

Freestyle Flex™

EN

Electric breast pump
Instructions for use

Master file (classified as medical device)



ENGLISH

EN

4–51

1. Important safety information

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 **Please read all instructions before using this product.**
Keep these instructions for future reference.

Warnings identify all instructions that are important for safety. Failure to observe these instructions can lead to personal injury or damage to the product.

The following symbols and signal words show the significance of the warnings:

WARNING

Can lead to serious injury or death.

CAUTION

Can lead to minor injury.

NOTICE

Can lead to material damage
(not related to personal injury).

Information

Useful or important information that is not
related to safety.

When using electrical products, especially when children are present, basic safety precautions must always be followed.

WARNING

To avoid fire, electric shock, or serious burns:

- The breast pump should never be left unattended when plugged into a power source.
- Never operate an electrical device if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. If damage is found, immediately discontinue use of power adaptor and call Medela Customer Service.
- Do not use an electrical product that has been exposed to water or other liquids including:
 - Do not use while bathing or showering.
 - Never place or drop into water or other liquids.
 - Do not run water over the breast pump.
 - If an electrical product has been exposed to water or other liquids, do not touch, unplug the device from electrical outlet, turn off and contact the manufacturer.

 WARNING

To avoid health risks and reduce the risk of severe injury:

- Do not use the Freestyle Flex breast pump while operating a moving vehicle.
 - Pumping can induce labour. Do not pump until after giving birth. If you become pregnant while breastfeeding or breast pumping, consult with a licensed healthcare professional before continuing.
 - If infected with Hepatitis B, Hepatitis C, or Human Immunodeficiency Virus (HIV), pumping breast milk will not reduce or remove the risk of transmitting the virus to your baby through your breast milk.
 - Wash all parts that come into contact with your breast and breast milk after every use.
 - The tubing poses a risk of strangulation when being played with and small parts may be swallowed by toddlers.
- Close supervision is necessary when the breast pump or accessories are used in the vicinity of children.

 CAUTION

To avoid fire or burns:

- Make sure the voltage of the power adaptor is compatible with the power source. See **chapter 19** for technical specifications.
- Always unplug electrical products immediately after use except for when charging.
- Do not place or store the product where it can fall or be pulled into a tub or sink.
- The breast pump and accessories are not heat-resistant. Keep away from heated surfaces or open flames.
- Do not use near flammable materials.

Important safety information (cont.)

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CAUTION

To avoid health risks and reduce the risk of injury:

- This is a single-user product. Use by more than one person may present a health risk and voids the warranty.
- This product cannot be serviced or repaired. Do not repair yourself. Do not modify the device.
- Never use a damaged device. Replace defective or worn parts.
- Use the breast pump only for its intended purpose as described in these instruction for use.
- Do not use the breast pump while sleeping or overly drowsy.
- If tubing becomes mouldy, discontinue use and replace tubing.
- Do not microwave or boil breast milk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving (Microwaving can also change the composition of breast milk).
- Clean and sanitize all parts that come into contact with your breast and breast milk prior to first use.
- Only use Medela recommended parts with your Freestyle Flex breast pump.
- If pumping is uncomfortable or causing pain, turn the unit off, break the seal between the breast and the breast shield with your finger and remove the breast shield from your breast.
- While some discomfort may be felt when first using a breast pump, using a breast pump should not cause pain. If you are unsure about correct breast shield sizing please visit **www.medela.com** or see a lactation consultant/breastfeeding specialist who can help you get a proper fit.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. See **chapter 6** for more information.

NOTICE

Take appropriate care in handling bottles and components:

- Plastic bottles and parts become brittle when frozen and may break when dropped.
- Bottles and parts may become damaged if mishandled (e.g., dropped, over-tightened, or knocked over).
- Do not use the breast milk from bottles or components that show signs of damage.

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2. Intended purpose

2.1 Indications for use

The Freestyle Flex breast pump is a powered breast pump to be used by lactating women to express and collect milk from their breasts.

The Freestyle Flex breast pump is intended for a single user.

3. Product description

3.1 Description of the Freestyle Flex breast pump

The Freestyle Flex is a personal-use electric breast pump that includes 2-Phase Expression technology and is capable of single and double pumping.

The operating life of the Freestyle Flex breast pump is 250 hours.

Product description (cont.)

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3.2 Your breast pump system includes

2x PersonalFit Flex
breast shield (21 mm)
(Applied Part)

2x PersonalFit Flex
breast shield (24 mm)
(Applied Part)

For other breast shield
sizes, see **chapter 6**

4x Bottle

1x Motor unit

2x PersonalFit Flex connector

2x Membrane

2x Connector body

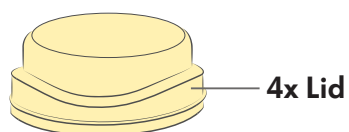
1x Tubing

Short ends of tubing
(connect to one or two
connectors)

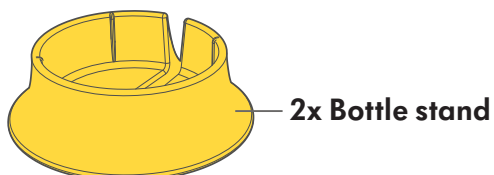
Tubing holder

Long end of tubing
(connects to motor unit)

For ordering information about accessories see **chapter 14**.

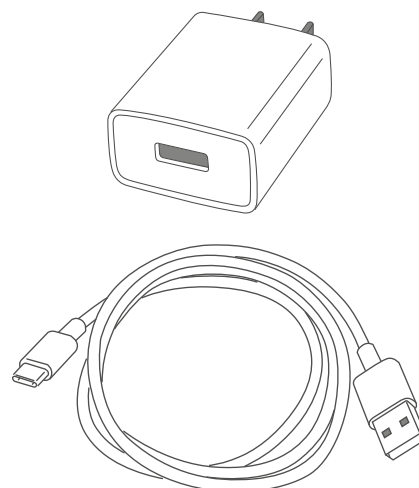


4x Lid

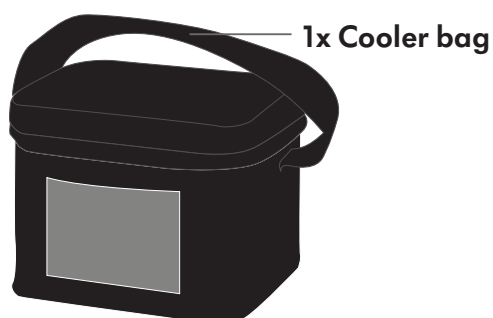


2x Bottle stand

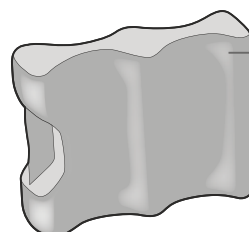
1x power adaptor with cable



1x Bag



1x Cooler bag

1x Ice pack
(included in cooler bag)

For ordering information about accessories see **chapter 14**.

All pictures shown in these instructions are for illustration purpose only. The actual product may vary due to local differences or product enhancement. Medela reserves the right to substitute any component or accessory with a replacement of equivalent performance.

4. Getting started

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4.1 First steps

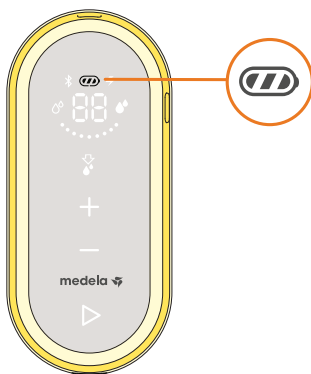
To be ready for expressing milk do the following before using your breast pump for the first time:

1. Charge the battery of your Freestyle Flex breast pump for two hours – see **section 8.3**.
2. Separate all parts that are exposed to the breast or breast milk prior to cleaning – see **section 5.2**.
3. Clean and sanitize the parts – see **section 5.3 and 5.4**.

4.2 Powering your breast pump

There are two ways to power your breast pump for your pumping session:

By the rechargeable battery



Before first time use, charge the breast pump battery for two hours with the power adaptor.

→ The battery display shows all three bars when charging is complete.

For details on the battery display see **section 8.2**.

or

By the power adaptor/cable



Plug the power cable into the supply socket on top of the motor unit.

For details on powering your breast pump/charging the battery see **section 8.3**.

5. Cleaning

Supplies needed:

- Mild dish soap
- Clean soft brush
- Clean wash basin
- Drinking-quality water
- Clean pot for boiling water

Parts to wash or sanitize:

- Breast shields
- Breast milk bottles
- Lids
- Connectors
- Membranes

CAUTION

Separate and wash all parts that are exposed to breast milk immediately after use. This will help to remove breast milk residue and prevent growth of bacteria.

