



Pump anytime, anywhere, around anyone.

Hands-free, Concealable

Single or Double

Breast Pump Collection System

***pump not included**



*Use only with
an approved
compatible pump*



User Manual

IMPORTANT

Read this manual prior to use

This Freemie Breast Pump Collection System is a single user, reusable system that you may use throughout the first year of your baby's life, and beyond. This manual contains important information for the proper sanitization, use and care of your Freemie system. Please visit our website, www.Freemie.com, for customer service and all your spare parts needs.

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

READ ALL INSTRUCTIONS

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Indications for use:

The Freemie Breast Pump Collection System is intended to be used in conjunction with an approved powered breast pump for the purpose of expressing human milk.

pump the freemie way

pump efficiently

Single or double pumping

Freemie can be used for single or double pumping as desired.



pump and relax

Home

Simultaneously pump or passively collect milk while breastfeeding to catch and store every precious drop.

Work

Pump discreetly at your work station without ever undressing.

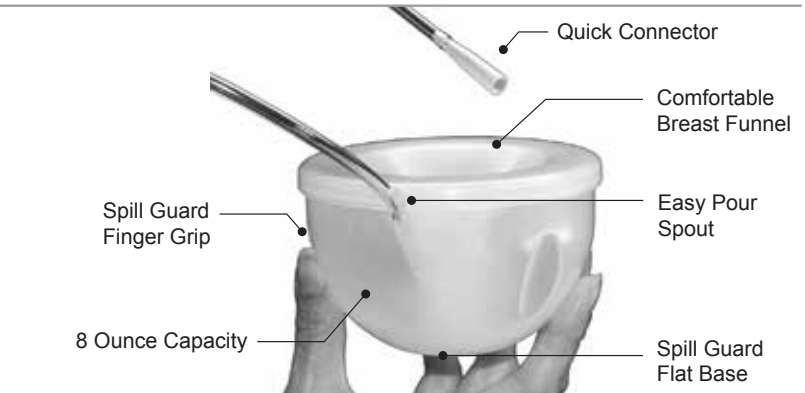
Travel

Travel with Freemie to express milk on the go whenever a private place can't be found.

pump while bonding

Freemie can be used to pump milk while breastfeeding. Place baby on one breast and Freemie on the other.

**Not made with BPA,
DEHP, or natural
rubber latex**



Important Notice

If you have any concerns about your health, or experience any pain while nursing or using any breast pump, consult your health care or lactation professional immediately. Dr. Dao, Dao Health and Freemie User Manual do not give medical or lactation advice, or make diagnoses.



Important Safety Instructions

WARNING:

USE ONLY WITH FREEMIE COMPATIBLE PUMPS. USE WITH UNAPPROVED PUMPS MAY CAUSE INJURY TO YOU OR DAMAGE YOUR PUMP. MISUSE MAY VOID WARRANTY. SEE COMPATIBLE PUMPS ON PAGES 15 - 19.

Do

- Use Freemie only with compatible pumps.
- Keep Freemie in an upright position while pumping.
- Transfer milk to a proper storage container right after pumping.
- Use Freemie when you must express milk discreetly and hands-free underneath normal clothing.
- Use Freemie only as often and only as long as you normally breastfeed your baby. Consult a lactation professional if you have questions about your milk supply.
- Use with a bra or manually hold in place.
- Keep out of reach of infants and children. Freemie has small parts that can be a choking hazards.
- Consult your lactation professional if you have questions about whether Freemie is appropriate for you or to help determine the correct funnel size for you.

Do Not

- Do not bend forward or recline while using Freemie, and avoid excessive movement. This could cause leakage, loss of suction, and milk to flow into tubing.
- Do not overfill Freemie cups, as this may cause milk to flow into the tubing. You may hear a faint bubbling sound as the Freemie is filling. There is a risk of overfilling if you are hearing impaired or use Freemie in a noisy environment.
- Do not use Freemie if you must watch your milk ejection reflex or manually massage your breasts while pumping to ensure that they are completely empty.
- Do not share. Freemie is a personal use item.
- Do not use Freemie in any situation that may be unsafe should you become drowsy or distracted during milk expression.
- Do not use Freemie for simultaneous breastfeeding and pumping with compromised infants without first consulting your healthcare or lactation professional.
- Do not continue to use Freemie if you experience pain or discomfort in the breast or nipple while pumping.



