



*Pure Freedom*

# PORTABLE BREAST PUMP



Welcome to the Milkbar  
family, Mama



You've got this

## *Functions and* **FEATURES**

Milkbar's Pure Freedom Portable breast pump has our state of the art, 3-phase expression technology. The soft silicone breast shield is innovatively designed to 'massage, squeeze and suck,' mimicking the way a baby naturally feeds, to help express more milk in less time.

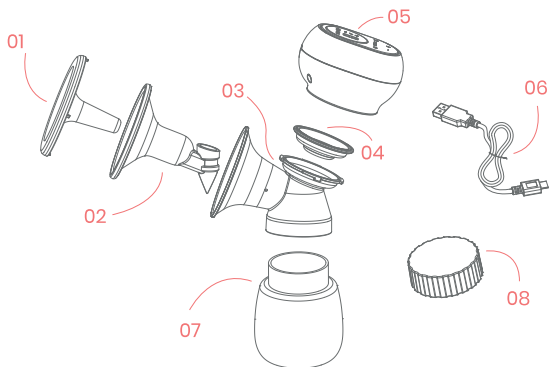
The Pure Freedom Portable Pump gives you just that, freedom to move about and have with you wherever mum-life takes you. A clever integrated design with the motor on the suction kit means there are less parts and no tubing or cords to get tangled but still with the same award winning 3-phase pump design Milkbar is famous for.

### **PRODUCT FEATURES**

- Soft, Functioning Silicone Breast Shield
- 3 Phase Expression Technology
- Squeeze Massage Suck
- Mimics Breastfeeding
- Quick and easy to assemble
- Three Functions and 9 Suction Levels
- Simple to use, easy to clean
- Long Lasting Rechargeable Battery
- Hygienic Closed System Design
- Timer Function
- Small, Portable design

## *Parts and* DESCRIPTIONS

GET TO KNOW YOUR PUMP BEFORE USING IT. INSPECT ALL PARTS AND MAKE SURE YOU HAVE EVERYTHING BEFORE YOU BEGIN.



- 01. Dust Cover
- 02. Silicone Insert
- 03. Breast Shield Body
- 04. Diaphragm

- 05. Pump Unit
- 06. USB Charger Cable
- 07. 150ml Wide Neck Bottle
- 08. Bottle Lid

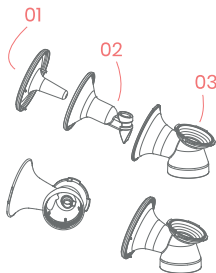
# Preparing YOUR PUMP

**YOUR MILKBAR PURE FREEDOM PORTABLE BREAST PUMP COMES PRE-ASSEMBLED HOWEVER YOU NEED TO CLEAN IT AND REASSEMBLE IT AFTER CLEANING BEFORE FIRST USE.**

**PARTS THAT COME DIRECTLY INTO CONTACT WITH BREAST MILK SUCH AS SILICONE INSERT, DIAPHRAGM, BREAST SHIELD BODY AND BOTTLE ALL MUST BE CLEANED AND STERILISED BEFORE USE.**

## ASSEMBLING THE MILK COLLECTION KIT

1. Insert silicone insert and valve (02) into the breast shield body (03)
2. Do not hold the valve or "V" part of the silicone insert as this area is very delicate. Hold the thicker silicone above the valve and attach the round part of the insert to the breast shield body.
3. Seal the outer silicone insert over the rim of the breast shield body flange.
4. The dust cover (01) can then be inserted into the silicone insert if storing for later use.
5. Remove the dust cover before use.



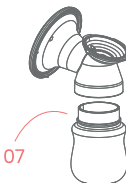
## ASSEMBLING OF THE DIAPHRAGM AND PUMP UNIT

1. First put the diaphragm (04) onto the milk collection kit
2. Place the pump unit (05) on top and twist clockwise to tighten into place.

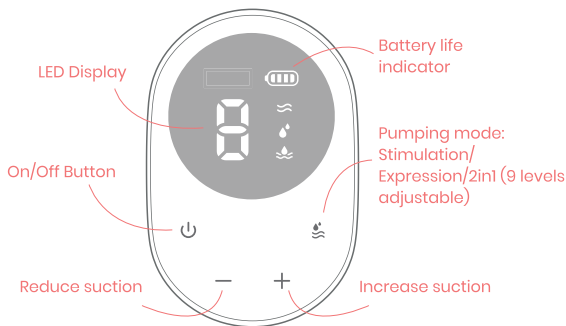


## ASSEMBLING THE BOTTLE

1. Attach the bottle (07) onto the assembled milk collection kit.



# How to operate your PORTABLE BREAST PUMP














## BEFORE EACH USE:

1. Make sure the milk collection kit is clean and sterilised and all parts are dry.
2. Ensure each part is attached properly and securely.