- Wash hands thoroughly with soap and water.
- Only use drinking-quality tap water or bottled water for cleaning.
- Do not place pump parts directly in the sink to rinse or wash. Use a clean wash basin used only for infant feeding items.
- Do not use a dish towel to rub or pat items dry.
- Do not use disinfectants for cleaning.

NOTICE

To prevent damage to the tubing.

- Do not clean the tubing as described here or with Quick Clean bags in the microwave. Follow the instructions in **section 5.6**.

NOTICE

Pay attention to the following:

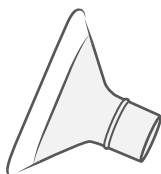
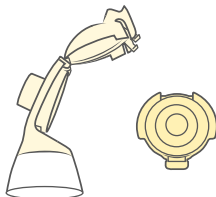
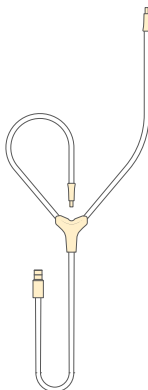
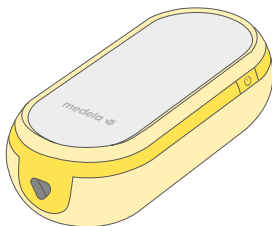
- Take care not to damage parts of the breast pump set during cleaning.
- Store the dried breast pump set in a clean bag/container until next use.
- Do not store wet or damp parts as mould may develop.
- If you notice a white residue on your breast pump parts after boiling, your water may have a high mineral content. Remove residue by wiping parts with a clean towel and allow to air dry.
- Distilled water is recommended when boiling parts to prevent substantial mineral build-up over time, which may compromise your parts.

5.1 Cleaning overview

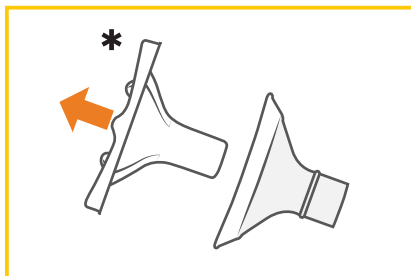
Washing and sanitizing are two different activities. They must be done separately to protect you and your baby, and to maintain the performance of your breast pump.

Wash – To clean the surfaces of the parts by physically removing contamination.

Sanitize – To kill living organisms, such as bacteria or viruses, that may be present on the surfaces of the parts.

	Breast shields	Connectors and membranes	Bottles & lids
When to clean			
Before first use	Disassemble the parts according to section 5.2 Wash the parts according to section 5.3 Sanitize the parts according to section 5.4		
After each use	Disassemble the parts according to section 5.2 Wash the parts according to section 5.3		
Once per day	Disassemble the parts according to section 5.2 Sanitize the parts according to section 5.4		
	Tubing	Motor unit	
When to clean			
As needed	Wash only if dirty or milk is present. Refer to section 5.6 .	Wipe with clean, damp towel. Refer to section 5.5 .	

5.2 Disassembling



Before first use

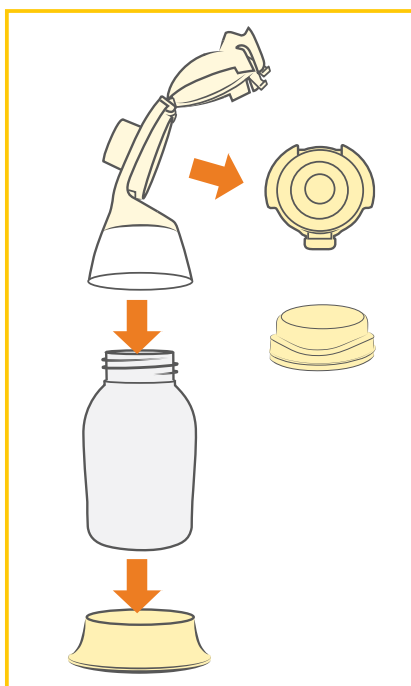
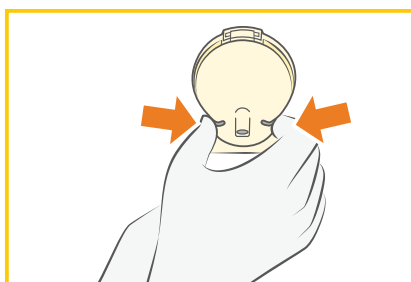
Remove and dispose of the protective cover* from the breast shield.



After each use

Disassemble the pump set into its individual parts (breast shield, connector and milk bottle) as follows:

1. Remove the breast shield from the connector.
2. Open the back cap of the connector by squeezing both flaps and swiveling the cap upwards.
3. Remove the membrane from the connector body.
4. Separate the milk bottles, lids and bottle stands.

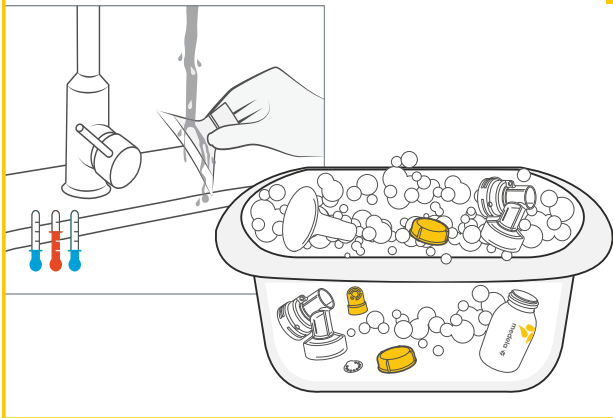


5.3 Washing

Washing is important for hygiene and serves to clean the surfaces of the parts by physically removing contamination. Wash the parts either by hand or in a dishwasher.

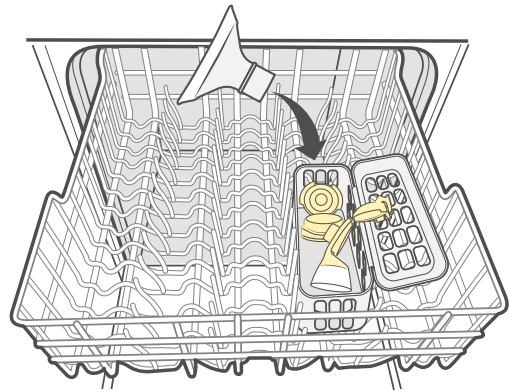
Before first use and after each use

Rinse and wash by hand



or

Wash in dishwasher



Do not place the parts directly in the kitchen sink for rinsing and washing. Use a dedicated wash basin for infant feeding items.

1. Rinse the disassembled parts, except for the tubing, with cold, clear drinking-quality water (approx. 68 °F/20 °C).
2. Clean these parts with plenty of warm, soapy water (approx. 86 °F/30 °C). Use a commercially available dish soap, preferably without artificial fragrances and coloring (pH neutral).
3. Rinse the parts with cold, clear drinking-quality water for 10 to 15 seconds (approx. 68 °F/ 20 °C).
4. Allow to dry after washing.

1. Place the disassembled parts, except for the tubing, on the top rack or in the cutlery section. Use a commercially available dishwashing detergent.
2. Allow to dry after washing.

i Information

If using the dishwasher, parts may become discolored. This will not impact the part function.

The tubing should only be washed if dirty or milk is present.

See **section 5.6** for more details.

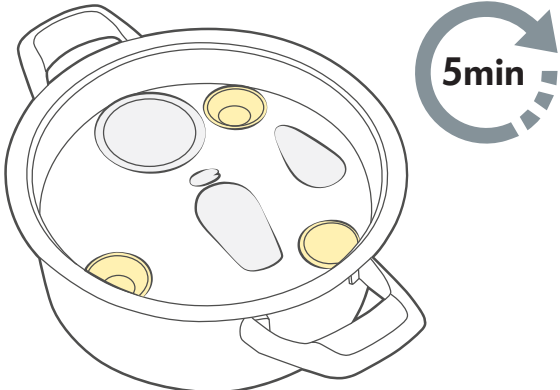
Drying

1. Allow to air-dry on a clean, unused dish towel or paper towel.

5.4 Sanitizing

Sanitizing is important for hygiene and serves to kill living organisms, such as bacteria or viruses. Boil the parts either on the stovetop or use Quick Clean microwave bags.

Before first use and once per day

Sanitize on stovetop	or	Sanitize in microwave
		

1. Cover the disassembled parts, except for the tubing, with water and boil at least for 5 minutes.
2. Allow to dry after sanitizing.

1. Use Quick Clean* bags in the microwave in accordance with the instructions on the bags.
2. Allow to dry after sanitizing.

* Refer to local website/shops for availability in your country.

Drying

1. Allow to air-dry on a clean, unused dish towel or paper towel.
2. Put the clean and dry parts in a clean storage bag or a clean environment.
Do not store parts in an airtight container/bag if moist. It is important that all residual moisture dries.