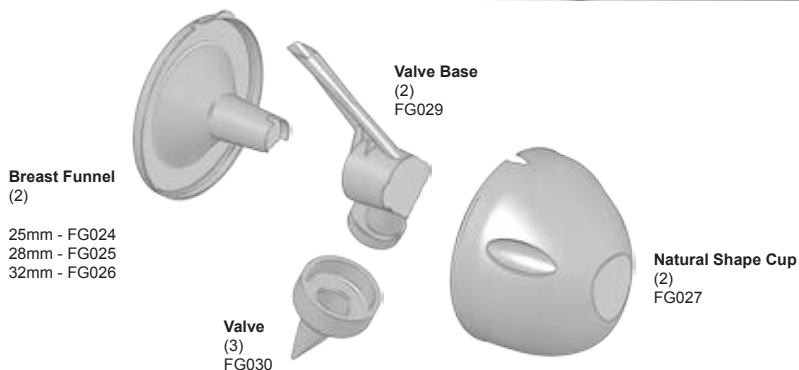
Freemie Breast Pump Collection System

Two cup assemblies included with each Freemie Breast Pump Collection System.

Additional funnel sizes available at www.Freemie.com.



Parts included:



Pump Connection Kits

Medela Pumps

Connection kit for Medela pumps included in box.

Kit #	Medela Pumps	Diagram
FG021	Lactina, Symphony, Pump in Style	Page 17



Other Compatible Pumps

For connecting to other approved compatible pumps, use proper Connection Kits. For further information on connecting to your pump, see the Pump Connection Diagrams.

Kit #	Compatible Pump	Diagram
FG022	Freemie Freedom Double Electric Pump	Page 15
FG023	Freemie Equality Manual Pump	Page 16
FG020	Philips Avent	Page 18
FG020	Ameda	Page 19

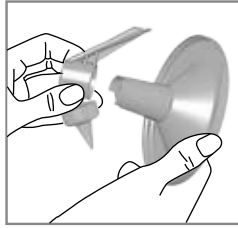


Preparing Freemie for First Use

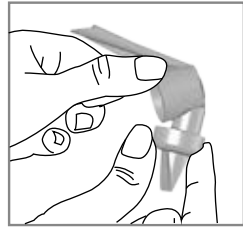
Disassemble and clean Freemie prior to first use. Some parts must be boiled initially.



Unsnap cup from funnel



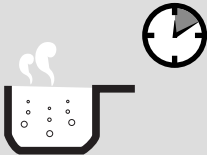
Pull valve base off funnel



Remove valve from valve base

Sanitize Parts

Boil these parts for 10 minutes to sanitize



- Do not let parts sit on the bottom of the boiling pot. Parts should float freely.
- Remove from water and allow to dry completely.

! Parts must be thoroughly dry before use.

Do NOT boil these parts



- Hand wash valve in hot, soapy water and rinse. Allow parts to cool and dry completely before use.

! Do not boil or steam sterilize tubing, valves, or connectors.

- Quick Connector can be washed by hand when necessary.



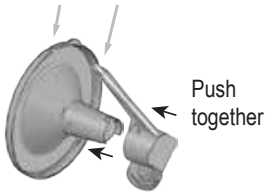
Assembling Freemie Cups

Always wash hands prior to assembling Freemie. All parts must be completely dry, correctly positioned, and secure.

Inspect the device before each use for signs of wear or damage and replace parts if signs of wear are noted.

