

*Pumping's never
felt so good!*



LEGENDAIRY *Milk*®

FLUIDFIT BREAST SHIELDS

WITH LIQUID SILICONE TECHNOLOGY

*Instructions
for use*



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LEGENDAIRY *Milk*®





Welcome to the Legendairy Milk® family!

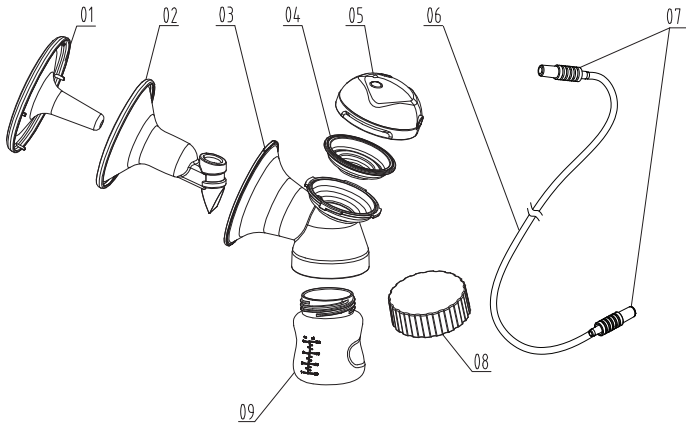
Pumping can do a number on our nipple and areolar tissue. Using properly fitted breast shields is a critical component in preventing friction, pain, or even injury to our breasts. That's why we think you're really going to enjoy the velvety-soft feel of our FluidFit Breast Shields as they gently mould to your nipple shape and size. Pumping's never felt so good!

We'd love to hear from you! If you have feedback or would like to share your breastfeeding journey with us, please send us an email at: info@legendairymilk.com

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WHAT'S INCLUDED



- 01 - Shield cap**
- 02 - Liquid silicone cushion with integrated duckbill valve**
- 03 - Breast shield**
- 04 - Silicone diaphragm**
- 05 - Cap**
- 06 - Tubing**
- 07 - Tubing connectors**
- 08 - Bottle lid**
- 09 - Wide neck bottle**

IMPORTANT INFORMATION

- Wash your hands with soap and water and dry thoroughly before assembling parts.
- Ensure all parts are clean and dry before each use.
- Avoid harsh detergents as this may damage the product.
- Exposure to detergent may make the silicone appear cloudy over time.
- Do not use sterilizing tablets or a UV sterilizer to clean silicone parts.
- Store in a cool, dry space and avoid direct sunlight.
- Replace the parts or the product if it shows signs of wear or damage.
- Replace the silicone cushion every 1-2 months (or more often depending on frequency of use).
- Please do not use a cleaning brush inside the valve of the silicone cushion as this may damage the valve or shorten its lifespan.
- This product is a personal care item, and use should not be shared between mothers.
- This product is only intended for use with compatible pumps.
- If you experience any pain while using this product, seek professional advice from a Lactation Consultant to ensure you have a correctly-fitted breast shield.
- Contains small parts which may be a choking hazard for children.

1. Before first use

- a. Disassemble all parts
- b. Wash in warm soapy water (except for the tubing)
- c. Rinse well with clean water
- d. Submerge parts in pot of water (except for tubing) and boil for 3-5 minutes
 - i. Use large pot to prevent parts from touching sides or bottom of pot
- e. Shake off excess water and air-dry on a dedicated rack or clean cloth

2. After each use

- a. Put aside parts that don't come in contact with breastmilk
 - i. When used correctly, tubing does not come in contact with breastmilk and does not need to be cleaned
- b. Disassemble all other parts (silicone cushion, silicone diaphragm, cap and bottle)
- c. Rinse with cold water soon after use
- d. Wash in warm soapy water
 - i. The silicone cushion can be cleaned by gently rubbing between fingers
- e. Rinse well
- f. Shake off excess water and air-dry on a dedicated rack or clean cloth

3. How to sanitize

- a. Follow cleaning instructions 2.a through 2.e
- b. Submerge parts in pot of water and boil for 3-5 minutes
 - i. Use large pot to prevent parts from touching sides or bottom of pot
- c. Shake off excess water and air-dry on a dedicated rack or clean cloth

*After first sanitizing all parts (except tubing), please do not boil silicone parts again. Do not steam sterilize or dishwasher silicone parts. Handwash only after first use.

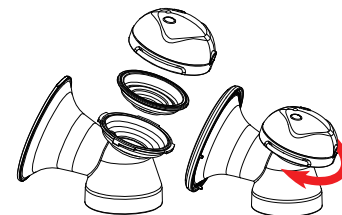
1) Assembling the breastshield kit:

Insert the soft silicone cushion into the breast shield. Ensure the valve is securely attached to the bottom of the breast shield.



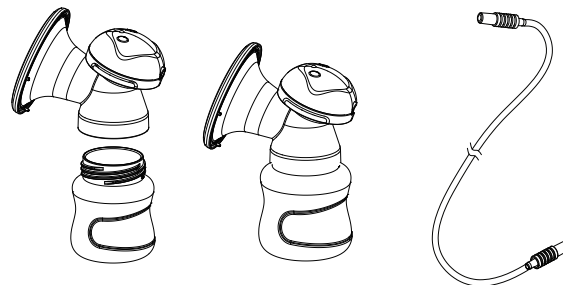
2) Assembling the diaphragm:

Press the silicone diaphragm down with your fingers so it's flush with the top of the breast shield. Place the white cap on with the hole for the tubing insert positioned slightly to the right. Twist the cap to the left until it's tightly in place.