Cleaning (cont.)

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5.5 Cleaning the motor unit

Supplies needed:

- Drinking-quality water
- Mild dish soap
- Clean dish or paper towel

Parts needed:

- Motor unit

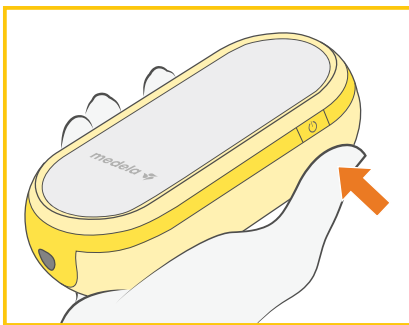
CAUTION



- Unplug the breast pump before cleaning the motor unit.
- Do not immerse the motor unit in water; do not run water over the motor unit.

NOTICE

- Do not spray or pour liquid directly onto the pump.
- When cleaning the motor unit display, only use a damp, soft towel with mild dish soap. Other cleaners or abrasive cloths may degrade the display performance.



1. Switch the breast pump off.
2. Unplug the breast pump from the power source.



3. Wipe the motor unit with a clean towel moistened with drinking-quality water.
4. Wipe the motor unit dry with a clean, dry towel.

5.6 Cleaning the tubing

Normally, cleaning of the tubing is not necessary. Only if it is dirty or if milk is present it is necessary to wash the tubing as described in these instructions.

Supplies needed:

- Drinking-quality water
- Mild dish soap

Parts needed:

- Tubing

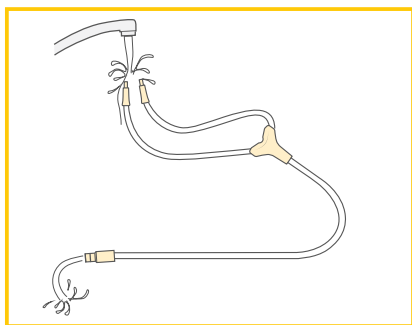
NOTICE

- If the tubing becomes mouldy, discontinue use and replace tubing. Refer to **chapter 14** for ordering information.
- **Do not use the breast pump with wet tubing; doing so will cause damage to your breast pump.**

i Information

- Wash the tubing only if it is dirty or if milk is present.
- It is not necessary to clean the tubing if there is condensation forming inside from previous washings or atmospheric conditions.
In this case, just follow the instructions for drying.

Washing the tubing



1. Switch the breast pump off.
2. Remove the tubing from the motor unit.
3. Remove the tubing from the connector cap.
4. Rinse the tubing by pouring cool water into both short tubing ends until it flows out of the long tubing end.
5. Wash the tubing in warm, soapy water.
6. Rinse the tubing with clear water.

Drying the tubing

1. Shake out any water droplets.
2. Hang the tubing to air dry.
3. Make sure that the tubing is completely dry before using it.

6. Breast shield sizing

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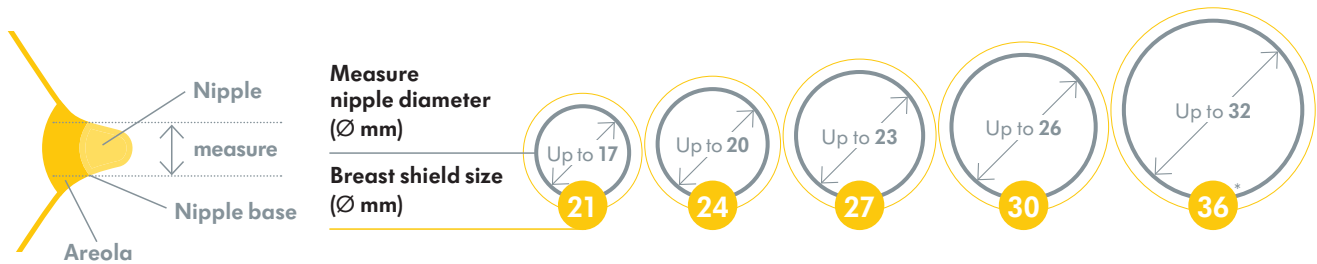
6.1 Selecting the correct Medela breast shield size

Make sure to use the correct breast shield size. It is an essential component of effective pumping, helping to optimize milk flow.

Understanding Medela's breast shield sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers multiple breast shield sizes*.

This guide is a starting point to help determine your optimal size based on your nipple diameter.



Step 1

Using a ruler or measuring tape, measure the diameter of the nipple at the base (across the middle) in millimetres (mm).

Do not include the areola.

Step 2

Based on the measurement, determine the Medela breast shield size.

Example: If the nipple size measures 16 mm in diameter, the recommended Medela breast shield size is 21 mm.

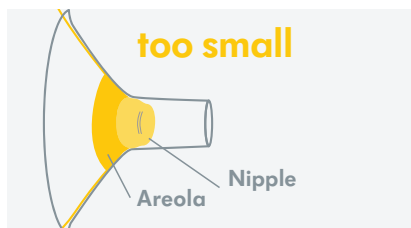
i Information

The PersonalFit Flex breast shields are available in sizes up to 30 mm. If you need a larger size breast shield (36 mm) refer to your local Medela retailer or www.medela.com.

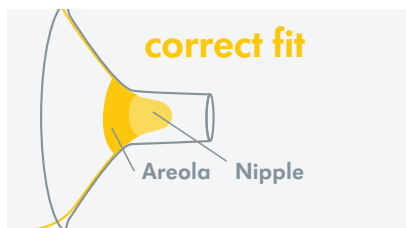
* See **chapter 14** for ordering information.

6.2 Optimizing the breast shield size

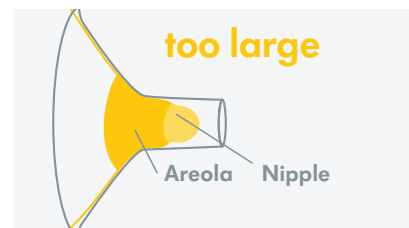
- Start with the breast shield that came with your pump, or the size determined by measuring.
- Center the nipple and gently hold the breast shield against the breast.
- Adjust for maximum comfort vacuum (refer to **chapter 9**) to achieve optimum suction level.
- Refer to the images below while pumping in the expression phase (after the stimulation phase).



- The nipple rubs along the side of the tunnel.
- Try a larger size.



- The nipple is centered and moves freely.



- The nipple and excessive areola are pulled into the tunnel.
- Try a smaller size.

Reasons for trying a new size

- If your nipple rubs against the tunnel sides to the point of causing discomfort.
- If excessive areola is being pulled into the tunnel.
- If there is any redness.
- If your nipple or areola is turning white.
- If you feel unexpressed milk after pumping.

If any of these conditions occur, consider trying a different size by following the measuring instructions above.

In case you are still unsure if you selected the correct size, see a lactation consultant or breastfeeding specialist.

7. Assembling your breast pump

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Only use clean and dry parts for assembly. Refer to **chapter 5** for cleaning.

7.1 Assembling the pump set

Parts needed:

- Tubing
- Motor unit
- Breast shields
- Breast milk bottles
- Lids
- Connectors
- Membranes



CAUTION

To prevent contamination of your milk:

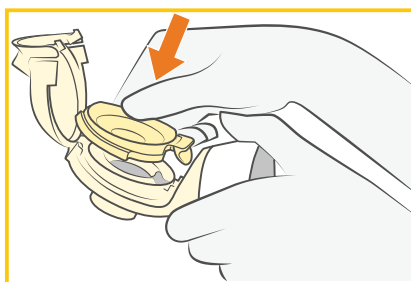
- Wash hands thoroughly with soap and water before touching the motor unit, parts of the pump set and breasts.
- Dry your hands with a fresh towel or a single-use paper towel.
- Avoid touching the inside of bottles and lids.

To make sure that your breast pump works properly and safely:

- Check pump set components for wear or damage before use. Replace if necessary.
- Always inspect all parts prior to use for cleanliness. If dirty, clean according to **chapter 5**.
- Only use genuine Medela parts. See **chapter 14** for details.

NOTICE

To prevent damage to the breast pump all components must be completely dry before use.



1. Carefully insert the (dark yellow) membrane with the flap into the opening of the connector.

→ Make sure that the membrane forms a seal around the edge of the connector.



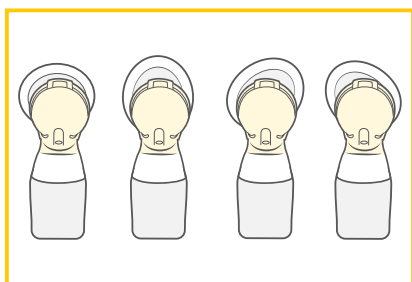
2. Close the lid of the connector until it audibly clicks.