1

Keep stem aligned with tubing port



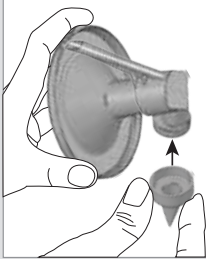
2

Push Breast Funnel and Valve Base firmly together



3

Place Valve onto Valve Base



4

Make sure Valve is straight



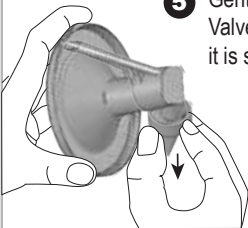
Correct



Incorrect

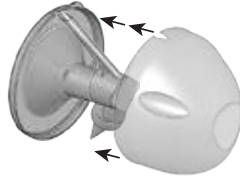
5

Gently tug on Valve to ensure it is secure



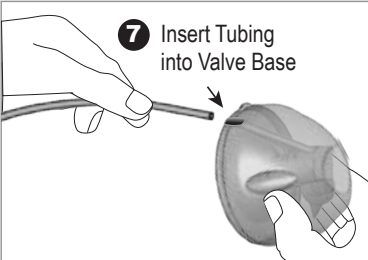
6

Align ports and snap together



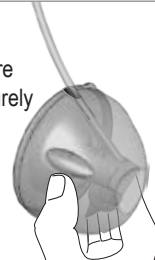
7

Insert Tubing into Valve Base



8

Push to ensure tubing is securely in port



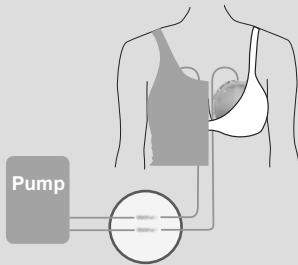


Connecting to Your Compatible Pump

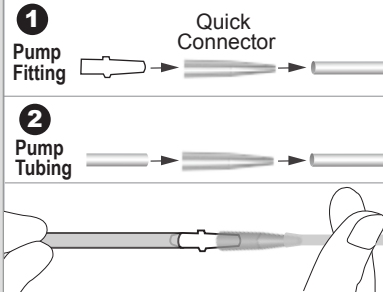
See Compatible Pump Diagrams section for further information on how to connect your Freemie Breast Pump Collection System to your approved compatible pump.

Additionally, review your pump's User Manual.

Medela:

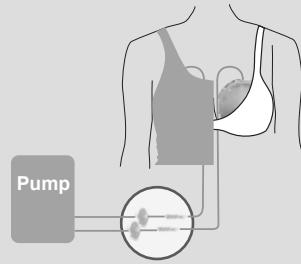


Two ways to connect

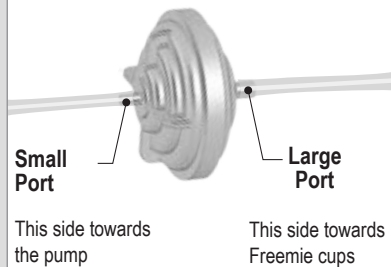


1. Place the Quick Connector onto the adapter on the end of your pump's hose. Or connect directly to tubing.
2. Make sure the Quick Connector is securely attached to both the pump's hose and the Freemie tubing.
3. Attach the Freemie cups to the other end of the tubing.

Philips Avent & Ameda:



Proper orientation of barrier



1. The large port side (with white membrane inside) of the barrier connects to the Freemie cup tubing. The small port side of the barrier connects to the pump tubing.
2. Make sure the barrier is securely attached to both the pump's tubing and the cup tubing.
3. Attach the Freemie cups to the other end of the cup tubing.



Positioning Within Your Bra

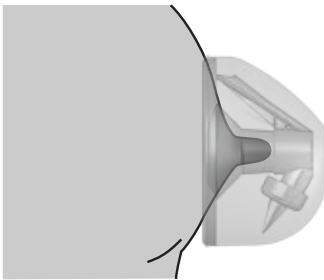
The Perfect Bra Fit



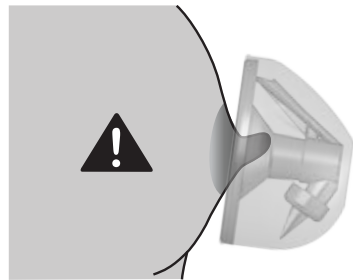
Bra fit is critical to the proper use of this device.

