pump

With the lanyard the breast pump can be worn cross-body or on the waist.



8. Operating your breast pump

2-Phase Expression™ 2 PHASE EXPRESSION Through research, Medela found that babies nurse in 2 phases – Stimulation and Expression. This research is the basis for the technology in all Medela breast pumps.	
Stimulation phase	Fast sucking/pumping mode to stimulate milk flow.
Expression phase	Slower sucking/pumping mode for gentle and efficient milk removal after milk has started flowing.
Maximum Comfort Vacuum	Highest vacuum setting where pumping still feels comfortable. Different for every mother.
Let-down	The reflex that makes the milk begin to flow from the breast.

8.2 Operating and display elements

Let-down button

Increase vacuum button

Decrease vacuum button

On/Off/Pause button

Display elements

Vacuum level display

Stimulation phase indicator

Time display

Expression phase indicator

Battery level indicator

User guidance:

The control and display elements are not visible at all times. When the breast pump is switched on, the active elements light up.

Power and battery status display	
	The battery display shows the state of the battery and its charging level. → The display of all three bars indicates that the battery is full.
	With decreasing battery capacity fewer bars appear. → Two bars: approx. 70% of the capacity is remaining. → One bar: approx. 35% of the capacity is remaining.
	→ When the breast pump's last single bar is flashing, it indicates that the battery is almost empty.

8.3 Expressing your breast milk

CAUTION

Do not try to express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.
Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful.

NOTICE

Make sure that the tubing is not kinked or pinched while pumping.

1. If not already done, connect your assembled pump set to the tubing port on the front of the breast pump.

2. Make sure that the pump set is connected and positioned properly.

3. Long press the On/Off/Pause button  on the front until the lights on the screen turn on, then release the button.
→ The breast pump starts in the Stimulation phase.

4. Adjust the vacuum with the Increase vacuum  and Decrease vacuum  buttons to find a comfortable level in Stimulation phase.

5. As soon as your milk begins to flow, press the Let-down button  to go to the Expression phase.
→ The breast pump proceeds with the Expression phase.
→ If the Let-down button  is not pressed within one minute, your breast pump will automatically go to Expression phase.

6. Adjust the vacuum with the Increase vacuum  and Decrease vacuum  buttons to find your Maximum Comfort Vacuum in Expression phase.

Finding your Maximum Comfort Vacuum

Maximum Comfort Vacuum is the highest vacuum level where pumping still feels comfortable.

1. Once you are pumping in the Expression Phase, increase the vacuum with the  button until pumping feels slightly uncomfortable (not painful).
2. Then decrease the vacuum slightly with one press of the  button.

Information

The pump is not designed to be used while lying down or sleeping. However, you can slightly lean forward or backward during your pumping session.
The maximum volume/capacity for the collection cup is 150ml. When this limit is exceeded, transfer the milk to a bottle before continuing to express.

35°

30°

7. When your pumping session is over, press the On/Off/Pause button  to stop the pumping operation.
→ The breast pump stops automatically after 30 minutes if there is no user interaction with the pump. The breast pump will automatically switch off after 10 minutes of pausing.

8. Long press the On/Off/Pause button  on the front to switch the breast pump off.

Pausing

In both Stimulation and Expression phase the breast pump can be paused. This allows you to readjust yourself or your bottles, or attend to your surroundings.

1. For pausing, shortly press the On/Off/Pause button  while the breast pump is running.
2. To resume pumping, shortly press the On/Off/Pause button  again.

If you want to start a completely new pump session, switch the breast pump off. Long press On/Off/Pause button  to start again.

Information

This breast pump will automatically turn off after working 30 minutes. The breast pump will automatically switch off after 10 minutes of pausing.
To resume pumping, you will need to start a new session.
If you need to pause for more than 10 minutes, we recommend restarting with Stimulation phase.

9. Storing and thawing breast milk

9.1 General storage guidelines

Refer to www.medela.com for a recommendation on storing and thawing of breast milk.

10. Maintenance and care

10.1 Battery maintenance

This appliance contains batteries that are non-replaceable. When the battery is at end of life, the appliance shall be properly disposed of.

NOTICE

When connected to the power source, the device cannot be used. Allow the battery to charge before use.