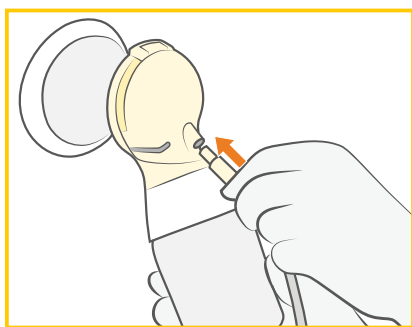
3. Screw the connector onto the bottle.



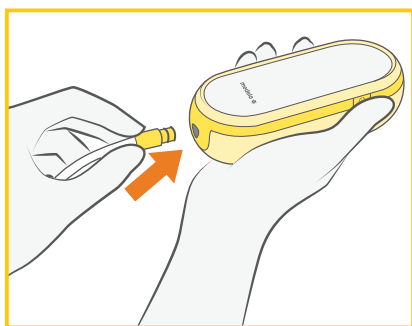
4. Carefully push the breast shield into the connector body.
→ Choose a breast shield size that suits your needs. For proper sizing see **chapter 6**.



5. The oval breast shields can be rotated (360°) and placed in the desired position to have the most comfortable fit for you.



6. Insert the short end of the tubing into the opening of the connector lid.

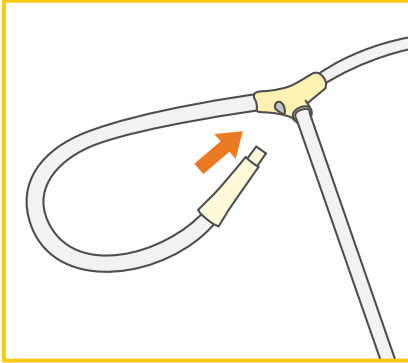


7. Insert the long end of the tubing into the motor unit as far as it will go.

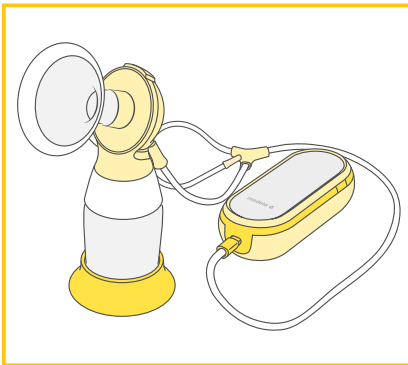
Assembling your breast pump (cont.)

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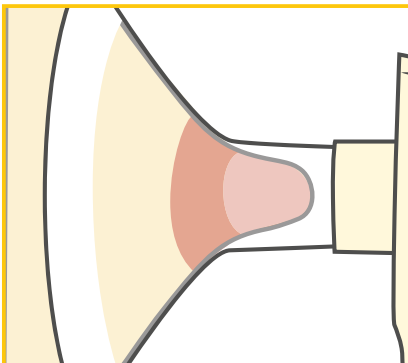
7.2 Preparing for single pumping



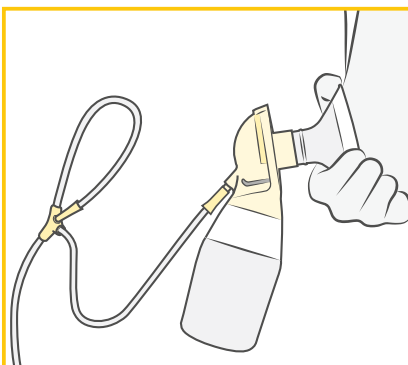
1. Insert the unused tubing end into the tubing holder.



→ Correctly assembled system (for single pumping).



2. Place the breast shield on the breast so that the nipple is properly centered in the tunnel.

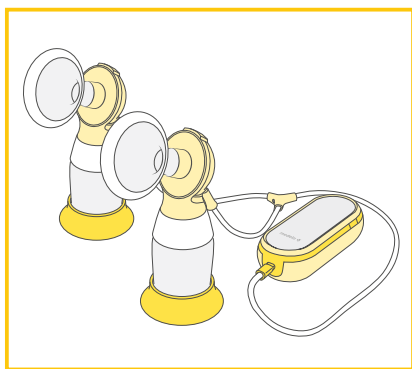


3. Hold the breast shield and connector onto your breast with your thumb and index finger.
4. Support your breast with the palm of your hand.
5. Start pumping as described in **section 8.4**.

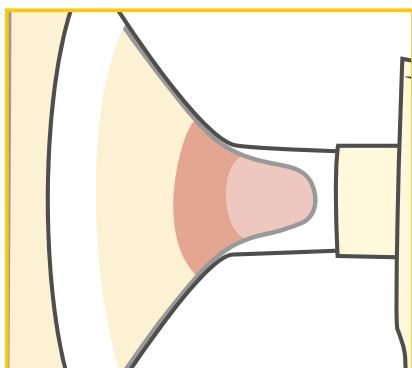
7.3 Preparing for double pumping

i Information

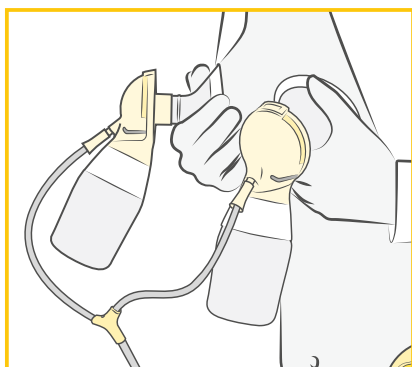
- Double pumping saves time and increases the nutritional value of the milk.
- You may want to start the breast pump by means of the delayed start function, which allows you to have both hands free when pumping starts.
For the delayed start function see **section 10.2**.
- For hands-free expression you can also put on the Easy Expression Bustier* available from Medela.



1. Assemble the second pump set as described in **section 7.1**.
→ Correctly assembled system (for double pumping).



2. Place the breast shields on the breasts so that the nipple is properly centered in the tunnel.



3. Hold the breast shields and connectors onto your breasts with your thumbs and index fingers.
4. Support your breasts with the palm of your hands.
5. Start pumping as described in **section 8.4**.

* Refer to local website/shops for availability in your country.

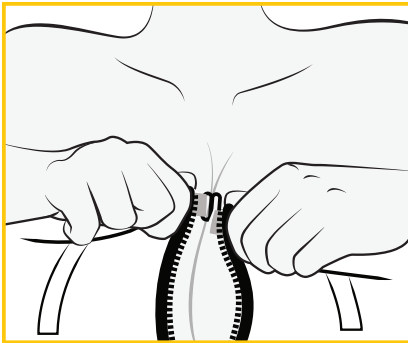
Assembling your breast pump (cont.)

26

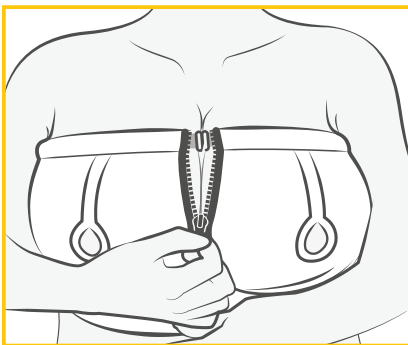
7.4 Hands-free expression with the Easy Expression Bustier

i Information

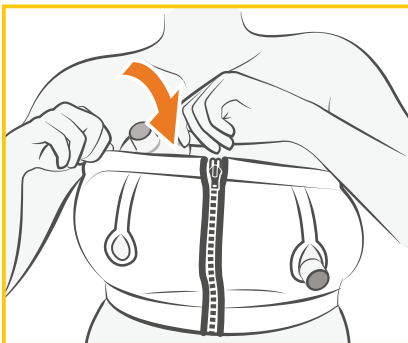
The Easy Expression Bustier must be purchased separately. More information on www.medela.com.



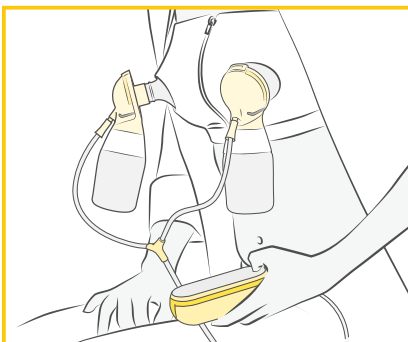
1. Put the Easy Expression Bustier on and close it using the hook on top.



2. Leave the zip slightly open.



3. Place the breast shield on your breast under the bustier in such a way that your nipple is centered in the tunnel of the breast shield.
4. Close the zip for secure fit of the bustier.



