

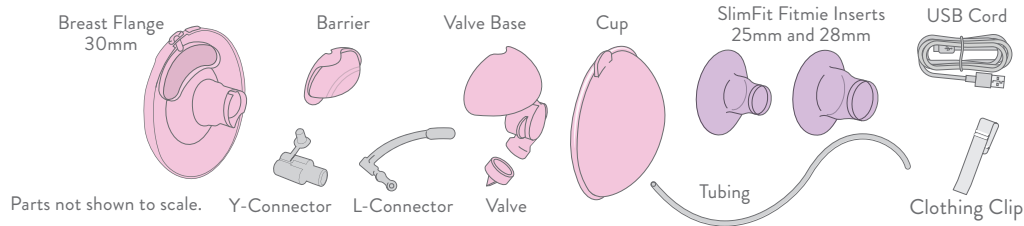
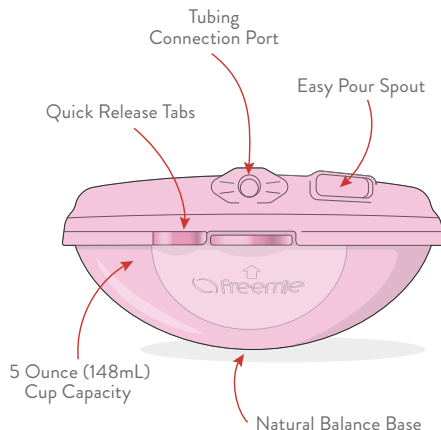
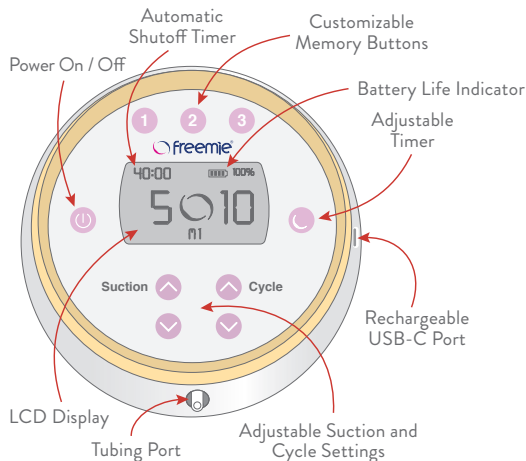


PUMP ANYTIME, ANYWHERE

## Quick Start Guide

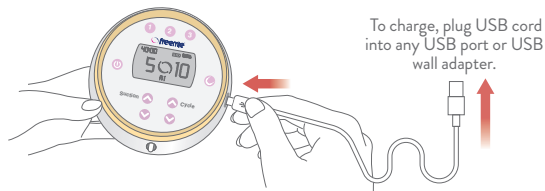


## Get to Know Your Freemie



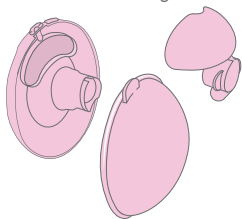
## 1 Charge Your Pump

Before first use, charge battery **2-3 hours** to optimize battery life. A full charge will provide about 2 1/2 hours of operation, depending on settings used.

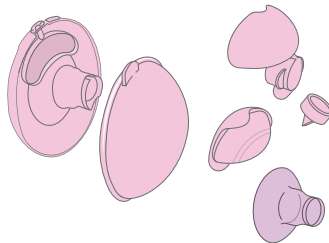


## 2 Clean Your Parts

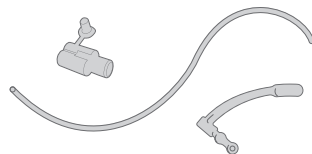
**Prior to First Use:** Boil these parts in large uncovered pots for 10 minutes while stirring.



**After Each Use:** Clean these parts with hot soapy water and rinse well.



These parts do not come into contact with milk and need not be cleaned in between use.



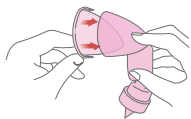
**Note:** See digital User Manual for complete use and care instructions.

- To avoid damage or malfunction DO NOT use abrasives, brushes, UV or steam sterilization on any Freemie Cup parts.
- Assemble dry parts just before use, and leave parts disassembled in between use.

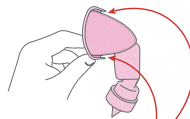
## 3 Put Cups Together



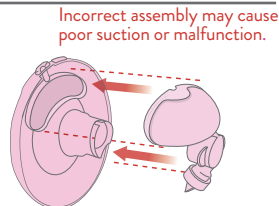
**1:** Place Valve onto Valve Base.



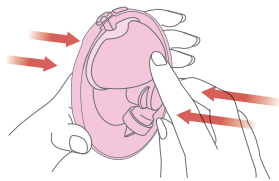
**2:** Insert Barrier into Valve Base.