3) Assembling the bottle and the base:

Twist the bottle on and insert the tubing into the white cap.



CONNECTING TO A COMPATIBLE BREAST PUMP

FluidFit Breast Shields work with a wide range of breast pumps, however, the soft silicone inserts need ample vacuum pressure to compress around the nipple. If suction seems low, you may need to tinker with your pump settings. Also please ensure all FluidFit parts are dry, correctly assembled, and fit together as snugly as possible.

Ameda: Mya, Finesse, Purely Yours, Purely Yours Ultra

Motif: Luna

Spectra: S1, S2, M1, 9+, 9S

Medela: Pump in Style Advanced

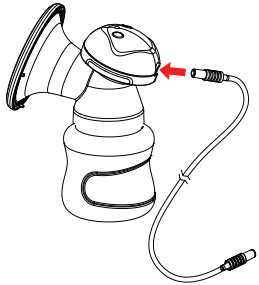
Philips: AVENT

Ardo: Calypso

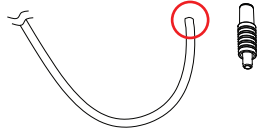
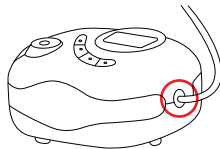
Evenflo: Advanced

Option 1: Use FluidFit tubing

- 1 Insert one white connector into the FluidFit breast shield
- 2 Gently tug off the white connector from the other end of the tubing



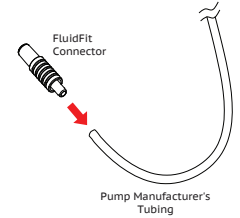
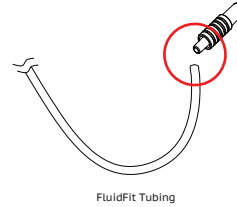
- 3 Connect this end to your breast pump



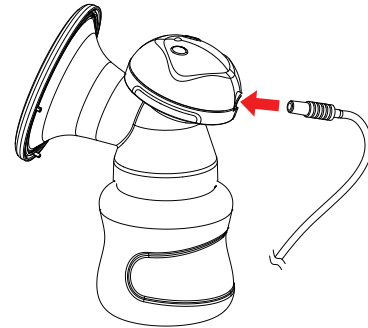
CONNECTING TO A COMPATIBLE BREAST PUMP

Option 2: Use your pump manufacturer's tubing

- 1 Gently tug off one white connector from the FluidFit tubing
- 2 Insert the connector into the pump manufacturer's tubing



- 3 Connect Pump Manufacturer's tubing to FluidFit breast shield

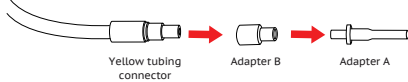


Note: This option is not applicable for Medela Pump in Style Advanced.

CONNECTING TO A COMPATIBLE BREAST PUMP

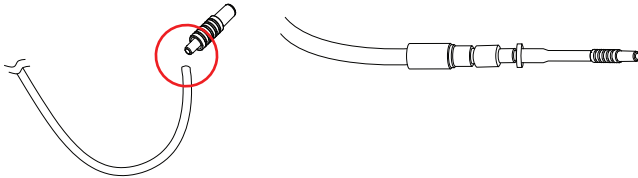
Medela Symphony, Freestyle, Freestyle Flex, Sonata, Swing, Swing Maxi

- 1 Insert Adapter B and then A into the yellow tubing connector



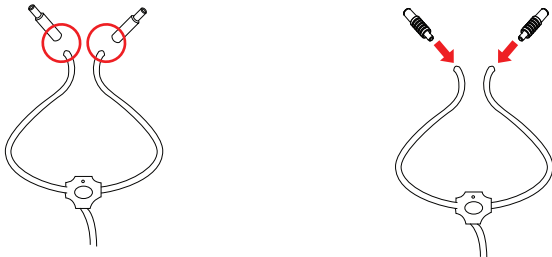
Note: You must use Medela tubing.

- 2 Gently tug off one white connector from the FluidFit tubing
- 3 Attach the connector to Tubing Adapter A



Bellababy, Baby Buddha

- 1 Remove the white connectors from your pump manufacturer's tubing
- 2 Replace them with the FluidFit white connectors



TROUBLESHOOTING

Issue

Solution

Low or no suction

If using as a single pump, check that one of the ports on your breast pump is capped closed.

Ensure tubing is firmly inserted into the white cap.

Double check that the valve in the silicone cushion is flush with the breast shield and assess for any damage or wear. Replace silicone cushion if needed.

Make sure all parts are dry and securely attached.

Ensure that the silicone cushion forms a tight seal around the breast.

Ensure the silicone diaphragm and white cap are firmly attached to the top of the breast shield. Place the white cap on with the hole for the tubing insert positioned slightly to the right. Twist the cap to the left until it's tightly in place.

Condensation in tubing

Ensure that the tubing, silicone diaphragm and white cap are dry before use.

If condensation occurs, ensure tubing is dry before next use. To do this, disconnect tubing from breast shields and turn the pump back on to dry the tubing while you are storing away your breastmilk.

Milk in tubing

Check the valves in the silicone cushion and the silicone diaphragm for damage. Replace if needed.

Do not sterilize tubing in the dishwasher, steam sterilizer or by boiling.