5. Connect the assembled pump set to the breast shields.
6. Start pumping as described in **section 8.4**.

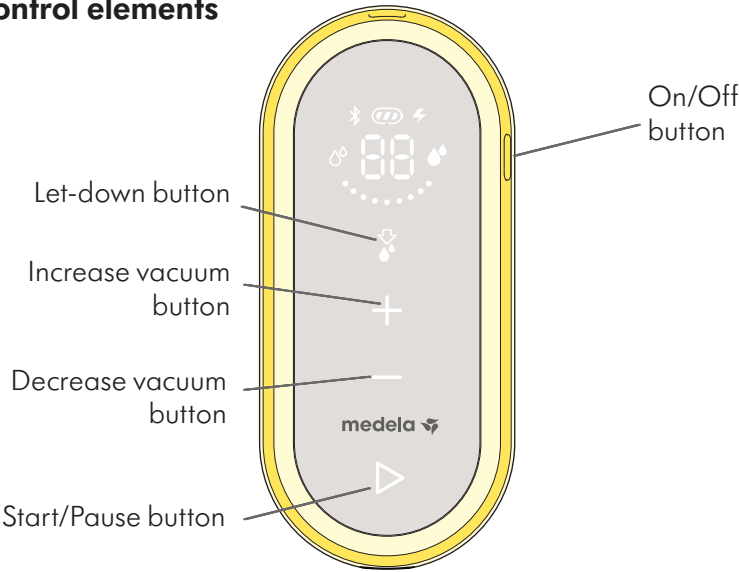
8. Operating your breast pump

8.1 Terms and designations

2-Phase Expression		Through research, Medela found that babies nurse in 2 phases – Stimulation and Expression. This research is the basis for the technology in most Medela breast pumps.
Stimulation phase		Fast sucking/pumping mode to stimulate milk flow.
Expression phase		Slower sucking/pumping mode for gentle and efficient milk removal after milk has started flowing.
Maximum comfort vacuum		Highest vacuum setting where pumping still feels comfortable. Different for every mother.
Let-down		The reflex that makes the milk begin to flow from the breast.

8.2 Operating and display elements

Control elements

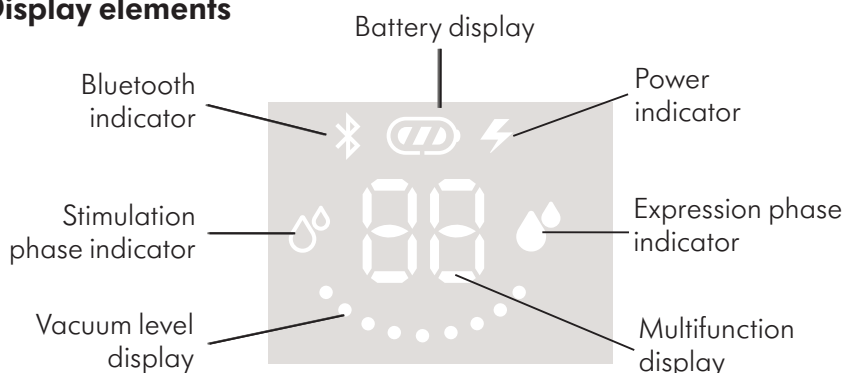


User guidance:
The control and display elements are not visible at all times.
When the breast pump is switched on, the active elements light up.

Operating your breast pump (cont.)

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Display elements



The **multifunction display** shows, depending on the device state, the following information:

- Session time in seconds (first minute of pumping), then in minutes
- L1 to L9 for the vacuum level (along with the vacuum level display)
- Pairing code (during Bluetooth connection)
- Start delay in seconds

Power and battery status display

	The power indicator (lightning symbol) indicates if the power adaptor is connected. → If it lights up the power adaptor is connected.
	The battery display shows the state of the battery and its charging level. → The display of all three bars indicates that the battery is full.
	With decreasing battery capacity fewer bars appear. → Two bars: approx. 75% of the capacity is remaining. → One bar: approx. 40 % of the capacity is remaining.
 (flashing)	→ When the breast pump emits an audio signal and the last single bar is flashing the battery is almost empty.
 (flashing)	→ After emitting a second audio signal while the outline of the battery display is flashing, the breast pump will stop operation and switches off completely after five seconds.
 (flashing)	If all three bars and the outline of the battery display are flashing at the same time, this indicates that the battery is overheated or defective. See Troubleshooting (chapter 13) or call Medela Customer Service.

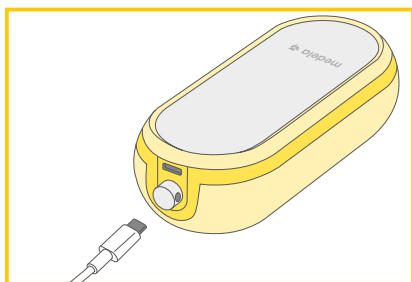
8.3 Charging the battery

WARNING

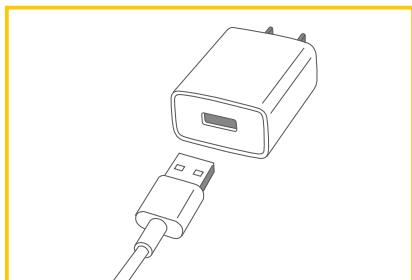
Only use the power adaptor and cable that comes with the breast pump. An inadequate power source or cable may result in a fire hazard, electric shock or malfunction of the equipment.

Information

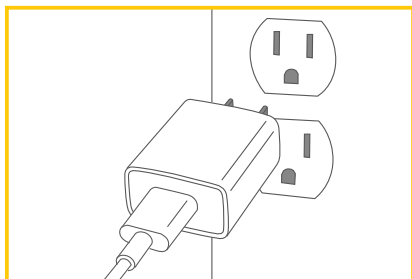
- You can use your breast pump while charging the battery. The battery will charge as soon as the breast pump is connected to a power source. However, it will charge in a slower mode when the pump is running.



1. Connect the power cable to the motor unit.



2. Plug the power cable into the power adaptor.



3. Plug the power adaptor into a wall outlet.

Operating your breast pump (cont.)

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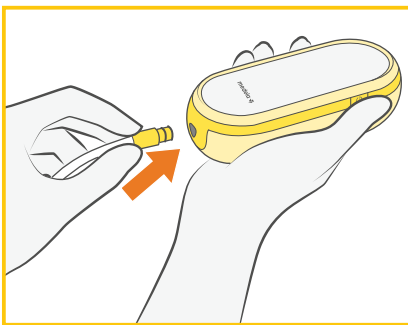
8.4 Expressing your breast milk

⚠ CAUTION

- Do not hold the pump set by the bottle. This can lead to compression and blockage of the milk ducts and engorgement.
- Do not try to express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful.

NOTICE

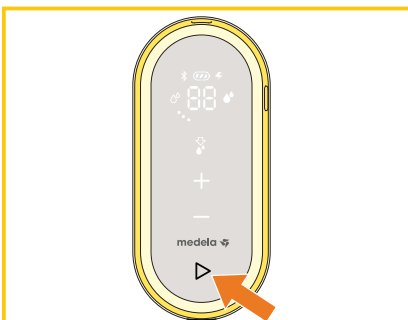
Make sure that the tubing is not kinked or pinched while pumping.



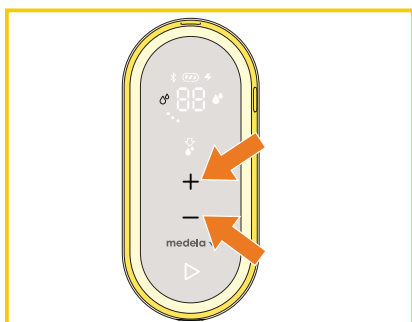
1. If not already done, connect your assembled pump set to the tubing port on the front of the breast pump.
2. Make sure that the pump set is connected and positioned properly.



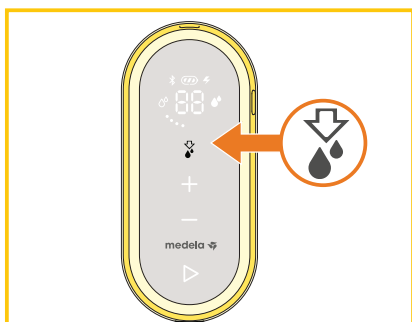
3. Press the On/Off button  on the side until the breast pump emits an audio signal, then release the button.
→ The breast pump is now in standby mode.



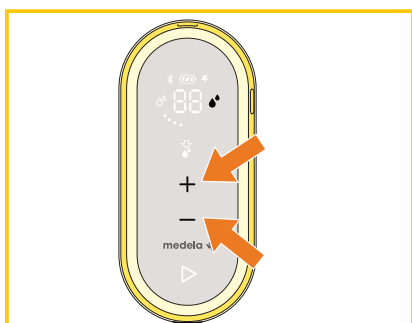
4. Press the Start/Pause button  to start the pumping operation.
→ The breast pump begins in the stimulation phase.



