



Hands-free Expressing cups



User Manual

IMPORTANT

Please read this manual prior to initial use.

This manual contains information regarding:

- Cleaning and Sanitisation
- Set up, fitting
- Safety and use
- Troubleshooting

Please visit www.milkeaze.com.au for customer service, FAQs and videos

Congratulations on your purchase!

Milkeaze hands free expressing cups are designed to help make your breast pumping experience easier and more convenient

Product description

The reusable Milkeaze hands free expressing cups are an attachment for compatible breast pumps, for the purpose of expressing and collecting breast milk

Intended Use

The Milkeaze hands free expressing cups are designed to be used with compatible breast pumps for lactating women to express and collect breast milk.

The Milkeaze hands free expressing cups are intended for use by a single user.

IMPORTANT NOTICE

Milkeaze expressing cups are intended as an adjunct to breast-feeding.

Expressing cups may not attain milk volumes comparable to direct breast-feeding. Expressed volume may differ when compared with your original pump and flange setup.

Breast milk production and expressing is unique for each mother. Breast pumps, collection apparatus and flange sizes work differently for different people. Please refer to the Trouble shooting section on our website for tips on optimising the Milkeaze fit.

Contraindications for use

There are no known contraindications for use of this product

Important safety information

CAUTION

- Milkeaze hands free expressing cups are personal care items intended for use by a single user.
- All parts should be sterilized as per instruction guide prior to initial use
- Do not store wet or damp parts. Air dry between uses.
- Ensure all parts are free of milk residue and dry prior to storage.
- Inspect before each use to ensure parts are not damaged or mouldy.
- Replace worn or damaged parts
- Do not store parts in freezer
- Never use Milkeaze expressing cups in any location or circumstance that is unsafe for you, or your infant.
- Keep parts and packaging out of reach of children, small parts can be a choking hazard.
- Pressing cups too firmly or not firmly enough onto the breasts may affect milk flow
- If health concerns or pain occur, please consult a breastfeeding / lactation specialist or medical physician.
- Expressed milk does not reduce the risk of transmitting blood borne pre-existing infectious conditions from mother to baby compared to breast-feeding (e.g. Hepatitis B, Hepatitis C, or HIV).

Cleaning and Sterilising

Prior to first use, and every 5-7 days, sterilisation is recommended. Cleaning is recommended after each use. Milk, once collected, should be transferred to a sterile storage receptacle such as a milk bottle, or sterile collection bag.

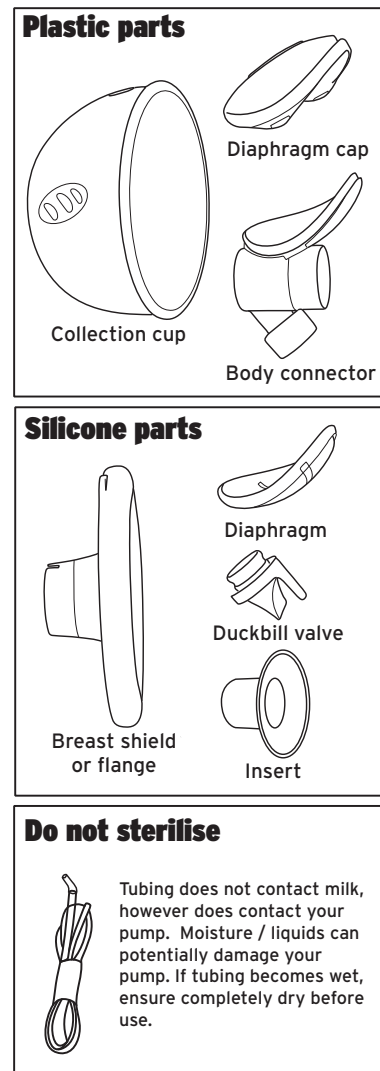
Sterilisation

Separate parts into Plastic and Silicone components (see diagram)

- Parts should be sterilised by boiling in an uncovered pot of water for :
 - 5-10 minutes for Plastic parts
 - 2 minutes for Silicone parts
- Parts should be removed and air dried prior to use
- Ensure parts are floating freely in pot, not sitting on the bottom of pot

