

*#1 choice  
of hospitals  
& mothers™*

# Freestyle®

EN Instructions | FR Instructions  
#27260



Thank you for choosing the Freestyle Breastpump. Breastmilk is the natural choice for your baby, but there are reasons and situations where breastfeeding is not possible. For over 50 years, it has been Medela's conviction that these mothers and babies can be supported. In close co-operation with breastfeeding experts, Medela, one of the market leaders, has researched and developed breastpumps that perfectly meet breastfeeding mothers needs. For mothers who insist on the best for their babies and themselves. Because you care.

Medela vous remercie d'avoir acheté un tire-lait Freestyle. Le lait maternel est le meilleur aliment pour votre enfant, mais il existe de nombreuses raisons et circonstances pour lesquelles l'allaitement au sein n'est pas possible. Depuis plus de 50 ans, l'objectif de Medela, un des leaders sur le marché des tire-laits et accessoires pour l'allaitement, est de soutenir le bien-être des mamans et de leur bébé. Medela a développé des tire-laits qui répondent de façon optimale aux besoins des mamans allaitantes, en collaboration avec des experts de l'allaitement et des chercheurs avant-gardistes. Pour les mamans qui ne veulent que le meilleur pour elles et pour leur bébé. "Parce que c'est important pour vous".

EN

04-47

FR

48-91

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#1 Choice of Hospitals & Mothers, PersonalFit, Tender Care, Harmony, Swing, Pump & Save, et Maximum Comfort Vacuum sont des marques de commerce de Medela, Inc. Medela, Calma, Symphony, 2-Phase Expression, Freestyle, et Pump In Style sont des marques déposées de Medela Holding AG.

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Take a moment to read through this entire instruction manual before using this product for the first time.

PLEASE SAVE THESE INSTRUCTIONS

## Glossary of Terms

**2-Phase Expression Technology** – patented research based technology exclusive to Medela that mimics a baby's natural nursing rhythm.

**Stimulation Phase** – fast sucking/pumping rhythm to stimulate the milk ejection reflex and to start the milk flowing.

**Expression Phase** – slower sucking/pumping rhythm for gentle and efficient milk removal as quickly as possible.

**Maximum Comfort Vacuum™** – highest vacuum setting where a mother still feels comfortable during breastpumping. It is different for every mother.

The warning symbol identifies all instructions that are important to safety. Failure to observe these instructions can lead to injury or damage to the breastpump. When used in conjunction with the following words, the warning symbols stand for:



**WARNING** – Can lead to serious injury or death.



**CAUTION** – Can lead to minor injury.



**NOTE** – Can lead to material damage.



**INFO** – Useful or important information that is not related to safety.



## NOTE

If you have medical reasons or other needs for exclusively breastpumping and you have not established your breastmilk supply, it is recommended that you use the hospital grade breastpump Symphony with the Initiation/Preemie+ Program Card.

To learn more, visit [www.medela.ca/symphony](http://www.medela.ca/symphony).

# 1. Intended Use / Population Contraindication

For lactating women to express and collect milk from their breasts.

## Intended patient population/user

Adolescent pediatric or adult lactating women. Many women find it convenient, or even necessary, to use a breastpump to express and store their breastmilk once they have returned to work, are traveling or are otherwise separated from their baby. Women are often delighted to learn that a breastpump can be used as a supplement to breastfeeding and that some breastpumps are designed to mimic the suckling of a nursing baby.

## Contraindications

There are no known contraindications for the Freestyle breastpump.

## 2. Product Descriptions

### Freestyle 27260

Freestyle is a personal use electric breastpump with 2-Phase Expression technology designed to get more milk in less time and to maintain an established breastmilk supply. Freestyle is capable of single and double breastpumping.



# Product Description

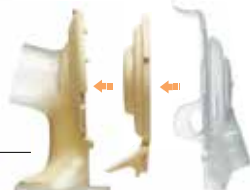
## 2x PersonalFit breastshield (24mm)

(for other breastshield sizes see Section 4.2)



## 2x Freestyle connector assembly

(connector, membrane, back cap)