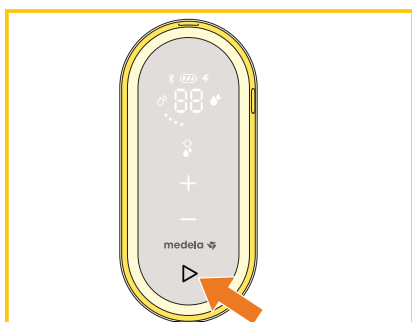
5. Adjust the vacuum with the Increase vacuum (+) and Decrease vacuum (—) buttons to find a comfortable level (for maximum comfort vacuum see **chapter 9**).



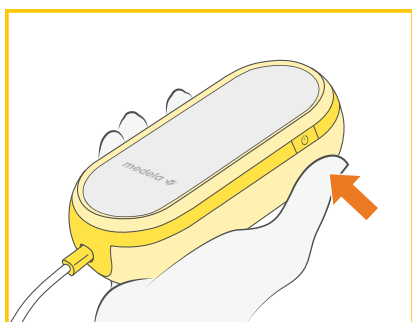
6. As soon as your milk begins to flow, press the Let-down button  to go to the expression phase.
 → The breast pump proceeds with the expression phase.
 → If the Let-down button  is not pressed within two minutes, your breast pump will automatically go to expression phase.



7. Adjust the vacuum with the Increase vacuum (+) and Decrease vacuum (—) buttons to find your maximum comfort vacuum (see **chapter 9**).



8. When your pumping session is over, press the Start/Pause button  to stop the pumping operation.
 → The breast pump stops automatically after 30 minutes if there is no user interaction with the pump.



9. Press the On/Off button  on the side to switch the breast pump off.

Operating your breast pump (cont.)

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Pausing

In both stimulation and expression phase the breast pump can be paused. This allows you to readjust yourself or your breast pump set, or attend to your surroundings.

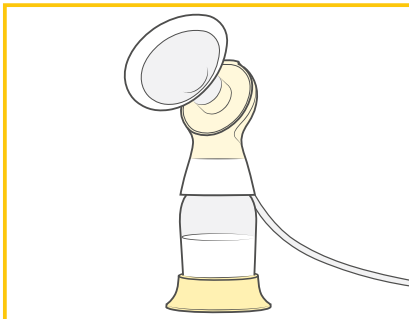
1. For pausing, press the Start/Pause button  while the breast pump is running.
→ The pumping operation stops and the Start/Pause button and the time display are flashing.
2. To resume pumping, press the Start/Pause button  again.

If you want to start a completely new pump session, switch the breast pump off and on again by pressing the On/Off button  twice.

i Information

- If pumping is not resumed within two minutes, the breast pump switch off automatically.
- To resume pumping, you will need to start a new session.
- If you need to pause for more than two minutes, we recommend restarting with stimulation phase.
- Do not forget to record milk output in MyMedela.

After pumping



Prepare the milk for storage as follows:

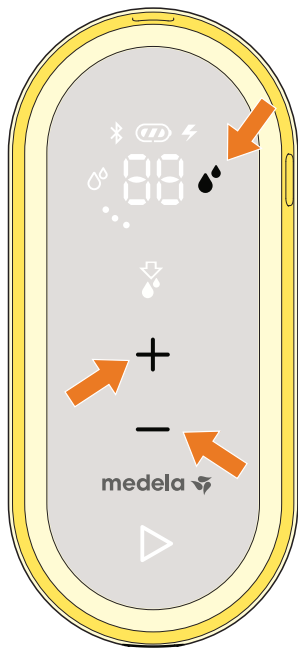
1. Use the bottle stand to prevent the bottle from tipping over.



2. Close the bottle with a lid.

For information on storing the milk follow the instructions in **chapter 11**.

9. Finding your maximum comfort vacuum



Once you are pumping in the **Expression phase** , increase the vacuum with the Increase vacuum (+) button until pumping feels slightly uncomfortable (not painful), then decrease the vacuum slightly with the Decrease vacuum (—) button.

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Information

- Maximum comfort vacuum is the highest vacuum setting where pumping still feels comfortable. This is different for every mother.
- Stimulation should be at a comfortable vacuum level, striving for a maximum level is not necessary here.
- Reassess your maximum comfort vacuum throughout your pumping experience. It can change throughout each stage of lactation.

10. Special features

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10.1 Bluetooth® connectivity

Bluetooth is a wireless technology for exchanging data over short distances. This can be used to connect your Freestyle Flex breast pump via a personal device, such as a smart phone, to the MyMedela platform.

By connecting your breast pump to the MyMedela platform you can automatically transfer your pumping data (session length, phases & levels) and manually input the amount of milk expressed.

To benefit from the features of the platform you need to create an account in MyMedela.

Installing the MyMedela app

1. Download and install the MyMedela app to your mobile device. The app is available free of charge for Apple® iOS and Android™ operating systems.
2. Open MyMedela on your mobile device and register by means of the app.

Connecting (pairing) your Freestyle Flex breast pump

1. Make sure that Bluetooth is enabled on your mobile device.
2. In MyMedela, click on "More", navigate to "Connected breast pump" > "Set up a new breast pump" and follow the set-up and pairing instructions on the screen, which include the following steps:
3. Switch the Freestyle Flex breast pump on to standby mode.



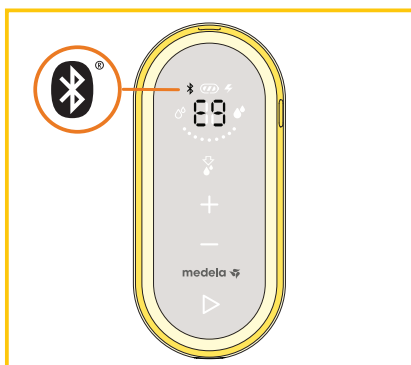
4. Press and hold the On/Off button  for two seconds to start the pairing procedure.
→ The Bluetooth indicator  is flashing to show that the breast pump is ready for pairing with your Bluetooth device and the multifunction display shows the pairing code.

Trademark recognition

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Medela AG is under license.

Apple is a trademark of Apple Inc., registered in the U.S. and other countries.

Android is a trademark of Google LLC.



5. Read the pairing code from the multifunction display and select the corresponding device in the MyMedela app.
 - After successful pairing the Bluetooth indicator  on the breast pump lights up continuously.
 - If the pairing is not successful within two minutes, the breast pump will switch off automatically.

Information

- By tracking your pump sessions on the MyMedela platform, you can stay on-target with daily highlights and custom content.
- Having visibility to your pumping history gives you the opportunity to plan efficiently each day and track changes in your body like an increase or decrease in milk output.
- After initial set-up, the Bluetooth indicator  will automatically appear on your breast pump, when powered on, if your paired device is near and MyMedela is open.
- You can pair multiple mobile devices with your Freestyle Flex breast pump.
- Only one mobile device at a time can interact with the Freestyle Flex breast pump.
- The Freestyle Flex breast pump has the ability to store your last 30 pump sessions in its memory. If the pump is not connected prior to session 31 your history will be overwritten with new session data.
- When connected to the pump, your MyMedela account will log an infinite number of historical sessions.

Removing your Freestyle Flex breast pump from your mobile device

1. Navigate through the MyMedela platform.
2. Follow the instructions on the screen to remove (unpair) your Freestyle Flex breast pump.

Information

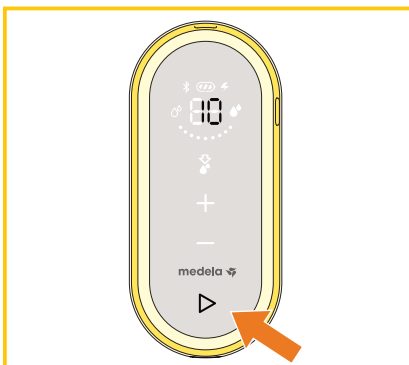
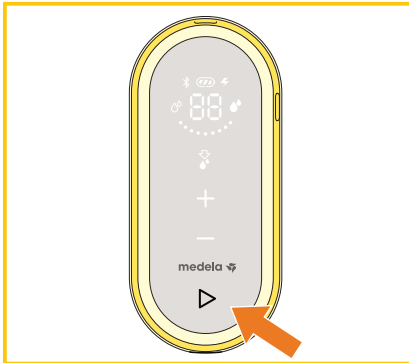
- Removing the Freestyle Flex breast pump from your mobile device will not delete pumping information stored in MyMedela.
- If you reconnect your breast pump and mobile device the last 30 records stored within your pump will be transferred.

To learn more, please visit www.medela.com.

10.2 Delayed start

The Freestyle Flex breast pump features a delayed start function. With this, the pump only starts after a delay of ten seconds.

This is useful in case you want to have your hands free when pumping starts (e.g. for holding the breast shields while double pumping).



