



HANDS-FREE EXPRESS CUPS

** Excludes Elebebe
Pumping Unit



USER MANUAL

Please read this user manual before using our Elebebe Express Cups for the first time. This is a single-user accessory and therefore should not be used by more than one individual. Sharing the Elebebe Cups among multiple users may present a health risk.

Table of Contents

ELEBEBE EXPRESS CUPS FEATURES	2
ELEBEBE EXPRESS CUPS COMPONENTS	3
ASSEMBLY & DISASSEMBLY INSTRUCTIONS	4
USAGE INSTRUCTIONS	6
HOW TO WEAR ELEBEBE EXPRESS CUPS.....	9
DETACHMENT FROM BREAST & MILK TRANSFER INSTRUCTIONS	10

ELEBEBE EXPRESS CUPS FEATURES

Your pumping journey just got less stressful!

Effective Pumping

- Both your hands are free to multitask while pumping.
- An economical solution through full compatibility with our Elebebe Double Electric Breast Pump.

Pump whenever, wherever

- You can save time at home by pumping while breastfeeding.
- You can pump in the office with your clothes on as the cups fit into your bra.
- You can pump in public where there is no personal space.

The options are endless with this amazing add-on to your Elebebe Double Electric Breast Pump.

Our express cups are BPA & DEHP FREE



ELEBEBE EXPRESS CUPS COMPONENTS



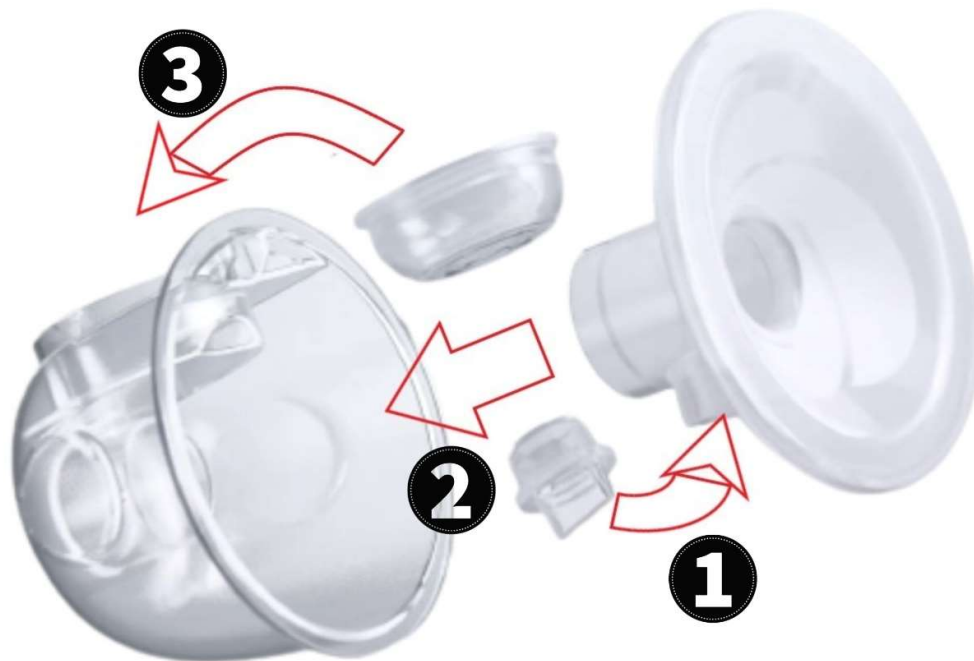
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1. Milk Collection Cups – 2 pieces
 2. Silicone flanges (25mm) with valve connectors – 2 pieces
 3. White Cap for backflow prevention – 2 pieces
 4. Silicone diaphragm – 2 pieces
 5. Silicone valves – 4 pieces (2 spares for replacement)
 6. Silicone flange inserts – 2 pieces 22mm & 2 pieces 19mm (*Refer to usage instructions*)
 7. Tubing (NO TUBING IS INCLUDED, YOU MUST USE THE ORIGINAL ELEBEBE TUBING)
 8. White silicone milk stoppers (*Refer to milk transfer instructions*)

ASSEMBLY & DISASSEMBLY INSTRUCTIONS

Important

- Wash your hands thoroughly and dry them completely before using the product. Before you begin pumping, make sure your breasts are clean.
- Make sure that you have correctly washed, sterilized, and assembled the pump before use.