**Note:** Barrier flaps must overlap Valve Base edges.

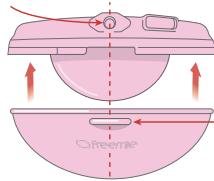


**3:** Press assembled Valve Base onto Flange...

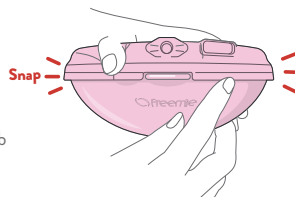


... and press together firmly.

Tubing Port (round hole)



Cup Tab

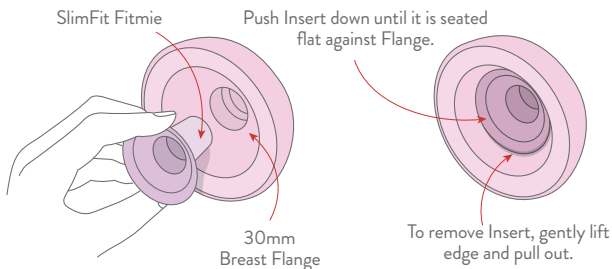


**4:** Align Cup Tab with Flange Tubing Port and press together until you hear the Cup “snap” closed.

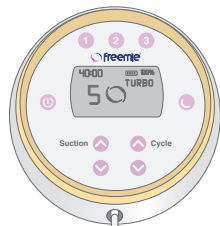
## 4 Add SlimFit Fitmie Inserts

SlimFit5 Cups come with 2 sets of Inserts to add to the 30mm hard Breast Flange. Size down with the 25mm or 28mm purple SlimFit Fitmie Inserts. Review Flange Fit section to make sure you are using the correct size.

SlimFit Fitmie work only with SlimFit Cups and come in sizes 15mm - 28mm.



## 5 Add Cups to Pump



**1:** Insert Tubing into large end of L-Connector.

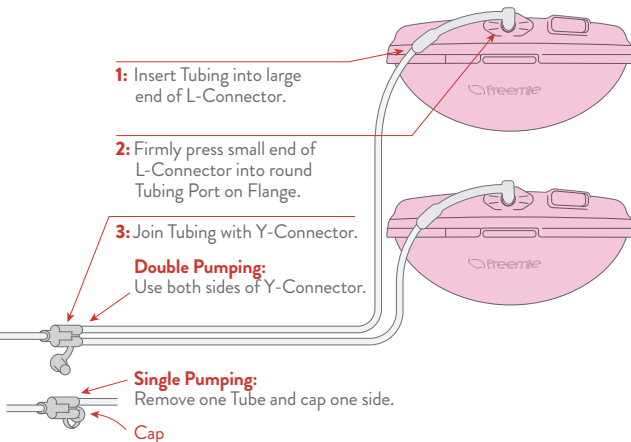
**2:** Firmly press small end of L-Connector into round Tubing Port on Flange.

**3:** Join Tubing with Y-Connector.

**Double Pumping:**  
Use both sides of Y-Connector.

**Single Pumping:**  
Remove one Tube and cap one side.

Cap

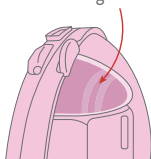


## 6 Test Before Use

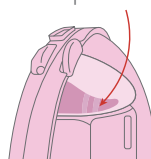
Prior to placing Cups in your bra:

- 1:** Turn on pump.
- 2:** Set pump to strongest setting (5/Turbo).
- 3:** Barrier inside Cup collapses and releases when assembly is correct.

Resting Barrier



Collapsed Barrier

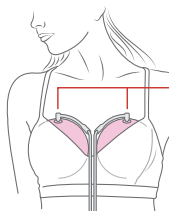


If Barrier does not move, reassemble Cups and check all Tubing connections.

## 7 Ready to Pump

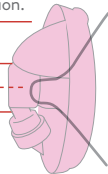
Place Cups in your bra:

- 1: Bra fit is critical for proper use. Enough pressure is needed to seal the Flange against the breast while too much pressure may cause low output.
- 2: Before choosing a bra, pump by holding the Cups in place with your hands. Then try several of your bras to find one that most closely holds the Cups like your hands.
- 3: It may be necessary to adjust your bra to find the best fit for you. A sports bra or stretchy nursing bra can work well.



Tubing and pour spout should be upright at the 12 o'clock position.

Center Flange opening over the nipple.



## 8 Pump Controls

### Suction Setting

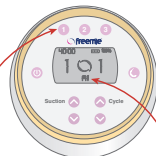
1=Low

5=Strong

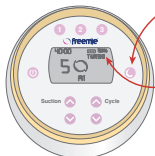
### Cycle Setting

1=Fast

10=Slow



Minimum Setting



Maximum Setting

### 3 Customizable Memory Settings

Press and hold numbered buttons to save your favorite settings. Appears on screen as M1, M2, or M3.

### Timer Feature

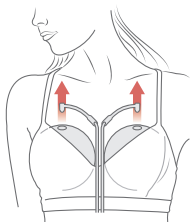
Timer counts down from 40:00 minutes. Press button to change in 5 minute increments.