1. To activate the delay, press and hold the Start/Pause button  for two seconds in either standby or pause mode.
 - The breast pump emits an audio signal to indicate that the delay is started.
 - During the delay time the Start/Pause  button is flashing and the multifunction display shows the remaining time in seconds.
 - After the delay time has elapsed the breast pump starts operating.
2. To skip the delay, press the Start/Pause button .
- The breast pump starts operating immediately.

11. Storing and thawing breast milk

11.1 General storage guidelines

Storage guidelines for freshly expressed breast milk (for healthy term babies)

Room temperature 60 to 77°F (16 to 25°C)	Refrigerator 39°F (4°C) or colder	Freezer 0°F (–18°C) or colder	Breast milk thawed in the refrigerator
Up to 4 hours is best	Up to 3 days is best	Up to 6 months is best	At room temperature: Up to 2 hours
*Up to 6 hours for milk expressed under very clean conditions	*Up to 5 days for milk expressed under very clean conditions	*Up to 9 months for milk expressed under very clean conditions	Refrigerator: Up to 24 hours
			Do not refreeze!

*Guidelines for expressing milk under very clean conditions:

Before expressing breast milk, mothers should wash their hands with soap and water or an alcohol-based hand sanitizer. The pump parts, bottles and pumping area must be clean. Breasts and nipples do not need to be washed before pumping.

- These guidelines for storage and thawing of breast milk are a recommendation. Contact your lactation consultant or breastfeeding specialist for further information.
- Store breast milk in the coldest spot of the refrigerator (at the back of the glass shelf above the vegetable compartment).

11.2 Storing breast milk in a Medela cooler bag

Your Medela cooler bag requires one Medela contoured ice pack. Up to four 150 ml bottles of breast milk will stay cool for up to ten hours in a room temperature environment inside your pump bag. Up to four 150 ml bottles of breast milk will stay cool for up to eight hours in a room temperature environment, inside the cooler, stored outside of the pump bag.

- As soon as you are finished with pumping, place the breast milk bottle or breast milk storage bag in the cooler bag with the ice pack.
- Transfer breast milk bottles or breast milk storage bags to the refrigerator or freezer once you are at home.

Storing and thawing breast milk (cont.)

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11.3 Freezing

NOTICE

- Repeated freeze/thaw cycles destroy the structure of the milk. Therefore, never refreeze breast milk.
- Freeze expressed breast milk in plastic bottles or milk storage bags. Do not fill the bottles or bags more than 3/4 full to allow space for possible expansion.
- Label the bottles or bags with the date and volume of expression.
- Plastic bottles and parts become brittle when frozen and may break when dropped.
- Do not use the breast milk from bottles or components that show signs of damage.

11.4 Thawing

CAUTION

Do not thaw or warm breast milk in a microwave or a pan of boiling water. This helps preserve important components and prevents burns.

- To preserve breast milk components, thaw the milk overnight in the refrigerator.
- Alternatively, hold the bottle or bag under warm water (max. 98.6 °F/37 °C).

NOTICE

Gently swirl the bottle or bag to mix any fat that has separated. Avoid shaking or stirring the milk.

11.5 Feeding breast milk

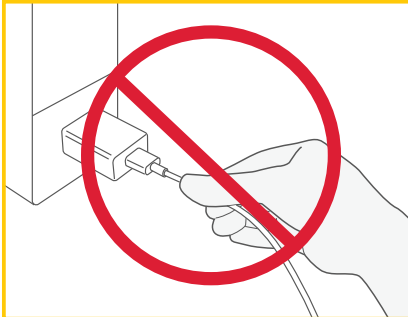
It is recommended that breastfeeding is well established prior to bottle feeding your baby.

- Always inspect the bottle, the nipple and other components immediately before and after each use. If the nipple appears cracked or torn, discontinue use immediately.
- To prevent a possible choking hazard, test the strength of the nipple by pulling on the end of the nipple.
- Do not attempt to enlarge the nipple hole.
- Infants must not be bottle fed without adult supervision.
- Do not use the nipple as a pacifier.

For additional breast milk collection & storage information, please visit www.medela.com.

12. Maintenance and care

12.1 Power adaptor care



NOTICE

To keep your power adaptor and cable in good working condition, pay attention to the following:

Do not unplug the cable or the power adaptor by pulling on the cord, but hold it by the connector housing and adaptor body.

Traveling internationally

i Information

Hints on traveling with your breast pump

When traveling internationally, we recommend purchasing a travel adaptor (not included) to match the corresponding wall outlet. Please consult with the country you are visiting to find out what type of adaptor will work best. The power adaptor of the breast pump is two-pronged and does not require a grounded outlet.

12.2 Battery maintenance

Your breast pump contains a built-in (not replaceable) lithium-ion rechargeable battery.

NOTICE

In case of a completely discharged battery the breast pump cannot be used instantly after connecting it to the power adaptor. Allow the battery to be charged for at least 15 minutes before attempting to switch the pump on.

NOTICE

- For optimum pump and battery performance use the power adaptor that comes with the breast pump
- Make sure that the voltage of the power adaptor is compatible with the power source.

i Information

To preserve the battery life cycle:

- Keep your breast pump in a cool place.
 - Recharge the battery before it completely drains. This is better for the life cycle of the battery.
 - Fully charge the battery before storing your breast pump.
- Refer to **section 8.2** for information on the battery charging state.

- If your breast pump has been stored in a hot location, it may not run on battery power right away. To resume normal battery function, allow the breast pump to cool down for one hour. During this time, you can power your breast pump with the power adaptor plugged into a wall outlet.

Traveling internationally

i Information

This breast pump has a lithium-ion battery. Carrying such batteries on airplanes may be restricted by the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to traveling with lithium-ion batteries.

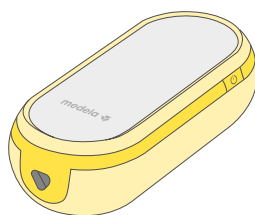
12.3 Long-term storage

Your breast pump contains a rechargeable battery. To preserve your breast pump, when not in use for an extended amount of time, it will automatically transition into storage mode. To remove from storage mode, plug your breast pump into an external power source and charge the battery for two hours.

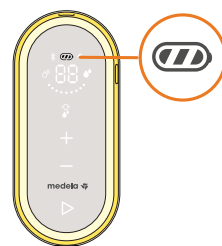
Before storing your breast pump for an extended amount of time remember to:



- ☐ Clean the pump set and bottles
(refer to **chapter 5**)



- ☐ Clean the motor unit
(refer to **section 5.5**)



- ☐ Make sure that the battery is charged
(see below)

It is best to fully charge the battery before storing your breast pump for an extended period of time. Refer to **section 8.2** for information on the battery charging state.

13. Troubleshooting

In case of an unexpected behaviour of your breast pump check with the troubleshooting table if you find the issue in the column "Problem" and follow the instructions in the column "Solution".

Troubleshooting table

Problem	Solution
The breast pump does not enter the standby mode after you pressed the On/Off button	• You pressed the On/Off button for too short or too long a time. • Press the On/Off button until you hear an audio signal, then release it. If the pump is in storage mode, it will take somewhat longer (approx. one second) until the audio signal is emitted.
The display does not light up after you pressed the On/Off button	• To reset your breast pump, press and hold the On/Off button (on the side) for seven to ten seconds. • If there is no change, make sure that the breast pump is connected to a properly working power supply. • If there is still no change, contact the Medela Customer Service.
The timer does not count up after you pressed the Start/Pause button	• Contact the Medela Customer Service.
The breast pump generates no vacuum (motor not working) after you pressed the Start/Pause button	• Make sure that the breast pump is switched on. • Contact the Medela Customer Service.
The breast pump generates only constant vacuum instead of sucking cycles	• Contact the Medela Customer Service.
The breast pump stops operation or cannot be turned on (emits an audio signal and all elements of the battery display are flashing)	• The breast pump refuses operation due to battery over-temperature. Allow the motor unit to cool down, then restart the breast pump.

Troubleshooting (cont.)

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All elements of the battery display are flashing when you are trying to charge your breast pump	• Charging is not possible when the battery temperature is too high. Allow the motor unit to cool down, then resume charging.
There is low or no suction	• Make sure that all pump set components are clean and dry and that connections are secure. • While pumping, make sure the breast shields form a complete seal around the breast. • When single pumping, make sure that the unused tubing end is correctly plugged into the tubing holder. • If suction does not improve after having followed these steps, contact Medela Customer Service.
The breast pump is not responding as expected	• To reset your breast pump, press and hold the On/Off button (on the side) for seven seconds. • If there is no change, contact the Medela Customer Service.
The breast pump exterior got wet	• Unplug the breast pump from the power source and switch it off. • Dry off the exterior of the breast pump.
The breast pump has been submerged in water	• Unplug the breast pump from the power source and switch it off. • Contact Medela Customer Service.
Data cannot be sent	• The Bluetooth function  on the mobile device is turned off. Turn the Bluetooth function on and try to send the data again. • Pairing between the two devices has not been completed. Perform pairing instructions again. Refer to section 10.1. • The mobile device is too far away from the breast pump. Move the device and breast pump closer together. • The application on the mobile device is not ready. Check the application.