## 1x AC/DC transformer

## 1x rechargeable lithium ion battery



## 4x solid lids



## 1x ice pack



## 1x cooler bag



## 4x bottles



## 1x hands-free kit

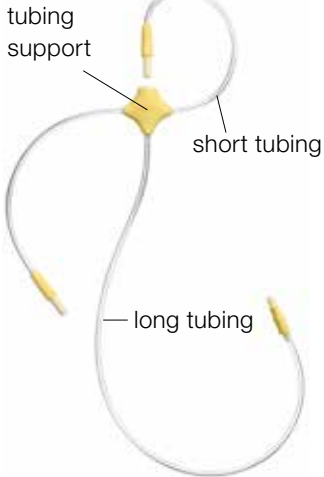
### 2x strap sets



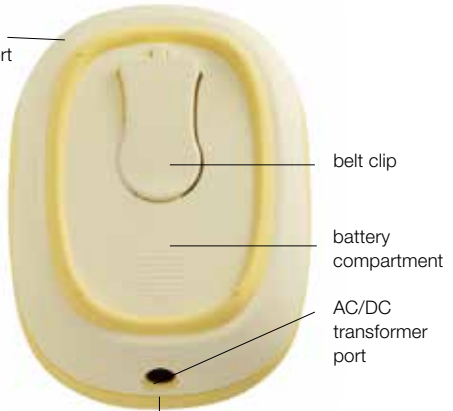
### 4x clasp adaptors



## 1x Freestyle tubing



Freestyle tubing port



## 1x motor unit

reduce vacuum

increase vacuum

power indicator

stimulation phase indicator

memory "on" indicator

let-down button

+

expression phase indicator

battery indicator

timer

memory function key

on/off button

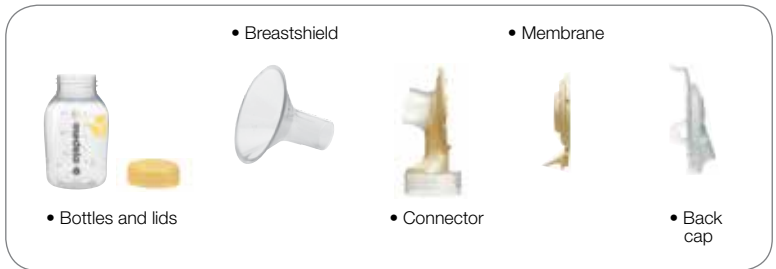
## 1x Freestyle tote bag



## 3. Cleaning

### 3.1 Before using for the first time and once a day

Clean and disinfect the parts below. Ensure you clean and disinfect these parts at least once per day.



#### NOTE

Freestyle tubing doesn't require regular cleaning maintenance because the media separation system prevents milk from entering the tubing. If you live in an area with high humidity, you may find that your tubing sometimes has condensation after use. If this is occurring, please refer to section 8 for instructions on removing condensation from your tubing. Using your freestyle while condensation is present may cause damage to your motor.

- Supplies Needed:**
- clean dish towel or soft brush
  - clean sink or bowl
  - drinking quality water



Wash hands thoroughly.



Disassemble the breast pump kit into individual parts.



Cover all parts with water, bring water to a boil and boil for 5 minutes. Allow water to cool and gently remove parts from water with tongs.



For subsequent uses, you can use a Medela Quick Clean Micro-Steam bag in the microwave in accordance with the instructions for daily disinfection.



Dry with a clean cloth or leave to dry on a clean cloth.



- | Allow all parts to air dry.
- | Store dry parts when not in use.
- | Do NOT store wet or damp parts.

## 3. Cleaning (cont.)

### 3.2 After each use

Clean all parts that come in contact with your breast and breastmilk. See image in Section 3.1.



#### NOTE

- | Wash breastpump kit parts after each use.
- | Disinfect cleaned breastpump kit parts once daily.
- | The breastpump kit requires no maintenance.
- | Take care not to damage parts of the breastpump kit during cleaning.
- | If the individual components of the breastpump kit are cleaned in a dish washer, parts may be discoloured by food pigments. This has no impact on the function.
- | Store the dry breastpump kit in a clean bag/bottle until next use.



#### CAUTION

- | Do not store wet or damp parts as mold may develop.

- Supplies Needed:**
- mild dish soap
  - clean dish towel or soft brush
  - clean sink or bowl
  - drinking quality water



Disassemble the breastpump kit into individual parts.



Rinse all separated parts with cold, clear water (approx. 20 °C) in order to remove breastmilk protein residue.



Clean all parts with plenty of warm soapy water (approx. 30 °C).

- | Soak all separated parts in warm soapy water for 5 minutes.
- | Clean with a clean dish-cloth or soft brush.



Rinse all separated parts with cold clear water for 10 - 15 seconds.



Dry with a clean cloth or leave to dry on a clean cloth.

- | Allow all parts to air dry.
- | Store dry parts when not in use.
- | Do NOT store wet or damp parts.

**★ Or (as an alternative to steps 3 and 4)**

- | Wash all separated parts on top rack of dishwasher.
- | Allow all breastpump parts to air dry in a clean area.
- | Store dry parts when not in use.

## 3. Cleaning (cont.)

### 3.3 Motor unit cleaning



#### NOTE

| Unplug breastpump from power source.



#### CAUTION

| Do not store wet or damp parts as mold may develop.

| Do not immerse breastpump in water or allow breastpump to become wet.

- Supplies Needed:**
- clean dish towel or soft brush
  - drinking quality water



Turn off breastpump.



Unplug breastpump from power source.



Remove tubing by pulling straight out of tubing ports. Do not wiggle or pull tubing at an angle.



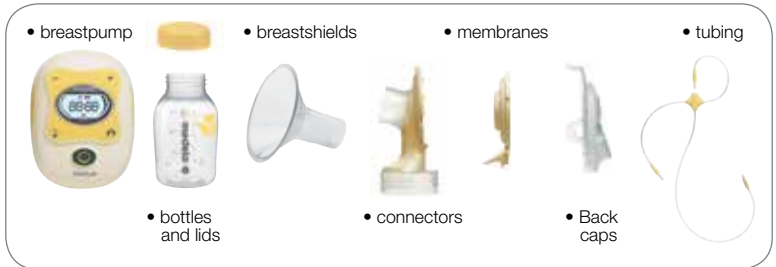
Remove tubing from breastshield.