1. Before choosing a bra, pump with the Freemie using your hands to hold in place. Consider how much pressure you normally apply against your breasts to pump. This pressure may be different when your breasts are engorged versus when they are empty. To achieve the same pressure and sensation with the Freemie in your bra, it may be necessary to adjust your bra or try different bras to get the best fit for you. A sports bra works well for some women.
2. Your bra must keep the Freemie cups in an upright position and not allow the device to slip around, sag downward, or tilt off to the side during use.
3. Place Freemie inside your bra with the Breast Funnel opening centered over the nipple.
4. Make sure you achieve a good seal between Freemie and your skin.

Correct Position



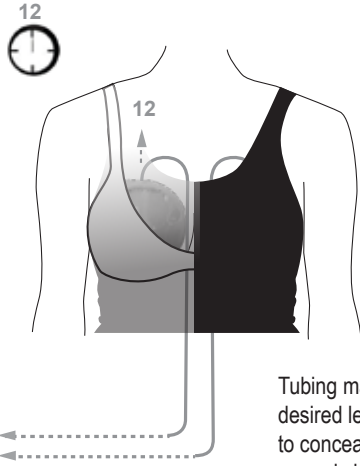
Incorrect Position



Ensure nipple is centered in the Breast Funnel and not bent or pinched off.

The 12 O'clock Position

When connected to a pump, tubing must be in the 12 o'clock position.



Let tubing hang down underneath your shirt.

Tubing may be cut to a desired length in order to conceal it under normal clothing.



Correct

When filling with milk, keep in the upright position

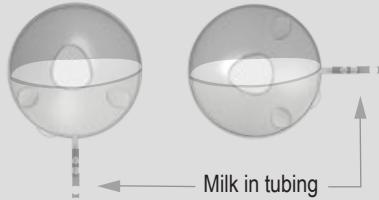


Tubing in 12 o'clock position



Incorrect

Placement at any other position can cause milk to flow into tubing








Pumping with Freemie

Adjusting your pump and sitting upright

- 1 Adjust pump to low, turn power on, and slowly increase vacuum until you feel a comfortable suction.
- 2 You may need to turn up the vacuum setting on your pump slightly higher than normal. If you need to turn up your pump more than 10%, stop pumping and check all connections to ensure they are secure.
- 3 As with any new pump, expect a period of adjustment to the hands-free and fully concealed pumping experience.
- 4 Pump with Freemie in an upright position, such as sitting or standing.



✓ Correct	✗ Incorrect	✗ Incorrect
Do sit or stand upright	Do not bend forward	Do not recline
		

- 5 Each Freemie holds 8 ounces of milk.

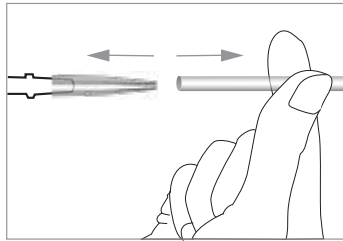
NOTE: When device is full, turn off pump immediately and pull tubing from Freemie while still wearing in bra. (see page 11, When Your Are Done Pumping)

- 6 If you regularly produce more than 8 ounces at a time, stop pumping when Freemie is full and empty device. (See page 11, When Your Are Done Pumping) Alternatively, if you have a second Freemie set, switch out full Freemie cups with empty cups to minimize pumping interruptions.

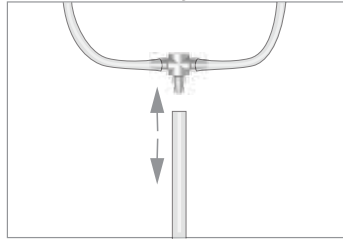
When you are interrupted

1. Turn off pump.
2. Disconnect from pump using the Quick Connector or directly from the Freemie tubing.
(See insets for your compatible pump)
3. Leave Freemie cups temporarily in your bra, and maintain an upright position.
4. When ready to resume pumping reconnect via Quick Connector or Freemie tubing and turn on pump.

Medela, Philips Avent, Ameda



Freedom & Equality



Important

- Bending over or reclining during use, or overfilling may cause leaking, loss of suction, or milk to flow into tubing.
- Empty Freemie when full and remove immediately after pumping.
- If milk flows into tubing immediately turn off pump and disconnect from pump. See tubing care on page 13 for cleaning instructions. Check your pump's manual for pump cleaning instructions.
- See Troubleshooting sections on page 14 for additional tips.