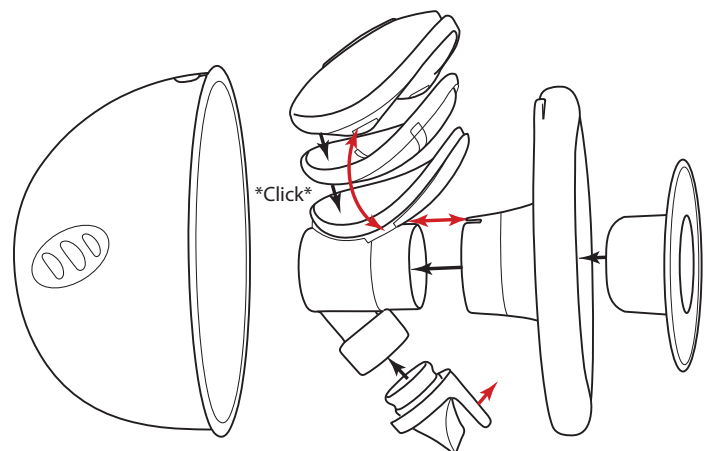
Regular cleaning

- Separate components
- Hand wash all parts with hot water and dishwashing soap
- Avoid abrasives and harsh chemical agents
- Dishwasher safe with standard household domestic dishwashing powders however handwashing is recommended
- Rinse with clean hot water
- Air dry and allow to cool prior to use
- We recommend sterilisation of parts once every 5-7 days



Assembly

1. Sterilise/wash parts
2. Place diaphragm onto body connector
3. Cap diaphragm with arrow pointing away from opening on body connector
4. Correct placement confirmed with click.
5. Place duckbill valve onto body connector, with handle tab facing opening on body connector. Press down firmly
6. Place breast shield onto body connector with notch facing diaphragm
7. Connect collection cup to body ensuring opening lines up with the hole on diaphragm cover. Push down along breast shield edges to ensure complete seal
8. Insert correctly sized flange insert as required
9. Place in bra - see correct nipple positioning guide
10. Connect tubing using appropriate adaptor for your pump - see adaptor attachment



Adaptor attachment

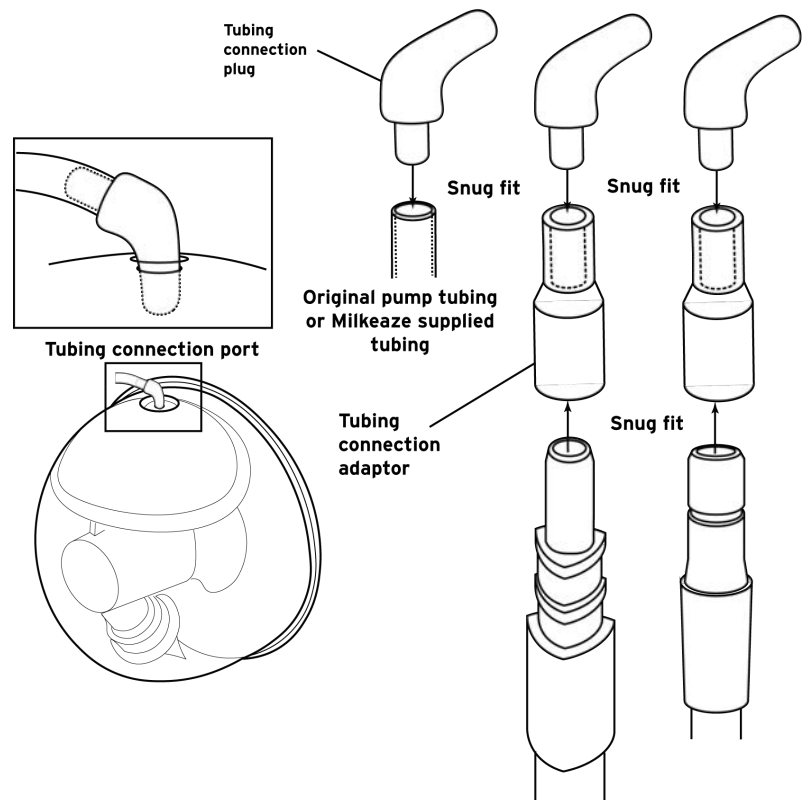
Once parts are assembled as above, attach tubing to tubing connection plug directly or via the provided adaptor (see diagram).

