

Hands Free, Concealable

Breast Pump Collection System



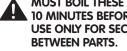
Quick Set-up Guide

This is intended as a reference guide, please read entire User Manual prior to use.

Use the Freemie System only with compatible pumps (see User Manual).

Assembly Layout Valve Your Freemie Compatible Pump Base **Funnel** Connecting to your pump See reverse side or User Manual for **Connection Diagrams** Cup

Preparing for first use



MUST BOIL THESE PARTS FOR 10 MINUTES BEFORE FIRST **USE ONLY FOR SECURE FIT**







Clean parts with hot soapy water and rinse thoroughly after each use.



Hand wash valve in hot, soapy water. Rinse thoroughly.



DO NOT BOIL OR STEAM THESE PARTS:











ENSURE ALL PARTS ARE DRY PRIOR TO USE. DO NOT STEAM STERILIZE OR USE ABRASIVES ON ANY FREEMIE **COMPONENTS. STEAM MAY** DAMAGE PARTS AND CAUSE THESE PARTS TO NOT FIT SECURELY.

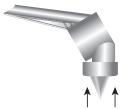
(2) Assemble Freemie Cups



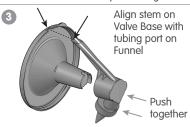
Correct

Incorrect assembly of the valve will cause milk to back up into tubing





Once assembled, gently tug on Valve to ensure it is secure



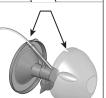
Push Breast Funnel and Valve Base firmly together



Insert Tubing into Valve Base



6 Align ports and snap together without pinching tubing



Before using Freemie



Practice pouring water from Freemie Cups into a storage bottle or bag before trying with pumped milk to help ensure successful transfers.



BRA FIT IS CRITICAL TO PROPER USE.

Before choosing a bra, pump with the Freemie using your hands to hold the Cups in place.

To achieve the same pressure and sensation with the Freemie Cups in your bra, it may be necessary to adjust your bra or try different bras to find the best fit for you. A sports bra or stretchy nursing bra works well for some

Freemie Cups can be used discreetly with proper wardrobe planning. Loose clothing with easy access and scarves will be most discreet. Before first use in public, put water in the Cups and practice placement and removal of the Cups in your bra. This exercise will help in determining wardrobe requirements.

Freemie position and placement

See reverse side to connect Freemie to a compatible NUK, Medela, Hygeia, Lucina, Philips, Ameda, Freedom or Equality pump. See User Manual for connection diagrams to other compatible pumps.



Place Freemie Cup inside your bra with tubing facing upright in the 12 o'clock position.



Tubing in 12 o'clock position.





PLACEMENT AT ANY OTHER POSITION MAY CAUSE MILK TO FLOW INTO TUBING.



Freemie Breast Funnel should be centered over the nipple.



Keep Freemie Cups upright while pumping by sitting or standing in an upright position.





LEANING FORWARD, BENDING OVER, OR **RECLINING MAY CAUSE LOSS OF SUCTION** OR MILK TO FLOW INTO TUBING.

To begin pumping, set suction to low and slowly adjust to your personal suction preference. See User Manual.

***CAUTION:** If milk flows into tubing, stop suction immediately by turning off your pump or disconnecting the tubing. See User Manual.

Transfer milk from Freemie Cups

- Turn off pump, remove tubing from Freemie Cups.
- Carefully remove Freemie Cups from your bra.



HANDLE CUPS WITH CARE. Milk pours out from pour spout. Placement at any other position may cause milk to flow into the tubing or leak out of cups.

Transfer milk to storage container or bottle after pumping. Pour quickly with breast funnel up.

Handwash all components that come into contact with breast milk in hot soapy water, then rinse thoroughly. Leave parts disassembled until ready for next use.



Medela

Quick Connector

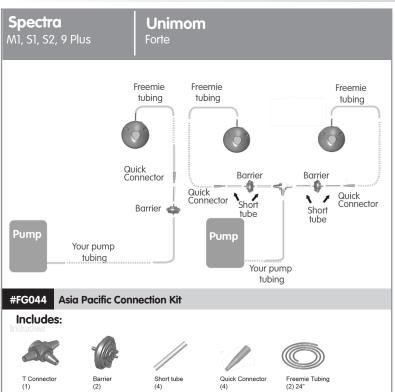
(3)

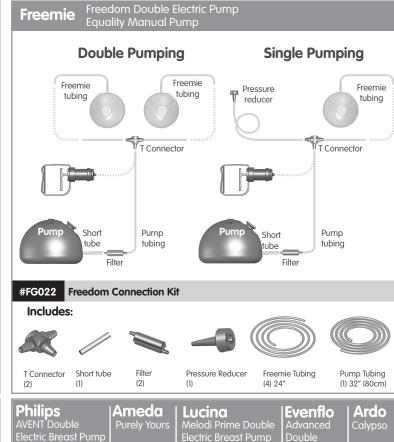
Freemie Tubina

(4) 24"

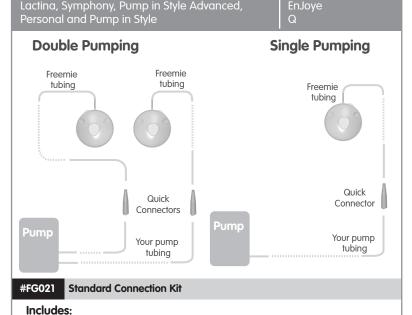
Compatible Pump Connection Diagrams

For troubleshooting, see User Manual, or visit www.freemie.com

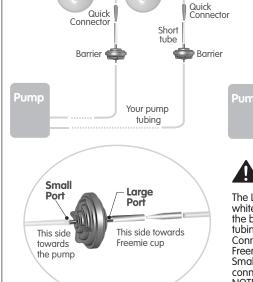




Melodi Prime Double Electric Breast Pump



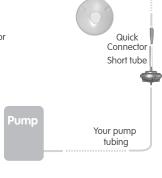
Hygeia



Double Pumping

Freemie

tubing



Single Pumping

Freemie

tubing

Proper orientation of the barrier

The Large Port side (with white membrane inside) of the barrier connects to short tubing, then to the Quick Connector, and then to the Freemie Cup clear tubing. The Small Port side of the Barrier connects to the Pump Tubing. NOTE: Freemie tubing fits inside the Quick Connector.

REPLACE VALVES AND/OR FILTERS APPROXIMATELY EVERY 3 MONTHS.

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#FG020 Philips AVENT / Ameda / Lucina Pump Connection Kit



(2)

Electric Breast Pump





Barrier Short tube **Quick Connector** (4) (4)

Freemie Tubing (2) 24"