Stop the pump

by shutting it off or breaking the suction

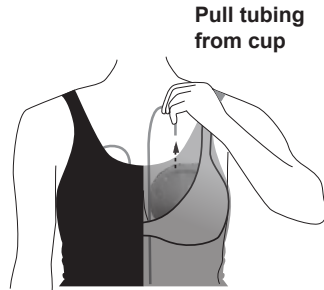
if you experience pain in your breast or nipple, even if you think the pump is not the source of the pain.



Disconnecting and Transferring Milk

When you are done pumping

1. Turn off pump.
2. Leave Freemie in your bra and gently pull the tubing from the device.
3. Carefully remove cups from your bra.



4. Freemie cups may be set flat on a table until ready to transfer to a storage container.



5. When Freemie cups are full, do not lay flat on back unless tubing is disconnected.

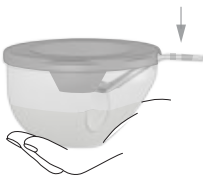


Incorrect



Correct

Milk in tubing



Tubing removed



Pouring milk into a container



Practice with water first to achieve successful transfers.

Handle a full Freemie cup with care. **Milk can spill out of the Breast Funnel.**

Removal of tubing creates pour spout for transferring milk into storage containers.



Pour quickly with Breast Funnel side up as pictured.

Fully disassemble and clean after each use.

Cleaning

1. Disassemble and wash all components that come into contact with breast milk (cup, breast funnel, valve, valve base).
2. Handwashing in hot soapy water is recommended. Rinse thoroughly.



Do not steam or boil tubing or valves, as it will cause damage.

3. Treat all parts with special care. Avoid abrasives and excessive heat.
4. Clean as soon as possible after each use.
5. When not in use, store parts out of reach from infants and children.




Dry parts completely before safely storing.



Caring for Your Freemie System

Tubing Care

Inspect tubing for breast milk after each pumping session. Soiled tubing that cannot be cleaned should be replaced. Tubing cleaning options are listed below:

1. If breast milk gets into tubing, rinse thoroughly in hot water. Shake excess water from tubing. Wipe with a clean, soft towel and allow to air dry completely while hanging vertically.
2. Rinse tubing with isopropyl alcohol. Hang tubing vertically. Air dry completely.
Caution: Be certain alcohol has completely evaporated before using.
3. If unable to thoroughly clean tubing, cut off any soiled portion of the tubing, or replace it. (see Spare Parts, page 20)
4.  **Do not clean tubing in dishwasher, microwave steam bag, or by boiling.**



Troubleshooting Tips

Breast Not Emptying

- Always center Breast Funnel over nipple. If the Breast Funnel is off the center of the nipple you may impede milk release, experience loss of suction, or prevent the complete emptying of the breast. (see page 7)
- Try adjusting the position of Freemie. Comfortably position your body to help create the best seal between Freemie and your skin. Experiment with your body position by sitting up straighter, leaning forward a little, or pulling your shoulders back.
- The Breast Funnels come in the standard 25mm, 28mm, and 32mm funnels. If you need a larger or smaller Breast Funnel, visit Freemie.com to order the right size Freemie for you.
- Each Freemie holds up to 8 ounces of milk. If you pump more than this at one time, you need to empty and clean the device to continue pumping. (see page 12)
- If problems emptying your breasts persist, consult your lactation professional.

Loss of Suction

- Make sure all parts are completely dry before assembling.
- Make sure that parts are correctly assembled and fit together as snugly as possible, and that connections to the pump are secure. (see pages 5 & 6 and 15 - 19)
- Make sure tubing is not kinked or pinched. Make sure tubing is pushed securely into its port on the valve base. (see page 5)
- Make sure Breast Funnel is securely pressed against breast creating a seal around nipple, and is properly seated in bra. Check that no bra material or tubing is between the device and your skin. The device should not be tilting upward, downward, or to the side. (see pages 8 & 9)
- Make sure nipple is not bent or pinched inside the Breast Funnel. (see page 7)
- Try a tighter fitting bra to ensure that the bra is able to support and maintain an adequate seal and hold Freemie in an upright position. Consider trying a sports bra. (see page 7)
- **For Philips Avent & Ameda Only:** Check that barrier is properly oriented. (see page 6)

Milk in Tubing

- Always make sure device is placed in bra with tubing and pour spout at the 12 o'clock position. (see page 8)
- Avoid overfilling, empty when full, and remove immediately after pumping.
- Avoid excessive movement while pumping and only use in an upright position. (see page 9)
- Never place full device on flat surface without first removing tubing. (see page 11)
- If milk gets in tubing, see cleaning instructions. Replace tubing if you are unable to clean completely.
- Review your pump manual for pump cleaning instructions.