Ensure a snug fit to ensure no air leak.

Depending on your pump, you may use either the provided Milkeaze tubing, or the tubing that comes with your pump.

You may be unable to connect Milkeaze tubing to some propriety tubing sockets on certain pumps. In this case you may use your original pump tubing with the provided adaptor.

Please refer to website or contact support team for more assistance.



Fitting

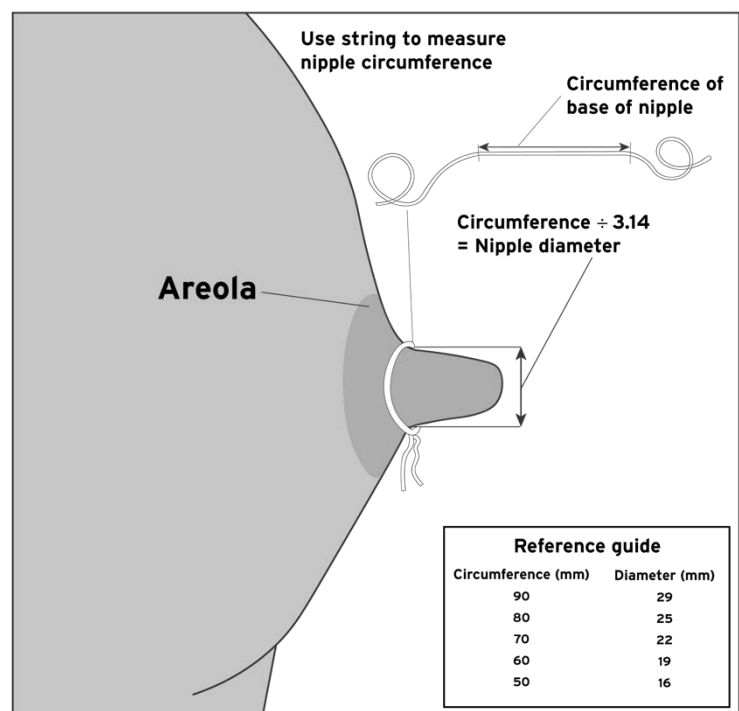
Two key elements of a suitable fit include the bra fit & breast shield fit

Bra fit

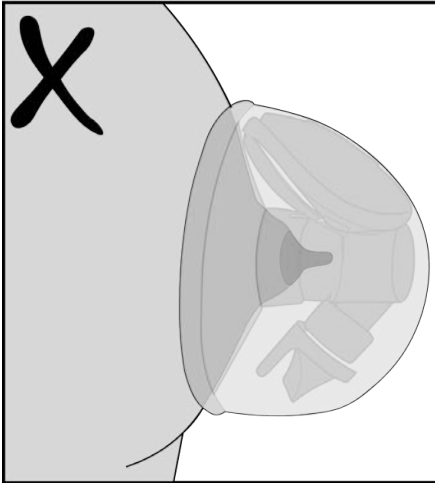
The Milkeaze hands free expressing cups should sit upright, and attain a good seal, without sagging or tilting. Your chosen bra should ensure the cup remains seated upon the breast in an upright position and delivers adequate pressure with a firm but comfortable fit.

Breast shield fitting

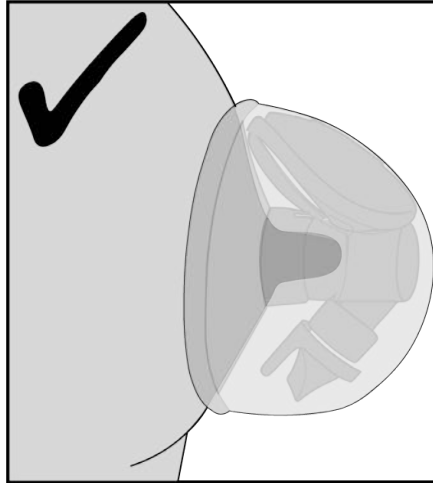
Immediately after 5 minutes of pumping (not breastfeeding) use a string or measuring tape to measure the nipple. Work out the diameter using the diagram on the right. Use this measurement to choose the correct sized breast shield insert