1. Insert the silicone valves into the valve connectors which are part of the silicone flanges. Make sure that they are properly inserted and not loose.
2. Take the assembled silicone flanges with the valves, align them with the milk collection cups and join them together. Make sure you press the silicone flanges to wrap tightly around the edges of the collection cups. **IMPORTANT:** The silicone valves must always point in a downward direction and have a vertical position (*refer to the picture below*).
3. Insert the silicone diaphragms into the diaphragm pockets at the top of the milk collection cups. Make sure that they are properly inserted and not loose.



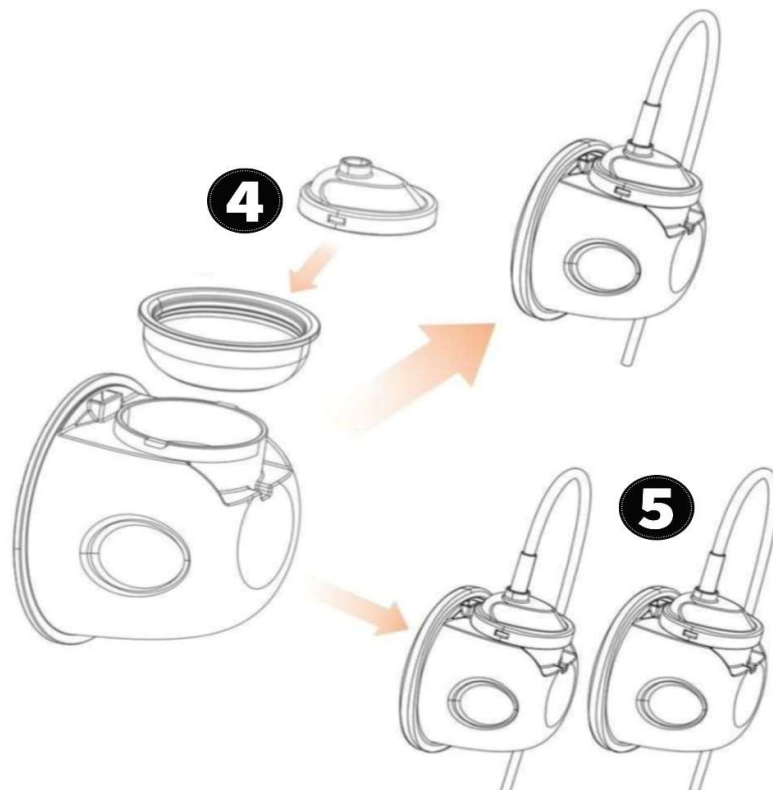
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ASSEMBLY & DISASSEMBLY INSTRUCTIONS (CONTINUED)

4. Use the white plastic cap to cover the diaphragm by putting it on top of the diaphragm pocket, then turn the cap clockwise to lock the cap into position (see pictures below in order). When you want to remove the cap you have to turn it anti-clockwise, to unlock it, before you can remove it.



5. Take your original Elebebe tubing with the blue adapters and insert the two identical adapters firmly into the openings at the top of the white plastic caps. Make sure it is pushed all the way down into the opening.
6. Finally take the adaptor on the opposite side of the Elebebe tubing and insert it firmly into your ELEBEBE breast pump unit.



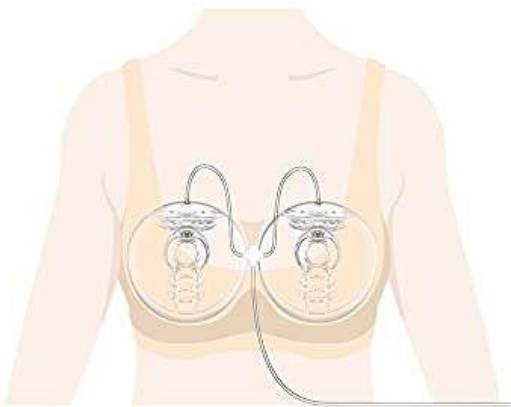
USAGE INSTRUCTIONS

Preparation for use

1. For hygienic purposes, wash and dry your hands completely prior to use.
2. Ensure your breasts are clean and free of any foreign substances prior to pumping.
3. Ensure all parts that come in direct contact with breastmilk are clean, sanitized correctly, and follow the instructions in the user manual to assemble before use.