If you have not resolved the problem with your breast pump or you have further questions, please contact Medela Customer Service.

For contact data visit **www.medela.com**. Under "Contact" choose your country.

14. Ordering information

Sales article Freestyle Flex breast pump

Article number	Product
101037980	Freestyle Flex breast pump (with US power adaptor)

Accessories

Article number	Product
Depending on your region, check local website/shops for availability.	PersonalFit Flex breast shield S (21 mm)*
	PersonalFit Flex breast shield M (24 mm)*
	PersonalFit Flex breast shield L (27 mm)*
	PersonalFit Flex breast shield XL (30 mm)*
	Freestyle Flex tubing
	PersonalFit Flex connector
	Freestyle Flex power adaptor

*If the result of expression is unsatisfactory or expression is painful, contact your lactation consultant or breastfeeding specialist. A different size of breast shield may help make expression more comfortable and successful.

In case of difficulties in finding your desired accessory, please contact Medela Customer Service.

For contact data visit **www.medela.com**. Under "Contact" choose your country.

For replacement of lost or defective parts please contact Medela Customer Service.

Other Medela products are available at **www.medela.com**.

15. Warranty

This product is warranted by Medela, LLC to the original retail purchaser to be free from defects in material and workmanship for the period of 2 year for pump mechanism from the date of purchase. Warranty can only be claimed in the country of purchase. In the event of defect, at Medela's option, Medela will replace this product, without charge for such replacement parts. Purchaser shall bear all expense for returning this product to Medela. This warranty does not apply to any product used commercially or which has been subjected to misuse, abuse or alteration.

ANY AND ALL IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO A DURATION OF 2 YEARS FROM DATE OF PURCHASE. SOME AREAS DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE OR IN YOUR COUNTRY.

Before you make a claim under this warranty, it may save time and expense to call Medela Customer Service (see contacts below). You may also call this number for additional information concerning this warranty. If you wish to make a claim under this warranty, you must return this product to Medela with a return authorization number received from Medela Customer Service, prepaid, together with your dated bill of sale or other proof of purchase and a brief statement of the problem to the following address:

USA
Medela LLC – Returns, Door 4501
1101 Corporate Dr.
McHenry, IL 60050
ATTENTION: RETURNS
Medela Customer Service (toll free): 1-800-435-8316

Contact Customer Service for a return authorization number. Returns are not accepted without an authorization number.

16. Disposal

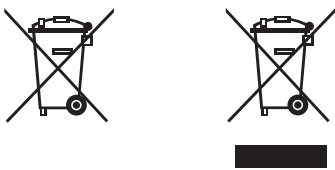
Disposal of your breast pump

At the end of its operating life, separate the parts of your breast pump and dispose of according to the following instructions.

Breast shields, connector, tubing and accessories

The parts are made of plastics that are not harmful to the environment when disposed of as household waste. Recycle or dispose of according to local regulations.

Motor unit and power adaptor



Do not dispose of electric or electronic equipment together with unsorted municipal waste, but collect it separately.

In the European Union the manufacturer or its vendor must take back waste equipment. Other countries may have similar collection and recycling systems. Dispose of the waste equipment according to local regulations.

Inquire at the point of sale or contact your local authority for appropriate collection points for waste equipment.

The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

CAUTION

Hazardous materials present in electric/electronic equipment may harm human health and the environment if the waste equipment is not disposed of properly.

17. Meaning of symbols

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The following tables explain the meaning of the symbols found on the product parts and its packaging.

Symbols used in these instructions



General safety alert symbol, points to information related to safety.



Defines a temperature range (e.g. for operation, transport or storage).



Defines a relative humidity range (e.g. for operation, transport or storage).



Defines an atmospheric pressure range (e.g. for operation, transport or storage).



Indicates that this device contains Bluetooth wireless technology.

Symbols on the motor unit



Indicates the location of the On/Off button.



Identifies the manufacturer.



Indicates the date of manufacturing.



Indicates the part number of the device.



Indicates the serial number of the device.

IP22

Indicates the degree of protection against ingress of foreign objects and moisture.



Indicates compliance with international requirements for protection from electric shock (Type BF applied parts).



Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).



Indicates the compliance with additional USA and Canada safety requirements for medical electrical equipment.



Read and follow the instructions for use.



Indicates the compliance with the requirements of the Federal Communications Commission.

Symbols on the motor unit (cont.)



Indicates that this device contains Bluetooth wireless technology.



The Regulatory Compliance Mark indicates the compliance with Australian EMC and radio transmission requirements.



The CE mark indicates conformity with the European low voltage and electromagnetic compatibility directive.



Indicates direct current.

Symbols on the power adaptor



Indicates alternating current.



Indicates direct current.



Indicates the polarity of the USB power output.



Indicates that the device is a Class II electrical appliance (double insulated).



Indicates that the device is for indoor use only.



Indicates the efficiency level for external power supplies.



The UL LISTED mark indicates that the product is manufactured in compliance with UL safety requirements for USA and Canada.



Indicates the compliance with the requirements of the Federal Communications Commission.



The NOM (Norma Oficial Mexicana) mark indicates that the product is found to be in compliance with the applicable Mexican requirements.

Meaning of symbols (cont.)

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Symbols on the packaging



Identifies the manufacturer.



Indicates the part number of the product.



Contains fragile goods. Handle with care.



Keep away from sunlight.



Keep away from rain. Keep in dry conditions.



Defines the temperature range for transport or storage.



Defines the relative humidity range for transport or storage.



Defines the atmospheric pressure range for transport or storage.



The packaging contains products intended to come in contact with food according to regulation 1935/2004.



The CE mark indicates conformity with the European low voltage and electromagnetic compatibility directive.



Read and follow the instructions for use.



Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).



Indicates that the package is capable of being recycled.



Indicates the compliance with the requirements of the Federal Communications Commission.

18. International regulations

18.1 Electromagnetic compatibility (EMC)

Breast pumps are intended to be used in a hospital or home environment. The Freestyle Flex breast pump is EMC-tested in conformity with the requirements of IEC 60601-1-2:2007 3rd Edition and IEC 60601-1-2:2014 4th Edition according to clause 7 and 8.9.

WARNING

The electric breast pump Freestyle Flex should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the electric breast pump Freestyle Flex should be observed to verify normal operation in the configuration in which it will be used. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect the electric breast pump and should be kept at a distance of at least 30 cm away from the device.

18.2 Radio transmission

FCC (USA) statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

ISED (Canada) statement

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- 1) l'appareil ne doit pas produire de brouillage;
- 2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

18.3 Drinking equipment

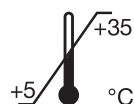
Parts intended for infant feeding comply with the European Standard EN 14350.

19. Technical specifications

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Summary of important technical specifications

Vacuum performance (at 500 m above sea level [954.62 hPa ambient pressure])
-45 to -245 mmHg (-60 to -327 hPa)
45 to 111 cpm



Operating temperature range
41 to 95 °F

Power adaptor (Model: S010WU0500200)

In	Out
100 to 240 V~ 50/60 Hz max. 0.4 A	5 V --- 2 A



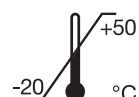
Operating humidity range

Battery capacity and type
3.7 V, 2750 mAh
Li-ion



Ambient pressure range

Size
148 x 66 x 46.5 mm



Transport/storage temperature
-4 to 122 °F

Weight
273 g



Transport/storage humidity
range

Bluetooth RF Output Power 0 dBm (class 3)

Frequency band 2400-2483.5 MHz Frequency-hopping spread spectrum per Bluetooth Core Specification.

Materials touching skin or coming in contact with milk

- Breast shield: Polypropylene, thermoplastic elastomer
- Connector: Polypropylene, silicone
- Bottle: Polypropylene
- Lid: Polypropylene

All parts that come in contact with breast milk are not made with BPA (Bisphenol A).



Medela AG

Lättichstrasse 4b
6340 Baar, Switzerland
www.medela.com

International Sales

Medela AG
Lättichstrasse 4b
6340 Baar
Switzerland
Phone +41 41 562 51 51
www.medela.com

USA

Medela LLC
1101 Corporate Drive
McHenry, IL 60050 USA
Phone: (800) 435-8316 / (815) 363-1166
Email: customer.service@medela.com

Canada

Medela Canada Inc.
4160 Sladeview Crescent, # 8
Mississauga, ON, L5L 0A1
Canada
Phone: (905) 608-7272
Email: info@medela.ca
www.medela.ca