CAUTION

Please use the charging USB-C cable provided with this product. Do not plug the charging USB-C cable of any other manufacturer into the motor for use, so as not to cause damage to the motor.
Please use adapter, select the adapter with input voltage AC100-240V and output DC 5V and 2.5A.
Do not disassemble, knock, squeeze or put in the fire. Some components in lithium-ion batteries are flammable and harmful, which can cause injury, fire, crack or explosion.
Do not place in high temperature environment.
Do not continue to use, if severe swelling occurs.
Do not replace the battery by yourself so as to avoid battery overheating, fire, or personal injury.
Do not remove, open, cut, or pierce a battery or battery pack with metal.
Do not charge the battery pack for long time. The battery must be removed from the device before discarding it.
Lithium-ion batteries can only be replaced by our company or authorized service providers. There is a risk of explosion if you replace batteries with wrong models. The device must be powered off when the battery is removed. Dispose of waste batteries or battery packs in accordance with national environmental regulations.

NOTICE

Be aware of the risk of USB-C socket of the pump or battery being shortcircuited by metal objects or fluids.

Information

To preserve the battery life cycle:
Keep your breast pump in a cool place.
Recharge the battery before it completely drains. This is better for the life cycle of the battery.
Fully charge the battery before storing your breast pump. Refer to **chapter 8.2** for information on the battery charging state.
If your breast pump has been stored in a hot location, it may not run on battery power right away. To resume normal battery function, allow the breast pump to cool down for one hour. During this time, you can power your breast pump with the power adapter plugged into a wall outlet.

Traveling internationally

Information

While traveling, use the USB-C cable provided and pair with the appropriate USB power source for your current location. This breast pump has a lithium-ion battery. Carrying such batteries on airplanes may be restricted by the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to traveling with lithium-ion batteries. Be aware that the performance of [product name] may be affected by the external environment, in view of the uncertainty and instability of the travel environment.

10.2 Long-term storage

For long-term storage keep the pump in a dry and cool place.

Before storing your breast pump for an extended amount of time remember to:

Clean the the pump set and bottles (refer to **chapter 5**)

Clean the motor unit (refer to **chapter 5.5**)

Make sure that the battery is charged (see below)

It is best to fully charge the battery before storing your breast pump for an extended period of time. Refer to **chapter 8.2** for information on the battery charging state.

CAUTION

If the product is not used for a long time, the battery will run out of power. It needs to be plugged in for reactivation. After plugging in the power, wait for ten minutes for the screen to light up to indicate that it has been activated.

11. Troubleshooting

In case of an unexpected behaviour of your breast pump check with the troubleshooting table if you find the issue in the column "Problem" and follow the instructions in the column "Solution".

Problem	Solution
The display does not light up after you pressed the On/Off/Pause button	• Make sure that the breast pump is connected to a properly working power supply. • If there is still no change, contact the Medela Customer Service.
The timer does not count up after you pressed the On/Off/Pause button	• Contact the Medela Customer Service.
The breast pump generates no vacuum (motor not working) after you pressed the On/Off/Pause button	• Make sure that the breast pump is switched on. • Contact the Medela Customer Service.
The breast pump generates only constant vacuum instead of sucking cycles	• Contact the Medela Customer Service.
The breast pump stops operation or cannot be turned on	• The breast pump refuses operation due to battery over-heating. Allow the motor unit to cool down, then restart the breast pump.
There is low or no suction	• Make sure all breast pump kit components are clean and dry and connections are secure. • Make sure the membranes are placed in the connector caps correctly and the connector caps are shut tightly. • Make sure the breast pump shields are pushed into the connector caps tightly. • While pumping, make sure the breast shields form a complete seal around the breast. • When single pumping, make sure the unused tubing end is correctly plugged into the tubing holder. • If suction does not improve, contact Medela Customer Service.
The breast pump is not responding as expected	• Contact the Medela Customer Service.
The breast pump exterior got wet	• Unplug the breast pump from the power source and switch it off. • Dry off the exterior of the breast pump.
The breast pump has been submerged in water	• Unplug the breast pump from the power source and switch it off. • Contact Medela Customer Service.