## KEEP IN MIND:

- If at any time you feel pain or discomfort, or if you're not able to express milk, consult a breastfeeding specialist.
- Do not try to express with a suction level that is too high, this may result in discomfort, pain and less milk output.
- Low or no suction does not always mean something is wrong with your breast pump. Check all parts to ensure they are connected correctly and there is no moisture in any of the tubes or parts.

#### USING YOUR PUMP:

1. The LED screen shows the  battery level visually, when the battery is fully charged it will operate for 2hrs on battery life.
2. Long press  button to turn on, the pump will enter stimulation  mode level 1 by default. Adjust the suction level by pressing -/+ button.  on the screen shows the current suction level.
3. Short press  button to enter expression mode  (pump will start at level 1 by default). Adjust suction by pressing -/+ button.
4. Short press  to enter 2 in 1 mode . The pump will switch between 5x stimulation mode and 5x expression mode pumping with the default suction level set at 1. Use the -/+ button to adjust the suction.
5. When the pump is on, short press  to pause or resume pumping. If the pause exceeds 5 minutes the pump will enter standby state.
6. Long press  to turn off the pump when finished pumping.
7. When the 30 minute timer ends the pump will stop automatically and enter standby state.
8. When the battery level is too low,  will flash, after 10 seconds the pump will shut off automatically. Please fully charge the battery when the battery level is low.

# Safe use of YOUR PUMP

## WARNINGS:

- The Li-ion battery is built-in. DO NOT remove the battery by yourself, this must only be done by Milkbar Maternity & Breastfeeding.
- Don't use any adapters or charger that doesn't come with the pump – using another charger may result in overloading the pump and causing it to short circuit.
- Charge the battery at least once a month for no longer than 6 hours even when in storage.
- This pump is designed for personal use and being used by more than one person may pose a health risk.
- Always unplug the power cord from the outlet after each use.
- When cleaning the pump unit please ensure it isn't plugged in at the time.
- Only sterilise the components that come into contact with breast milk, ie: silicone insert, diaphragm, breast shield body and bottle.
- Keep away from children.
- We reserve the right to product design changes.



# *How to* CLEAN YOUR PUMP

## FIRST TIME USING YOUR MILKBAR PURE FREEDOM PORTABLE BREAST PUMP

- Disassemble all parts that come into contact with the breast and breast milk: silicone insert, diaphragm, breast shield body and bottle.
- Wash the above parts in warm soapy water.
- Rinse each piece thoroughly with warm water for 10 to 15 seconds.
- Sterilise with boiling water, steam or UV methods.
- Ensure all parts are completely dry before use. Wet or damp parts will cause poor suction.

## AFTER EACH PUMPING SESSION:

- Rinse all parts that come into contact with the breast and breast milk with cool water immediately after pumping. Parts that come into contact with milk are: silicone insert, diaphragm, breast shield body and bottle.
- Wash the above parts in warm soapy water. It's important to use dish detergent as it will help to degrease the parts. Grease residue affects suction and passage of milk into the collection bottle.
- Carefully clean the valve in the silicone insert as it can tear easily during cleaning and any tears in the valve will affect the suction.
- Rinse each piece thoroughly with warm water for 10 to 15 seconds.
- Sterilise with boiling water, steam or UV methods.
- Ensure all parts are completely dry before use. Wet or damp parts will cause poor suction.

**GENERAL CLEANING  
INFO:**

- Excessive and frequent boiling or exposure to high heat can cause wear and tear to the plastic and silicone parts. This will have an effect on suction over time.
- Check parts for wear and tear frequently.
- Replace worn out or damaged parts immediately to prevent a lack of suction.
- Parts may also be washed in the dishwasher using the top rack only.
- Avoid using cloth towels when cleaning as they can carry germs and bacteria that may contaminate the breast milk.
- Wash your hands before touching the breast pump and parts. Avoid touching the inner parts of the milk collection kit that come into contact with breast milk.
- The pump motor unit must never be exposed or submerged in water or other liquids.
- The pump motor unit must not be sterilised with water or steam methods.