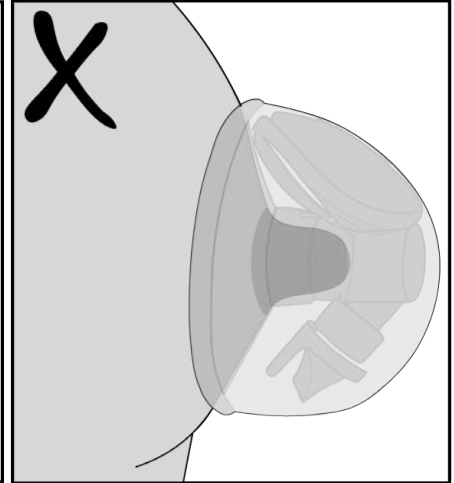
Breast Shield Fit



Funnel is too large for nipple size. Too much areolar tissue will be drawn in with suction, reducing efficiency. Utilise a smaller diameter insert.

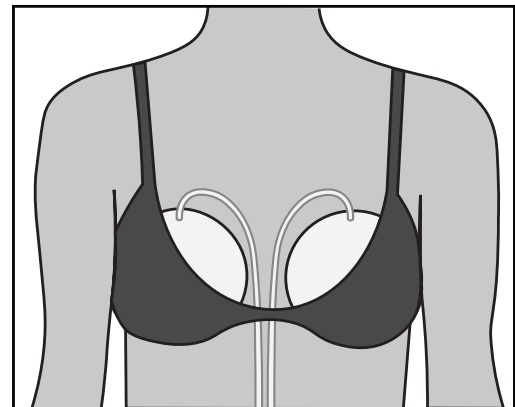
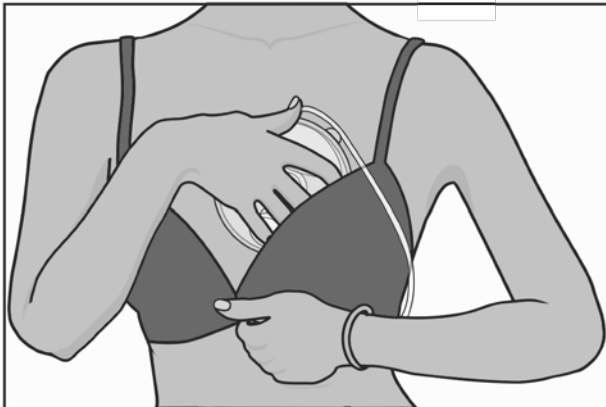


Correct sizing for effective pumping.



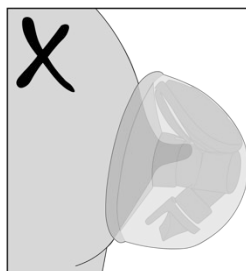
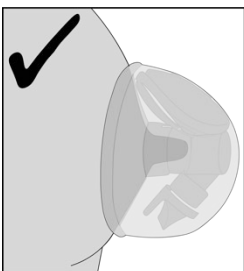
Funnel too small for nipple size. Nipple not be efficiently drawn in, thereby reducing effectiveness. Nipple damage or discomfort can occur. Utilise larger diameter funnel

Cup placement



Slip cup under bra with breast shield centred over the nipple. Tubing should enter the cup at the 12 o'clock position on the cup. Maintain an upright position during and after pumping, keeping cups upright to avoid milk leakage

Correct Nipple positioning



Nipple should be centred in the breast shield funnel. Your nipple should not be bent or touch sides of funnel, and should not hurt during pumping.

If nipple is rubbing against sides of funnel, or if pain is experienced, discontinue use to prevent damage to the nipple. You may need to try a different sized funnel insert. Please refer to fitting guide

Expressing

Once cups are appropriately placed, and tubing is attached to the cups and your pump - use pump as per device instructions.