Cleaning the motor unit: Wipe off with a clean, damp cloth. Do not immerse breastpump in water or allow breastpump to become wet.

## 4. Preparing for Pumping

### Parts you will need for this step:



### NOTE

Use Medela original accessories only.

**Warning:** Using non-Medela original accessories with your Medela breastpump represents a health risk.

Check breastpump kit components for wear or damage before use and replace if necessary.

All components must be completely dry before use for proper performance and to prevent damage to the breastpump.



### CAUTION

Wash hands thoroughly with soap and water before touching the breast and breastpump parts.



### INFO

Carry out all the steps with care and assemble the breastpump kit correctly for optimum performance.



## 4.1 Assembly of breastpump kit



1 Wash hands before touching breastpump, kit and breasts and avoid touching the inside of bottles or lids.



2 Carefully insert the light yellow membrane into the base of the connector.



3 Fasten the back cap to the connector  
I Make sure that all 3 snaps (top & side) are engaged.



4 Push the breastshield onto the connector.



5 Screw bottle into connector.



6 Insert the short tubing into the back cap as far as it will go.



7 Insert the long tubing into the motor unit.

## 4. Preparing for Pumping (cont.)



### CAUTION

- | While some discomfort may be felt when first using a breastpump, using a breastpump should not cause pain.
- | If you are unsure about breastshield sizing, please contact a healthcare professional or breastfeeding specialist who can help you get a proper fit or call Medela at 1-800-435-8316 to find a breastfeeding specialist in your area.

### 4.2 Correctly fitting breastshields

Properly fitted breastshields will ensure comfort and efficient milk expression. To determine if you have the correct size, look at the following diagram:

- | The nipple should be centered in the tunnel of the shield.
- | The nipple should move freely without rubbing when the breastpump is turned on.
- | No part of your breast should be pulled into the breastshield tunnel; only your nipple should move freely inside the tunnel.
- | You should see a gentle, rhythmic motion in the breast with each cycle of the breastpump.
- | After breastpumping, your breast should feel much less full with no areas of hardness.



**Correct fit**

Medela offers different sizes which are available at many local retailers or visit [www.medela.ca](http://www.medela.ca).

#### PersonalFit breastshields

(21mm, 24mm, 27mm, 30mm & 36 mm)

21

24

27

30

36

## Choosing the right size PersonalFit breastshield

- 1 Determine the size you're currently using. If you're not sure, look for the size embossed on your breastshield (see picture). 24mm breastshields are provided with Medela breastpumps.



- 2 While pumping, compare your fit to the images below as a sizing guideline.



**Correct fit**



Your breastshield is **too small**;  
try a larger size



Your breastshield is **too large**;  
try a smaller size

## 4. Preparing for Pumping (cont.)

### 4.3 Powering your breastpump



#### INFO

##### 4.3.1 Battery operation:

If possible, do not remove the battery from the motor unit. Removing the battery requires a charging time of up to 24 hours.

| The breastpump can be used during charging.

| The battery is charging as soon as the breastpump is connected to a power source (even if the breastpump is not in use).



#### NOTE

| Do not use force to push the battery into the battery compartment.

| Do not use Freestyle without battery – this can cause permanent damage to your Freestyle motor.



#### INFO

| If the breastpump has been running for 30 minutes without any manipulations, the Freestyle will automatically switch off.



#### WARNING

##### 4.3.3 Power operation

Follow the exact order of the steps.

| Only use the AC/DC transformer supplied with the Freestyle breastpump.

| Make sure the voltage of the AC/DC transformer is compatible with the power source.

Summary of battery charge status.

	AC/DC transformer connected to socket
	Battery charge status
	Battery fully charged, approx. 3 hours' expression
	20 min. expression time remaining. Battery removed from motor unit
	Low battery, needs charging
	Initial charge and charging after removing the battery (up to 24 hours charging time)

### 4.3.1 Battery operation



Open the battery compartment on the back in the direction of the arrow.



Insert the battery in the direction shown by "This side down" so that the gold contacts on the battery touch the gold contacts in the device.

### 4.3.2 Display



Before first use, "bAtt" appears in the display. Fully charge the battery until the battery indicator stops flashing.

### 4.3.3 Power operation



Plug the AC/DC transformer cord into the motor unit.

**\*Battery must be in compartment.**



Plug the AC/DC transformer into the mains socket.

## 5. Breastpumping



**Preparing for breastpumping:** Wash hands before touching breastpump, kit and breasts and avoid touching the inside of bottles or lids.



### CAUTION

- I Always inspect breastshields, connectors, membranes and tubing prior to use for cleanliness and to ensure no parts are damaged/broken. If dirty, see Section 3.2.
- I Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. See Section 9 for more information.
- I 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.
- I Make sure tubing is not kinked or pinched while breastpumping.
- I Do not hold the breastpump kit by the bottle. This can lead to blockage of the milk ducts and engorgement.



### INFO

- I Research has shown that you will breastpump more efficiently – get more milk in less time – when breastpumping at Maximum Comfort Vacuum during the Expression Phase.
- I You should reassess your Maximum Comfort Vacuum throughout your breastpumping experience because it can change during the different stages of lactation.
- I Do not tilt or overfill bottles when breastpumping.
- I Double breastpumping saves time and increases the energy content of the milk. Milk production is increased and maintained long-term.