Need to Stop or Break Suction

- Suction can be broken by stopping the pump or by inserting a finger between the breast and the breast funnel.
- Stop suction if you experience pain in your breast or nipple even if you think the pump is not the source of the pain.



Compatible Pump Connection Diagrams

Freemie

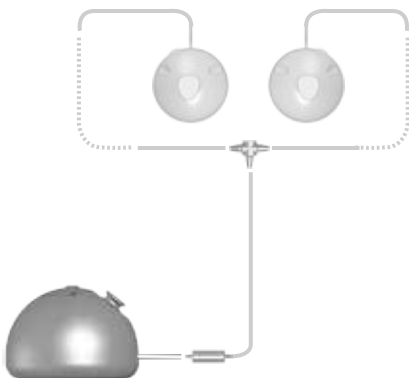
Freedom Double Electric Pump



An approved compatible pump

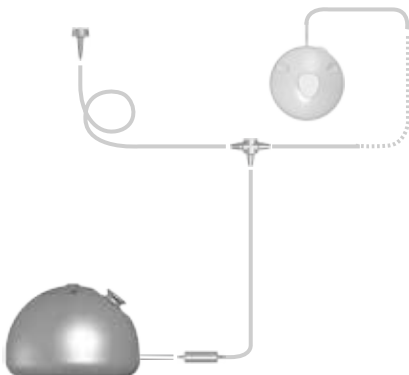
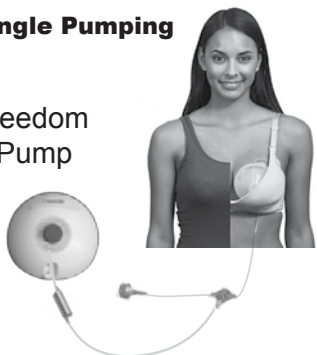
Double Pumping

Freedom Pump



Single Pumping

Freedom Pump



#FG022 Freedom Connection Kit

Includes:



T Connector
(2)



Short tube
(1)



Filter
(2)



Pressure Reducer
(1)



Freemie Tubing
(4) 24"



Pump Tubing
(1) 32" (80cm)

Freemie

Equality Manual Pump

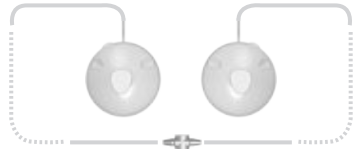


An approved compatible pump

Double Pumping



Equality Pump



Single Pumping



Equality Pump



#FG023 Equality Connection Kit

Includes:



T Connector
(2)



Pressure Reducer
(1)



Freemie Tubing
(4) 24"



Pump Tubing
(1) 32" (80cm)

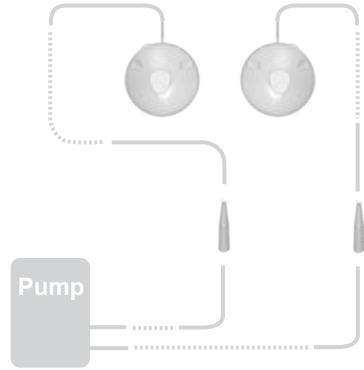
Medela

Lactina
Symphony
Pump in Style Advance

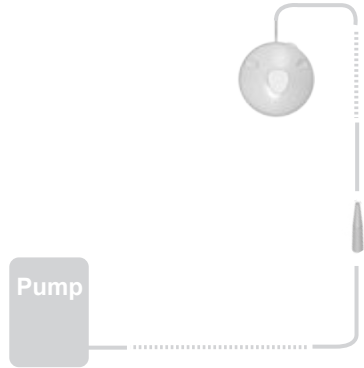


*An approved
compatible pump*

Double Pumping



Single Pumping



#FG021 Medela Connection Kit

Includes:



Quick Connector
(3)



Freemie Tubing
(4) 24"

Medela, Lactina, Symphony and Pump in Style are trademarks of Medela AG Corporation Switzerland. Medela does not endorse and is not affiliated with the Freemie Breast Pump Collection System or Dao Health.