**Turbo:** Slowest suction and release cycle (press Cycle up one time after 10).

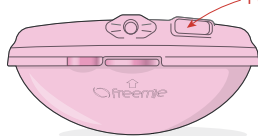
You may find it helpful to start with a weaker Suction and faster Cycle to trigger the **Stimulation Phase** and adjust to a stronger Suction and slower Cycle as you move into the **Expression Phase**.

## 9 After Pumping

- 1: Turn the pump off.
- 2: Pull Tubing from the tops of the Cups to disconnect.
- 3: Carefully remove Cups from your bra.



Cups may be set flat before transferring milk to storage.



Pour Spout

When set flat, Cups may gently rock and then naturally balance.

### Milk Transfer

Pour milk quickly and confidently into a storage bag or bottle of your choice.

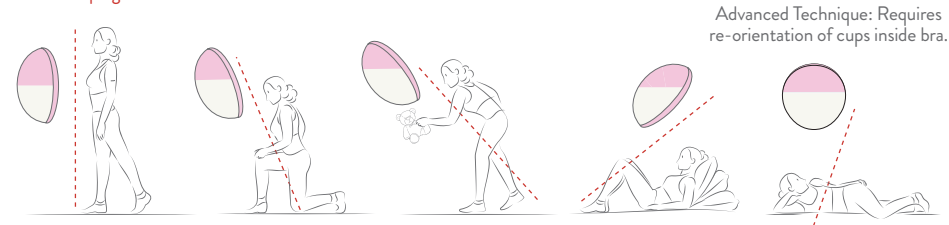


Practice with water first.

## Pumping Positions

A range of pumping positions are possible with Freemie. Mind the pour spout!

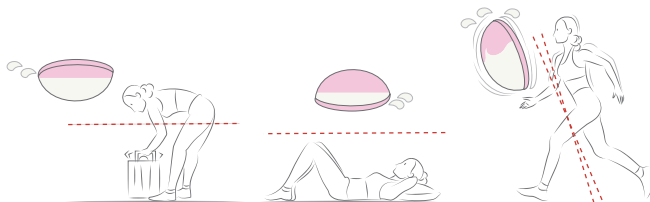
### Good Pumping Positions



### Poor Pumping Positions

Freedom of movement with Freemie depends on:

- How Cups are oriented on your breasts
- Security of Cups in your bra
- Amount of milk in Cups
- How much Cups are jostled



## Finding Your Best Flange Fit

Finding the best Breast Flange fit cannot simply be done by measuring your nipples because some nipples stretch more than others under suction. You can estimate your size, but some trial and error may be needed for you to optimize your comfort and milk output.

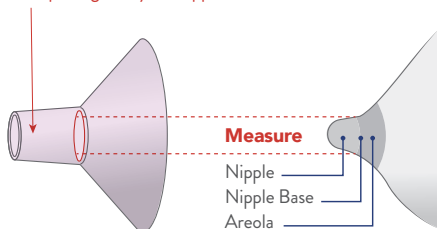
Experiment to find the right fit and keep in mind:

- You may need a different size than the Flanges provided.
- You may need a different size for each nipple because no one is perfectly symmetrical.
- You may prefer higher suction, making Flange comfort crucial.
- Your nipple may expand in diameter and length while pumping and may change over time, so keep all of your sizes.

### Comfort is key!

It may take a few tries to find what works.

**The Breast Flange size is measured across the opening that your nipple fits into.**



## Choosing Another Size

Use a ruler or coin diameters to estimate your **erect nipple base** size, and review the Flange fit details below. Choose the nearest size Flanges or Fitmie Inserts that are slightly larger than your nipples.

**SlimFit Fitmie sizes (15mm - 28mm)**  
available at [www.freemie.com](http://www.freemie.com).



Dime: **17.91 mm**



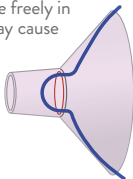
Quarter: **24.26 mm**



Half Dollar: **30.61 mm**

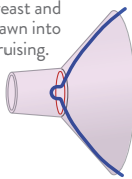
### Flange is too small

for the nipple to move freely in and out of Flange. May cause rubbing or chafing.



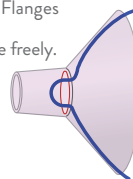
### Flange is too big

allowing too much breast and areola tissue to be drawn into Flange. May cause bruising.



### Flange is correct size

With properly fitted Flanges the nipple moves in and out of the Flange freely.



**Important:** Your bra needs to apply enough pressure to create a good seal on your skin so that air does not leak in and reduce suction. Too much pressure can pinch or obstruct ducts and reduce your milk output.

**Need more milk capacity? Try SlimFit6 or Standard Cups.**



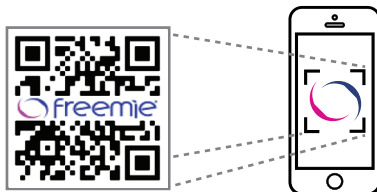
PUMP ANYTIME, ANYWHERE

Breast Pump System with SlimFit5 Cups



Spare parts and additional Freemie SlimFit Fitmie sizing inserts  
available at [www.freemie.com](http://www.freemie.com)

Scan code to read User Manual.



Visit [www.freemie.com](http://www.freemie.com)