## 5.1 Double breastpumping



**Double breastpumping:**  
Place the breastshield on your breast so that your nipple is properly **centered** in the tunnel.

## 5.2 Single breastpumping



**Single breastpumping:**  
Insert the unused short tubing into the tubing holder.



Hold the breastshield onto your breast with your thumb and index finger. Support your breast with the palm of your hand.

## 5.3 Device operation



Freestyle will start in the Stimulation Phase, indicated on the display as shown.



Adjust the vacuum to your comfort level while breastpumping by pressing the increase **+** or decrease **-** button. Holding down these buttons will adjust vacuum more rapidly. After 2 minutes, the Stimulation Phase will automatically change to the Expression Phase, indicated on the display as shown.



If you “let-down” (your milk starts to flow) sooner than 2 minutes, you will breastpump more efficiently by pressing the let-down button **↓** at that time.

## 5. Breastpumping (cont.)





### INFO

- I Always disconnect Freestyle from the power source after expression (except if the battery is charging).
- I Only fill the bottle to the 150ml mark.



### INFO

- I Freestyle switches off automatically if it has been running for 30 minutes with no interruptions.
- I Step 4: **Memory function key**  To activate your personal setting, start the breastpump and press .

I **How often should you breastpump?** A breastpump is a replacement for when you are separated from your baby. It is important to breastpump when the baby would be breastfeeding. If you are exclusively breastpumping, 6 to 8 breastpumping sessions per 24 hours is recommended.

I **How long should your breastpumping session last?** Breastpumping times can vary from mother to mother, however, if you are breastpumping both breasts simultaneously at Maximum Comfort Vacuum, your breastpumping session should last up to 15 minutes.


I **How should your breasts feel after breastpumping?** After breastpumping, your breasts should feel soft and there should be no firm areas. Before breastpumping, your breasts will have a firm, heavy feeling. After breastpumping, make sure your breasts are not firm or have lumpy areas. This could indicate that the breast is not draining all over. See Section 9 for more information.






Once in the Expression Phase, set your Maximum Comfort Vacuum. Use **+** to increase the vacuum until it is slightly uncomfortable (never painful) then press **-** to dial it back minimally.



Press  for 3 seconds during the expression phase to save the individual breastpumping program.  
I The indicator on the display flashes and the breastpump emits 3 beeps.  
I Finish expression as usual.



Switch off the breastpump with .



When your breastpumping session is over, unplug tubing from the back of the breastshield(s) before setting down the bottles.



Screw lid onto bottle.  
I Follow the instructions in Section 7 "Breastmilk handling".



Disassemble and clean per Cleaning Instructions in Section 3.

## 6. Hands-Free

Parts you will need for this step:

- straps



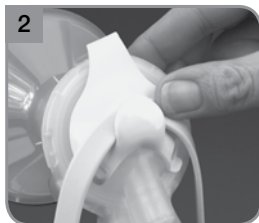
- clasp adaptors



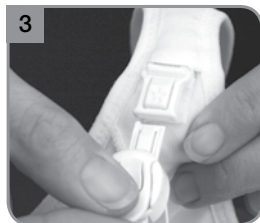
## 6.1 Hands-free setup



1  
Connect hands-free top strap to hands-free bottom strap by sliding bottom strap into top strap clip.



2  
Snap hands-free strap assembly onto back of each breastshield body. Be sure that the hands-free assembly snaps into the breastshield body and is secure.



3  
Open your bra flap and insert clasp into your bra, using bra adaptors if necessary (see page 26).



4  
Attach bottom clips to bra band until secure fit is achieved. Be sure the nursing bra flap is not trapped under the breastshield.



5  
If necessary, adjust the fit by moving the bottom strap clips to a different strap setting.



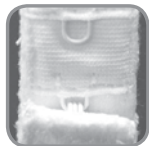
6  
The strap is flexible and can be pulled to remove and reinsert the clip. Be sure the round part of the clip sits on the side of the strap with the round indentation. After you move the clip, repeat step 4.

## 6. Hands-Free (cont.)

### Bra clasp adaptors

The hands-free straps were designed to work with most top flap nursing bras (see below).

Refer to the pictures below to determine which bra adapter to use.



Use adaptor **A**



No adaptor needed



Use adaptor **B**

### Bra Adaptors



**A**

Hook & Eye



**B**

Universal

## 6.1 Hands-free setup (cont.)



Adjust length of top strap by pulling down on the loose end. Close clasp when complete. Repeat strap assembly with the other breastshield.

## 6.2 Top strap adjustment



**Tighten:** Open clasp and pull down on front strap until desired length. Snap clasp into locked position when complete.



**Loosen:** Open clasp and pull down on back part of strap until desired length. Snap clasp back into locked position.

## 7. Breastmilk Handling



### WARNING

- I Do not thaw frozen breastmilk in a microwave or in a pan of boiling water.
- I Do not microwave breastmilk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. (Microwaving can also change the composition of breastmilk.)