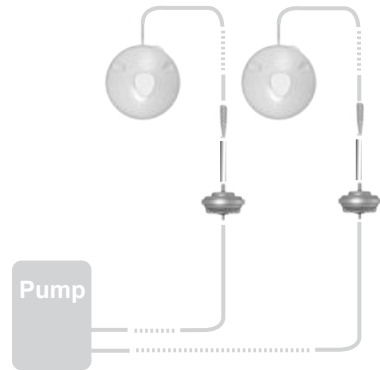
Philips

Philips Avent
Twin Electric Breast Pump

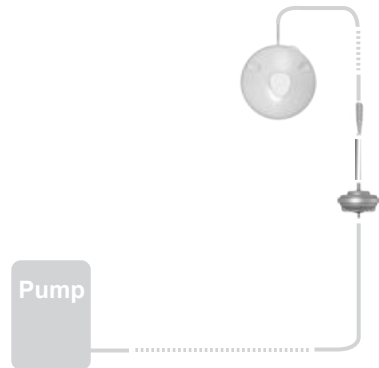


*An approved
compatible pump*

Double Pumping



Single Pumping



#FG020 Philips Avent Connection Kit

Includes:



Barrier
(2)



Short tube
(4)



Quick Connector
(4)



Freemie Tubing
(2) 24"

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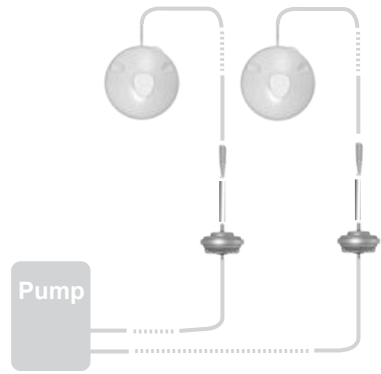
Ameda

Ameda Purely Yours

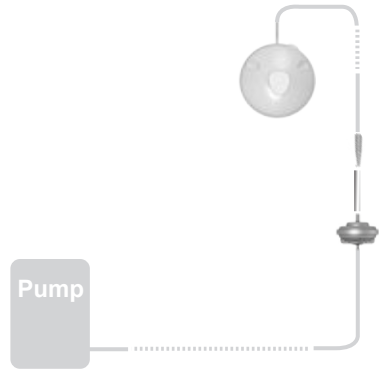


An approved compatible pump

Double Pumping



Single Pumping



#FG020 Ameda Connection Kit

Includes:



Barrier
(2)



Short tube
(4)



Quick Connector
(4)



Freemie Tubing
(2) 24"

Ameda and Purely Yours are trademarks of Ameda of the United States. Ameda does not endorse and is not affiliated with the Freemie Breast Pump Collection System or Dao Health.



Spare Parts & Customer Service

Freemie Breast Pump Collection System

Part #	Part Name	Picture
FG024	25mm Breast Funnel	Page 3
FG025	28mm Breast Funnel	Page 3
FG026	32mm Breast Funnel	Page 3
FG027	Natural Shape Cup	Page 3
FG029	Valve Base	Page 3
FG030	Valve	Page 3

Compatible Pump Connection Kits

Part #	Part Name	Picture
FG022	Freemie Freedom Pump Connection Kit	Page 15
FG023	Freemie Equality Pump Connection Kit	Page 16
FG021	Medela Pump Connection Kit	Page 17
FG020	Philips Avent Pump Connection Kit	Page 18
FG020	Ameda Pump Connection Kit	Page 19



For help with your Freemie product visit us at
www.freemie.com

Customer Service (916) 339-7388
Monday - Friday, 9:00am - 5:00pm PST

PO38.A
AW010.B
10/22/13