If you have not resolved the problem with your breast pump or you have further questions, please contact Medela Customer Service. For contact data visit www.medela.com. Under "Contact" choose your country.

12. Warranty

The device contains no user serviceable parts inside. Opening or tampering with this device will void the warranty. Find information on the international warranty on www.medela.com/ewarranty.

13. Disposal

Disposal of your breast pump

At the end of its operating life, separate all the parts of your breast pump.

Breast shields, outer shells and tubing are made of plastic. Membranes are made of silicone. You may follow separate collection according to local collection and recycling systems.

Motor unit, power adapter (not provided) and USB-C cable (provided) (electronic equipment) may contain hazardous substances and are not allowed to dispose of together with unsorted municipal waste. The integrated battery must not be removed for disposal. If the battery should leak, the breast pump must be disposed of.

Electrical and electronic products (EEE) are indicated with the following symbol:



In the European Union, United Kingdom and Switzerland the manufacturer or its vendor must take back EEE waste equipment, other countries may have similar collection and recycling systems. This appliance contains batteries that are non-replaceable and must not be removed for disposal.

NOTICE

Dispose of waste equipment according to local regulations. Inquire at the point of sale or contact your local authority for appropriate collection points for waste equipment. The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

14. Meaning of symbols

The following tables explain the meaning of the symbols found on the product parts and its packaging.

	Indicates the manufacturer.		Indicates the catalogue number.
	Indicates the serial number.		Indicates the batch code / lot number.
	Indicates the date of manufacture.		General safety alert symbol, points to information related to safety.
	Keep away from rain. Keep in dry conditions.		Keep away from sunlight.
	The packaging contains products intended to come in contact with food according to Regulation (EC) No 1935/2004.		Indicates that the contents of the transport package are fragile and the package shall be handled with care.
	Indicates that the package is capable of being recycled.		Indicates the material from which an item is made.
	Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).		Indicates the need for the user to consult the instructions for use.
	Defines a relative humidity range.		Defines a temperature range.
	Defines an atmospheric pressure range.		Indicates the degree of protection against ingress of foreign objects and moisture.
	Indicates direct current.		

Country specific	
	Indicates compliance with the EU requirements for household and similar electric appliance.
	Indicates that the device is UK conformity assessed.
	The Regulatory Compliance Mark indicates the compliance with Australian EMC and radio transmission requirements.
	Indicates that the product in the package meets the requirements of Standard GB4806 and is intended to be in direct contact with food.

15. International regulations

15.1 Electromagnetic compatibility (EMC)

The Freestyle™ Mini breast pump complies with all requirements of the relevant standards and regulations with regard to electromagnetic emission and immunity to interference.

WARNING

The Freestyle™ Mini breast pump should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the Freestyle™ Mini breast pump should be observed to verify normal operation in the configuration in which it will be used. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect the electric breast pump and should be kept at a distance of at least 30 cm away from the device.

16. Technical specifications

Summary of important technical specifications

Rated atmospheric Pressure: 850HPa-1060HPa;
-60 to -290 mmHg, ± 20mmHg (-80 to -386 HPa, ±26 HPa
45 to 111 cpm, ±5 cpm
(Double pumping)
-65 to -255 mmHg, ± 20mmHg (-86 to -340 HPa, ±26 HPa)
45 to 111 cpm, ± 5cpm
(Single pumping)

40°C

Operating temperature range
5°C to 40°C

80%

Operating humidity range
(20% to 80% relative humidity)

1060 HPa

Ambient pressure range
(850HPa to 1060HPa)

55°C

Transport/storage
temperature range
-20°C to 55°C

80%

Transport/storage
humidity range
(20% to 80% relative humidity)

Input	5 V  2.5 A 12.5 W
No-load power consumption	Lower than 0.1 W
Motor unit	
Battery capacity and type	2200mAh Lithium-ion, Size 18650
Size	113x68x42 mm, ±1 mm
Weight	205 g ±10g

Materials touching skin or coming in contact with milk

- Breast shield: Polypropylene, thermoplastic elastomer
- Connector: Polypropylene, silicone
- Bottle: Polypropylene
- Lid: Polypropylene
- Membrane : Silicone

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