### Freshly expressed breastmilk storage guidelines (for healthy term babies)

Room temperature	Cooler with ice packs	Refrigerator	Freezer	Thawed breastmilk
4–6 hours at 19–26°C	24 hours at 15°C	3–8 days at 4°C	6–12 months -18–-20°C	Use within 24 hrs

Reference: [www.breastmilkguidelines.com](http://www.breastmilkguidelines.com)

### 7.1 Breastmilk storage

(Please check with your hospital or health care professional for specific storage instructions, if needed.)

**Test prior to freezing.** In rare cases stored milk may develop an off odour. Fill 1 or 2 bags and freeze for 24 hours as a test prior to storing significant quantities of milk.

1. Wash hands before touching bottles/bags and avoid touching the interior of bottles or lids.
2. Breastpump into clean bottles. If using Pump & Save bags, always use a new bag.
3. Label bottles or bags with the collection date if you are not using the milk immediately.

4. Freeze milk in small portions, 60ml to 120ml per bottle or bag. Smaller amounts thaw more quickly.
5. When freezing breastmilk, do not fill bottles more than 3/4 full and bags more than 150ml to allow room for liquid to expand. Cool milk prior to freezing. Never refreeze breastmilk that has been thawed.
6. Use solid lids and seal bottles tightly if you intend to refrigerate breastmilk for several days or freeze it.

## 7.1.1 Storing breastmilk in Freestyle cooler bag



### INFO

- I If the ice pack is frozen solid, it will safely cool your breastmilk for up to 10 hours in a room temperature environment when the ice pack and milk are being stored in the Freestyle cooler bag.
- I The Freestyle cooler bag with contoured ice pack will provide cooling up to 4 -150ml bottles of breastmilk for up to 10 hours in a room temperature environment.
  - I As soon as you are finished breastpumping, place the breastmilk bottle or breastmilk storage bag in the cooler bag with the ice pack and zip close cooler bag.
  - I Transfer breastmilk bottles or breastmilk storage bag to the refrigerator or freezer once you are home.

## 7. Breastmilk Handling (cont.)

### 7.2 Thawing breastmilk



#### WARNING

| Never thaw or warm breastmilk in a microwave or in boiling water. High temperatures will destroy important nutrients unique to breastmilk and can increase risk of scalding baby.



#### NOTE

| Do not use hot water to thaw breastmilk as overheating breastmilk can destroy many of the unique and beneficial properties it provides your baby.

| Once thawed, milk can be stored in the refrigerator for up to 24 hours.

| It is not recommended that breastmilk be thawed at room temperature.

1. Thaw breastmilk using 1 of these methods:

a) Thawing with water: Place sealed bottle of frozen breastmilk in a bowl of cool water or hold under cool running water. Once the milk is liquid, but still chilled, dry bottle/bag and store in refrigerator until ready to use.

b) Thawing in the refrigerator: Place frozen breastmilk in refrigerator overnight.

2. Once thawed, swirl bottle/bag to blend fat which may have separated during storage.

3. Feed thawed milk immediately or store in refrigerator for up to 24 hours.

4. If travelling or transporting breastmilk to another location, a cooler carrier equipped with ice packs will help keep breastmilk cool until you reach your destination.



#### CAUTION

| Do NOT let thawed breastmilk sit out at room temperature.



## 7.3 Warming breastmilk



### WARNING

I Never thaw or warm breastmilk in a microwave or in boiling water. High temperatures will destroy important nutrients unique to breastmilk and can increase risk of scalding baby.



### NOTE

I Before warming breastmilk – ensure that hot water tap settings do not exceed 50°C.

I Have a thermometer you use only for measuring breastmilk temperature.

1. Breastmilk can be warmed by standing the bottle in warm water or holding under running warm water while continuously swirling the milk. Water temperature should not exceed 50°C.
2. Warm approximately 2 minutes for each 50ml of breastmilk to achieve a temperature not exceeding 37°C.
3. To test temperature of breastmilk:
  - a) With thermometer: Swirl milk for a few seconds. Insert a clean thermometer into the middle of the bottle, taking care not to touch the bottom.

NOTE: Temperature of breastmilk should not exceed 37°C.

- b) Without thermometer: Swirl milk for a few seconds. Hold bottle against inside of wrist. If bottle is warming your skin – then breastmilk is too hot - let cool. Bottle temperature should feel the same as your wrist temperature.



### WARNING

I Always test temperature of breastmilk before feeding to baby and ensure it does not exceed the maximum temperature of 37°C. It is better to under heat breastmilk than to overheat breastmilk.