It is normal for some women to require a higher suction setting using Milkeaze hands-free cups compared with their original breast shield collection system.

Each cup has a filling capacity of 120ml. If higher volumes are being pumped per session, we recommend pausing the pump to empty cup contents first, prior to continuing to pump.

Once you have completed pumping, turn off the pump. Remove tubing from the hands-free cups whilst they are still in your bra.

Carefully remove collection cups from bra and set down on table, silicone breast shield side up.

Carefully remove silicone shield and the attached components. Pour milk into appropriate storage container, bottle or storage bag.

Two helpful resources on Expressed breast milk storage:

1. Australian Breastfeeding Association - Expressing and storing breastmilk
<https://www.breastfeeding.asn.au/bf-info/breastfeeding-and-work/expressing-and-storing-breastmilk>
2. Centers for Disease Control and Prevention - Proper Storage and Preparation of Breast milk
https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htmteam

Troubleshooting

Problem	Troubleshooting
Low expressed volumes	<ul style="list-style-type: none">• Ensure cups are assembled correctly and all parts are on tight. Take apart entire cup and reassemble as it can sometimes be challenging to see where there may be an air leak.• Ensure the breast shield is centred over the nipple. If nipple is off-centre in the breast funnel, it may negatively impact on milk release and reduce efficient suction.• Ensure the cups are positioned on breast allowing a complete seal. Some position adjustment may aid this, including sitting, slightly leaning forward or back, and retracting shoulders.• Experiment using the different flange inserts to optimise fit onto nipple. The included inserts give you 19mm, 24mm and 27mm size options out of the box.• Experiment using different bras. Your bra needs to be firm enough to aid a tight seal between the cup and the breast but not so tight that it causes the cup to block milk ducts.• Use alternate tubing. Try the provided Milkeaze tubing instead of your own, or vice versa, as long as it is compatible with your pump. If your pump has 2 ports, try single tubing in each port rather than single port and Y-tubing for double pumping <p>Each individual unique, as is the breast milk pumping experience. We cannot guarantee you will get the same volume of milk as you do from your original flanges or from breastfeeding directly, but we can guarantee Milkeaze will make pumping more convenient.</p>

	<p>If volumes remain lower than your standard yield, we recommend avoiding use of Milkeaze cups as a complete replacement for breast feeding or exclusive pumping.</p> <p>Consult your Doctor, midwife or lactation consultant if any persisting problems with pumped volume.</p>
Feeling of low suction	<p>If pumped volume is adequate: we recommend ignoring the reduced suction sensation. The silicone breast shields often create a soft, comfortable fit and the feeling of suction may not be as easily perceived as compared to the hard plastic pump flanges</p> <p>If volume is low:</p> <ul style="list-style-type: none"> • Ensure correct and tight assembly of expressing cup • Ensure all parts are in working condition - if parts are worn, they may require replacement. The most common part requiring replacement is the duckbill valve - hence we have supplied 2 spares per box. If any other parts are worn, please contact the Milkeaze team • Ensure tubing is correctly attached and free of damage and kinks. Ensure tubing is snugly fit onto both pump and cup. • Use alternate tubing. Try the provided Milkeaze tubing instead of your own, or vice versa, as long as it is compatible with your pump. • If your pump has the option of two suction ports - utilise single tubing in both ports rather than the Y-tubing provided. • Ensure the pump is operational with audibly working motor and adequate suction power. • Try a higher suction setting. It is common to need a higher suction setting with the hands-free cups compared to regular flange • Experiment using different bras. Your bra needs to be firm enough to aid a tight seal between the cup and the breast but not so tight that it causes the cup to block milk ducts.
Milk in tubing	<ul style="list-style-type: none"> - The Milkeaze hands-free expressing cup is designed to be a closed system, as such, milk in tubing indicates the apparatus has been assembled incorrectly or your diaphragm has been contaminated with milk due to incorrect use. Please refer to the ASSEMBLY section in this user manual to ensure correct set up.

Spare Parts & Customer Service

Please contact our support team if any parts require replacement or if there are any concerns or queries.



Visit us at www.milkeaze.com.au
Email us at: info@milkeaze.com.au