How to use

1. Tilting of the flange may lead to the leakage of breast milk. Please sit up straight while pumping to ensure the flange does not tilt (Refer to the illustrations below for extra guidance on positions for use).
2. It is important to find the maximum vacuum level that is comfortable for you, as pumping at an uncomfortably high vacuum level may cause pain and hinder your milk flow.
3. To determine your own maximum vacuum level, use the vacuum level and cycle speed controller buttons on the breast pump to increase the intensity until the pumping feels slightly uncomfortable (not painful), then decrease the intensity slightly.
4. On average, a typical expressing session goes for 10-15 minutes, but this is just a guide and may vary for each individual.
5. Upon completion of pumping, do not just pull away the flange in its sealed state, but instead, turn off the power first and remove the flange slowly by breaking the seal between your breast and the flange with your finger.

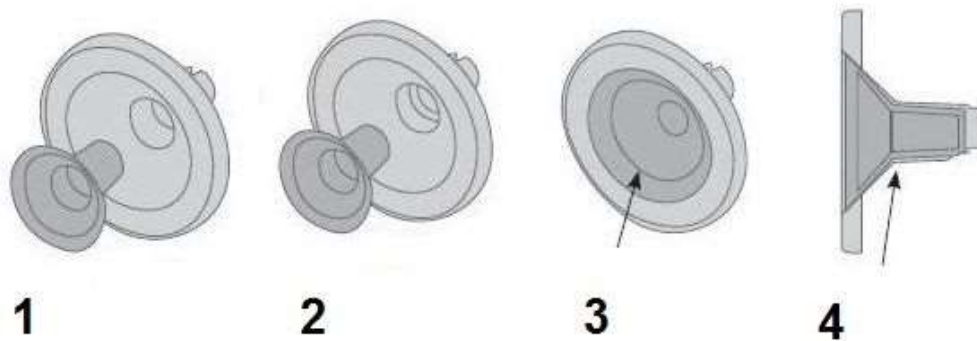


How to use the flange inserts

Important – To determine the flange size in millimeters that is suitable for your breast nipple size, please use the guidance on our website. You can find the link to the guidance on the Elebebe Express Cups product page.

Our Elebebe Express Cups come with 25mm silicone flanges, as well as one pair of 22mm & one pair of 19mm silicone flange inserts. If the standard 25mm flanges are too big for you according to our flange sizing guide, then use the flange inserts to reduce the size to either 22mm or 19mm.

1. The flange inserts must be inserted into the opening of both standard silicone flanges.
2. Make sure the inserts are pushed all the way back and secured firmly as illustrated below.



How to do one-sided pumping

The Elebebe Express Cups are mainly used for double-sided pumping, but can also easily be converted to only pump on one side of your breasts. Simply “close” one side of your tubing, by inserting one of the end adapters of your tubing into the open-sided T-joint of the tubing. Insert the remaining adapter into one assembled milk collection cup to use for pumping. Refer to the pictures below for guidance.

1.



2.



Care instructions after use

1. Disassemble and wash all parts that come in contact with breastmilk immediately after use according to the instructions in the user manual using bottle washing detergent and an appropriately shaped bottle brush and rinse under running water.
2. The general practice is to sterilize the washed parts in boiling water for 5 minutes.
3. After washing and sterilizing, ensure all parts are completely dry and stored in a container or clean space.
4. Replace any worn-out parts.