## 8. Troubleshooting

Problem	Solution		
<b>Low or no suction</b>	<table><tbody><tr><td><b>Component Check</b><ul style="list-style-type: none"><li>- Disassemble breastshields, connectors, membranes, and back lids.</li><li>- Inspect all components for chips or cracks.</li><li>- Clean and dry all components per Cleaning Section 3.2.</li><li>- Reassemble per Assembly Section 4.1. Make sure the components are dry before assembling.</li><li>- Check that tubing is not kinked.</li></ul></td><td><b>Connection Point Check</b><p>Inspect following connection points to ensure attachment is secure.</p><ul style="list-style-type: none"><li>- Back cap snapped at all 3 connection points.</li><li>- Tubing adaptor to back cap.</li><li>- Tubing adaptor to breastpump.</li><li>- If suction is not improved, contact Medela Customer Service at 1-800-435-8316.</li></ul></td></tr></tbody></table>	<b>Component Check</b> <ul style="list-style-type: none"><li>- Disassemble breastshields, connectors, membranes, and back lids.</li><li>- Inspect all components for chips or cracks.</li><li>- Clean and dry all components per Cleaning Section 3.2.</li><li>- Reassemble per Assembly Section 4.1. Make sure the components are dry before assembling.</li><li>- Check that tubing is not kinked.</li></ul>	<b>Connection Point Check</b> <p>Inspect following connection points to ensure attachment is secure.</p> <ul style="list-style-type: none"><li>- Back cap snapped at all 3 connection points.</li><li>- Tubing adaptor to back cap.</li><li>- Tubing adaptor to breastpump.</li><li>- If suction is not improved, contact Medela Customer Service at 1-800-435-8316.</li></ul>
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### INFO

I Avoid removing the battery as this will reset the battery indicator and requires a recharging time of up to 24 hours.

If the battery does not charge and there is no battery symbol on the display verify that the battery is inserted properly. See Section 4.3.1.

### Breastpump becomes wet

- Unplug the AC/DC transformer from the socket.
- Turn off the breastpump.
- Do not place the breastpump upside down. Control panel must face upwards.
- Store the breastpump in a warm, dry place for 24 hours.

### Breastpump does not run or power on

If the AC/DC transformer Symbol flashes or you see "Err" and hear 3 beeps, contact Medela Customer Service at 1-800-435-8316.

Problem	Solution
<p><b>No “let-down” or breastmilk expression</b></p>	<ul style="list-style-type: none"> <li>- A successful breastpumping session is measured by whether your breasts are drained and not how much you pumped in volume. If you are breastpumping your breasts and no milk is flowing, ensure that your breasts are not drained. (For example, if you just breastfed your baby, you probably will not have milk to express or if you don't generally breastfed your baby at this time of day, there may simply be no milk to express.)</li> <li>- Ensure your breastpump is assembled correctly and there is suction.</li> <li>- Relax and take a 10-15 minute break if let-down is not achieved after 2 consecutive breastpumping sessions.</li> <li>- Consult with your healthcare professional or breastfeeding specialist if expression does not occur.</li> </ul>
<p><b>Condensation or moisture appears in tubing</b></p>	<ul style="list-style-type: none"> <li>- Shake out any droplets by swinging the tubing.</li> <li>- Hang up the tubing to air-dry.</li> </ul> <p>Condensation may cause cloudy spots to appear in tubing. This does not affect the performance of your breastpump. If you want to remove the cloudy spots; rinse tubing in cool water and repeat steps above.</p>
<p><b>Battery charging “bAtt” symbol on the display</b></p>	<p><b>“bAtt” Symbol on the Display</b></p> <ul style="list-style-type: none"> <li>- If a “bAtt” symbol appears on the display, it indicates it is in initial charge mode or the battery was removed and reinserted. Plug in and charge for 24 hours uninterrupted.</li> </ul> <p><b>Flashing Battery Symbol Outline and 1 Bar</b></p> <ul style="list-style-type: none"> <li>- Low battery. Plug in and charge battery.</li> </ul> <p><b>Battery Indicator Flashes with 4 Bars</b></p> <ul style="list-style-type: none"> <li>- Disconnect the power cord and remove the battery for at least 10 seconds. Reinsert the battery and plug in to charge for 24 hours.</li> </ul>

If you have not resolved the problem with your breastpump or you have further questions, please contact Medela Customer Service at 1-800-435-8316, [info@medela.ca](mailto:info@medela.ca) or fill out the contact us form at [www.medela.ca](http://www.medela.ca).

## 9. Additional Information

Following are some common breastfeeding related conditions. If you experience any of these symptoms, contact a healthcare professional or breastfeeding specialist.

### 9.1 Engorgement

**Symptom** - Breasts are hard and uncomfortable, possibly with reddened areas.

**Potential causes** - Milk not draining properly from breast. Milk can drain back into the tissue causing areas to swell and become tender.

### 9.2 Blocked/Plugged Ducts

**Symptom** - Area of breast will look reddened and may be tender to touch.

**Potential causes** - Milk not being drained from a specific duct. The area becomes 'clogged' up and milk is then prevented from flowing.

### 9.3 Mastitis

**Symptom** - It often follows from engorgement but can just occur suddenly. The initial symptoms are similar to flu – fatigue, headache and muscle aches, fever and localized breast tenderness. It can be in 1 or even both breasts and needs immediate treatment.

**Potential causes** - A bacterial infection in the breast tissue which is often accompanied by cracked nipples.



## NOTE

A Healthcare Professional or Breastfeeding Specialist can give you guidance in breastfeeding your baby and using a breastpump. Their guidance is valuable in terms of the lifetime of health benefits for both you and your baby. A listing of Lactation Professionals are available at [www.medela.ca](http://www.medela.ca) or call Medela Customer Service at 1-800-435-8316.

# 10. Meaning of Symbols

## Symbols on the device



This symbol indicates to follow instructions for use.



This symbol indicates the compliance with the essential requirements of the Council Directive 93/42/EEC of 14 June 1993 concerning medical devices.



This symbol indicates the manufacturer.