# Troubleshooting YOUR PUMP

PROBLEM	CAUSE	SOLUTION
<b>Low suction</b>	Air is leaking or blocked at some point along the suction path.	Check diaphragm and silicone insert and valve. Clean and degrease with hot water and vinegar to remove any milky residue.
<b>No suction</b>	Valve is not installed correctly or is damaged.	Check the valve, clean with hot water and vinegar to remove any milky residue. Replace if damaged
<b>Milk above the diaphragm</b>	Diaphragm is not installed correctly	Stop pumping immediately, clean, inspect and replace diaphragm before pumping.
<b>Display shows E1 or E2 error</b>	E1 = open circuit E2 = short circuit	Contact Milkbar Maternity & Breastfeeding
<b>Display screen shows E1 or E2 alarm</b>	E1: Stands for open circuit E2: Stands for short circuit	Please contact our friendly team
<b>Display shows E3</b>	The internal temperature of the pump unit exceeds the normal operating temperature range (less than 0°C or higher than 60°C)	Place the pump unit in an area where the temperature is within the normal range. Turn off the pump unit and wait for it to reach normal temperature before using.

## SUCTION TROUBLESHOOTING

- All parts must be totally dry and not damp at all.
- Silicone inserts can degrade over time and can be easily damaged during cleaning - take care and replace this part every 3-6 months to keep suction working well.
- The silicone insert should be firmly sealed around the shield of the suction kit body.
- Inspect valve of the insert for damage regularly.
- Check that all parts are securely connected.

## PARTS THAT ARE INVOLVED IN SUCTION:

- The valve at the end of the silicone insert is made of very delicate silicone and can be prone to damage when cleaning or over time with frequent use. If there are any tears where the valve seals together it will affect the suction. Sometimes it is just that the valve isn't sealing together properly and a gentle pinch of the valve can help with this. It can also be really helpful to gently clean the insert with warm soapy water and then place it in a bowl of just boiled water and let it sit for a few minutes. This helps to break down any fatty deposit that can build up from breast milk.
- The diaphragm disc - this is the little soft silicone disc that sits under the cap of the kit - check this over for any tears or damage.

If after reading all of the above, you are still experiencing a loss of suction please reach out to us at [info@milkbarnewzealand.com](mailto:info@milkbarnewzealand.com) for more assistance.

**BREAST PUMP IS  
WORKING BUT NO  
BREAST MILK IS  
COMING OUT:**

- You may be experiencing engorgement. Place a warm towel on the engorged breast.
- Use your thumb to massage from the outside of your breast to the nipple for 10 to 15 minutes. Try doing this before and during a pumping session.
- You might have an abundance of milk. Using your hand try to squeeze some milk out before using the breast pump.
- It is recommended to pump every 2 to 3 hours including breastfeeding hours.
- Don't pump for longer than the 30 minute timer to avoid hurting your breasts and causing an oversupply.
- If you have large breasts, hold and massage gently while pumping to help with the milk flow.

If all of the above steps have followed and you are still having problems please contact us at [info@milkbarnnewzealand.com](mailto:info@milkbarnnewzealand.com)

**DEVICE NOT  
POWERING ON:**

- Check your power outlet by plugging in another electrical device to make sure the power source is working.
- Make sure that your power adaptor is connected properly with the breast pump unit.
- Make sure the battery is fully charged.

# *Important*

## SAFETY INFORMATION

### GENERAL

- Do not use the breast pump while sleeping or overly drowsy.
- Unplug the power adapter from the wall socket when the pump is finished charging (only leave on charge for a maximum of 6 hours).
- Do not submerge the pump unit in water or liquid.

### TECHNICAL PARAMETERS

- **Power Adapter**
- **Power Input:** 100-240V ~ 50/60Hz
- **Power Output:** 5V 2A
- **Power Rating:** 10W
- **Lithium Battery:** 3.7V 1500mAh
- **Stimulation Speed:** 10 T/min
- **Expression Speed:** 2-6 T/min
- **Stimulation Suction:** -0.000 ~ -0.01Mpa (max); 9 Levels
- **Expression Suction:** -0.016 ~ -0.033Mpa; 9 Levels
- **Electronic Equipment Protection:** AC Adapter Class II, Host Machine Class III
- **Overall Noise:** ≤60dB(A)
- **Operating Conditions:** Temperature 5-40°C, RH ≤90%

If you need any assistance,  
you can reach us at:



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Questions, worries or concerns? Send us an email and we'll get back to you as soon as we can.