Safety precautions

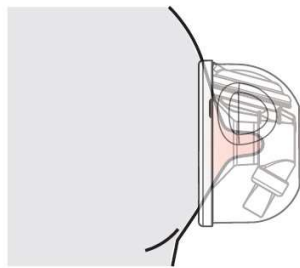
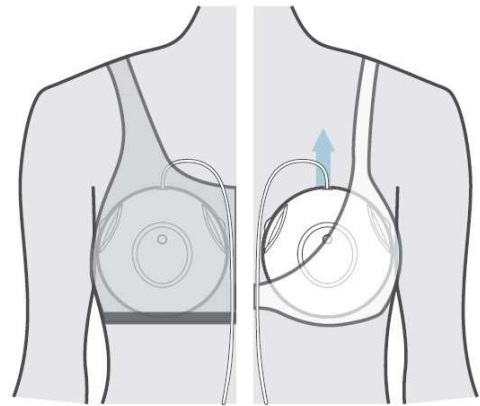
Important

Should milk backflow during pumping, stop the pump operation immediately and remove any milk first, then check all consumable parts for damage/connection condition. If you suspect that the milk has back flowed into the main pump unit, stop using the pump immediately and assess the unit before using it again.

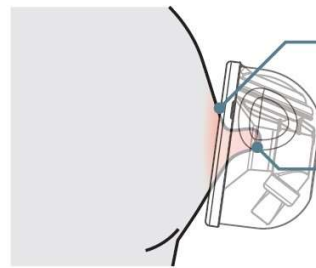
1. Persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, should not use the product unless they have been given supervision or instruction by a person responsible for their safety.
2. Children should be supervised to ensure that they do not play with the product.
3. Always inspect the product components for signs of damage before each use.
4. Use only genuine original Elebebe accessories and parts.
5. Wash (do not use antibacterial or abrasive cleaners/detergents) and sterilize all product parts before each use.
6. Avoid exposure to high heat and direct sunlight.
7. Never use it while pregnant, as pumping can induce labor.
8. This product is a personal care item that should be used by a single user. Use of the product under second-hand or rental conditions carries the risk of cross-contamination between multiple users and requires caution.
9. Some discomfort may be felt when first using a breast pump, however, if you should continue to feel pain, or if tearing or bleeding occurs around your nipples, you should immediately seek medical advice.

HOW TO WEAR ELEBEBE EXPRESS CUPS

1. Ensure the tubing connector on the milk collection cup is pointing up when pumping
2. In order to maintain the same suction pressure while pumping, try placing the express cups inside a larger bra. Use either a sports bra or a standard bra that offers a more comfortable fit and keeps the cups securely in position while allowing you to move around.
3. Check that the flanges are sealed tight onto your skin.
4. Position the cups over your nipple, right in the centre of the flange.



Correct positioning example



Incorrect positioning example

5. Tilting of the flange may lead to leaking of breastmilk. Please pump sitting upright to ensure the flange does not tilt.
6. Each milk collection cup is capable of holding 250ml of breast milk. When the cup gets full, turn the power off and stop pumping. To pump more than 250ml of breastmilk, stop pumping

DETACH FROM BREASTS & MILK TRANSFER INSTRUCTIONS

How to detach the cups from your breasts

1. Turn the pump power off.
2. Carefully remove the tubing from the milk collection cups while still keeping the cups in place. **Grabbing the milk collection cup with force may create a gap between the flange and the milk collection cup causing the breastmilk to spill out. Handle with Care.**
3. Carefully remove cups from inside the bra, being careful not to spill the breast milk (the flange may still stick onto your breast, then hold the milk collection cup and pull it out).
4. Place the cups on a flat surface where breast milk won't spill over.

How to transfer breast milk from the cups

1. After removing the tubing and detaching the cups from your breasts, keep the cups assembled.
2. Remove only the white plastic diaphragm caps and the silicone diaphragms. This will expose a small hole in the plastic diaphragm pockets at the top of the milk collection cups.
3. Use the white silicone milk stoppers to plug these small holes (refer to the picture below).

1.



2.



4. After you plugged the small holes with the silicone milk stoppers, then search for the "milk pouring hole" at the top of the milk collection cups, between the plastic diaphragm pockets and the silicone flange side (refer to the picture below).



5. Use the milk pouring hole to carefully pour your breast milk into your breast milk storage bag, container or bottle.