This symbol indicates do not dispose the device together with unsorted municipal waste (for EU only).



This symbol indicates the compliance with additional USA and Canada safety requirements for medical electrical equipment.



This symbol indicates a type BF applied parts.



This symbol indicates manufacturer's catalogue number of the battery.



This symbol indicates manufacturer's serial number of the device.

IP22

This symbol indicates the protection against entrance of solid foreign objects and against harmful effects due to the entrance of water.



This symbol indicates the date of manufacture (four digits for the year and two digits for the month).

## Symbols on the AC/DC transformer

-  This symbol indicates that the AC/DC transformer is a class II device.
-  This symbol indicates the compliance with China Compulsory Certifications.
-  This symbol indicates that the mains adapter is safety tested.
-  This symbol indicates that the AC/DC transformer is for indoor use only.
-  This symbol indicates the compliance with USA and Canada safety.
-  This symbol indicates the compliance with Federal Communications Commission requirements.
-  This symbol indicates polarity of d.c. transformer.
-  This symbol indicates the compliance with AUS/NZ regulatory requirements (Regulatory compliance mark).
-  This CE-mark indicates the compliance with the low voltage and electromagnetic compatibility directive.
-  This symbol indicates to not dispose the device together with unsorted municipal waste (for EU only). The solid bar symbol indicates that mains adapter is put on the market after 13 August 2005.
-  This symbol indicates the compliance with Japanese safety requirements.
-  This symbol indicates the compliance with energy efficiency requirements.
-  This symbol indicates alternating current.
-  This symbol indicates direct current.

# 11. Important Safety Information

## READ ALL SAFETY INFORMATION AND INSTRUCTIONS BEFORE USING THIS PRODUCT

Failure to follow these instructions/safety information can lead to danger from the device. Subject to technical changes.

When using electrical products, especially when children are present, basic safety precautions should always be followed.

### Device



Danger of electrocution! Keep the device dry! Never immerse in water or other liquids!



The Freestyle breastpump is not heat-resistant: keep away from radiators and open flames.



Do not expose the motor unit to direct sunlight.



Repairs must be performed only by an authorized service agency. Do not repair yourself! No modifications to the device are permitted.



Never use damaged device. Replace damaged or worn parts.

### Electrical Use



Separation from the mains is only assured through the disconnection of the mains adapter from wall socket outlet.



Keep the mains adapter away from heated surfaces.



Do not reach for any electrical device if it has fallen into water. Unplug immediately.





The Freestyle breastpump should never be left unattended when plugged into a power source.

## Use

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Use the Freestyle breastpump only for its intended use as described in this manual.



Never operate an electrical device if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.



Do not use the Freestyle breastpump while bathing or showering.



Do not use the Freestyle breastpump while sleeping or overly drowsy.



This is a single user product. Use by more than one person may present a health risk.



Do not drive while hands-free pumping.



Supervision is necessary when the Freestyle breastpmp is used in the vicinity of children.



Contact your lactation consultant or physician if you experience problems or pain.



Portable and mobile radio frequency communications equipment can affect the Freestyle breastpump.

## IMPORTANT

- | Plastic bottles and component parts become brittle when frozen and may break when dropped.
- | Bottles and component parts may become damaged if mishandled, e.g. dropped, over-tightened, or knocked over.
- | Take appropriate care in handling bottles and components.
- | Do not use the breastmilk if bottles or components become damaged.













# SAVE THIS INFORMATION

# 12. Technical Specifications

## EMC / Technical description

The Freestyle breastpump needs special precautions regarding EMC (Electromagnetic compatibility). Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect the electric breastpump Freestyle and should be kept at least a distance 1.0 m away from the equipment.

Electromagnetic Compatibility (EMC, IEC 60601-1-2:2007, Table 1)

	<b>Freestyle</b> <b>Intermittent vacuum</b> vacuum (approx.) -20....-270 mmHg -3....-35 kPa 45 ... 120 cpm		Operation				
	<b>Freestyle</b> <table border="1" data-bbox="221 642 428 701"> <thead> <tr> <th>In</th> <th>Out</th> </tr> </thead> <tbody> <tr> <td>100-240V- 50/60 Hz</td> <td>12V --- 1 A / 1.5 A</td> </tr> </tbody> </table>	In	Out	100-240V- 50/60 Hz	12V --- 1 A / 1.5 A		Transport / Storage
In	Out						
100-240V- 50/60 Hz	12V --- 1 A / 1.5 A						
	<b>Freestyle</b> 7.2 V Li-Ion 2250mAh		Transport / Storage / Operation				
	<b>Freestyle</b> 122 x 90 x 58 mm		Operation				
	<b>Freestyle</b> 370 g  270 g 		Transport / Storage				







## WARNING

The electric breastpump Freestyle should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the electric breastpump Freestyle should be observed to verify normal operation in the configuration in which it will be used. Electromagnetic Compatibility (EMC, IEC 60601-1-2:2007, Table 1)

## 12. AC/DC Transformer Care

To care for your AC/DC transformer be sure to follow these storage directions.

	Do not wrap cord of AC/DC transformer around the plug body.	▶	<b>Correct!</b>	
	Do not unplug AC/DC transformer by pulling on the cord.	▶	<b>Correct!</b>	

### Traveling Outside Canada

While traveling internationally, we recommend purchasing a Universal Power Plug Adapter (not included). Please consult with the country you are visiting to find out what type of AC/DC transformer will work best. Freestyle's AC/DC transformer is two-pronged and does not require a grounded outlet.

Freestyle has a Lithium ION Battery which may be restricted from the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to travelling with Lithium ION.

For information about traveling with your breastpump and expressed breastmilk, visit [www.catsa-acsta.gc.ca](http://www.catsa-acsta.gc.ca).

## 14. Warranty



### WARNING

This is a single user product. **USE BY MORE THAN ONE PERSON MAY PRESENT A HEALTH RISK AND VOIDS THE WARRANTY.**

### **RETAIN ORIGINAL PROOF OF PURCHASE OR BILL OF SALE FOR WARRANTY PURPOSES.**

For hygiene reasons, Medela Products are single user products; use by more than one person voids the warranty.

Medela Canada (“Medela”), warrants to the original end user (“Customer”) that Freestyle, Pump In Style and Swing will be free from defects in workmanship and materials, under normal use, for 90 days (two (2) years for breastpump mechanism), rechargeable batteries for which 2 years shall apply, Harmony which 30 days shall apply. This is provided that any and all operating and maintenance instructions are strictly respected, in particular in case of extreme and/or continuous applications/use of the Product. The warranty period begins on the proved purchase date (conclusion of purchase contract).

Products purchased from non-authorized distributors, e.g. internet market places, auctions or other types of public sale (including but not limited to EBay/Kijiji & Craigslist) are not covered by this warranty.

Warranty lies within original country of purchase.

Medela’s sole obligation under this express warranty shall be, at Medela’s sole option and expense, to replace or repair the Product or part thereof (in case the product is not available, to deliver a similar type of the Product). Medela warrants any repaired or replaced Product or part for a period of ninety (90) days from delivery, or through the end of the original warranty, whichever is longer.

All Products or parts that are replaced become the property of Medela. This express warranty does neither cover consumables, nor third party products. Unauthorized attempts to repair the Product will void this warranty.

**Obtaining Warranty Service.** To make a claim under this warranty call Medela Customer Service (toll free) at 800-435-8316. You may also call this number for additional information concerning this warranty.

Dated proof of original purchase from Medela, its authorized distributor or its authorized retailer and a description of the defect will be required. Medela is not responsible for Products or parts received without a warranty service authorization. Repaired or replacement Products will be delivered to Customer free of charge. The repaired product or part will be delivered as soon as reasonably possible. Medela shall not be responsible for any damages occurring during such delivery. Medela shall, at its sole discretion, decide on the place of performance for work under warranty. Medela shall have the right to charge for additional costs for services under warranty if the site of the Product is other than where the Product was originally delivered.

**Warranty Exclusive.** Customer's sole remedy for breach of the warranty shall be the express warranty. The foregoing warranty is exclusive and is in lieu of all other warranties, terms or conditions, expressed or implied, either in fact or by operation of law, statutory or otherwise, including warranties, terms or conditions of merchantability, fitness for a particular purpose, satisfactory quality and non-infringement, all of which are expressly disclaimed. Medela shall not be liable if the alleged defect or malfunction was caused by Customer's or any other person's misuse, neglect, improper handling, unauthorized attempts to open, repair or modify the Product, inadequate maintenance, disregard of operating instructions, excessive load or stress, normal wear and tear, incorrect voltage or any other cause beyond the range of its intended use, by accident, fire, or other hazards, or other cause not due or attributable to Medela.

This warranty does not cover physical damage to the Product or malfunctions resulting from the use of the Product in conjunction with any sort of ancillary or peripheral equipment and Medela determines that there is no fault with the Product itself.

**Limitation of Liability.** Medela also excludes any liability, whether based in contract or tort (including negligence), for incidental, consequential, indirect, special, or punitive damages of any kind, or costs of procurement of substitute products by Customer, or for the loss of revenue or profits, loss of business, loss of information or data, or other information of financial loss arising out of or in consequence with the sale, maintenance, use, performance, failure, or interruption of this product, even if Medela or its distributors have been advised of the possibility of such damages, and limits its

## 14 . Warranty (cont.)

liability to replacement, repair, or refund of the purchase price paid, at Medela's option. This Limitation of Liability for damages will not be affected if any remedy provided herein shall fail of its essential purpose.

**Disclaimer.** Should a court of jurisdiction not allow the entire exclusion or limitation of implied warranties or the limitation of incidental or consequential damages for certain products supplied to consumers or the limitation of liability for personal injury, such implied warranties and such liabilities will be limited to the duration of the applicable express warranty.

**Governing Law and Place of Jurisdiction.** This Limited Warranty shall be governed by the laws of Switzerland & Canada, excluding all conflict of laws principles and excluding the United Nations Convention on the International Sale of Goods dated 11 April 1980. The ordinary courts at the Medela registered office in Baar, Switzerland shall be competent. Medela shall, at its sole discretion, also be entitled to take legal action in the competent courts at the Customer's place of business or domicile. With this Limited Warranty, Medela grants Customer specific legal rights which do not restrict any statutory consumer rights.



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