

Fig.11

- 4) Rinse again: Rinse by holding items under running water, or by submerging them in fresh water in a separate basin that is used only for cleaning infant feeding items. If there has dirt remained, repeat step 3 and re-rinse until there is no visible dirt.
- 5) Air-dry thoroughly: Place parts of the milk collection set, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Do not use a dish towel to rub or pat items because that may transfer germs to the items!

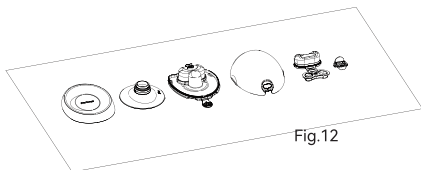


Fig.12

- 6) Clean wash basin and bottle brush: Rinse the wash basins and brush well and allow them to air-dry after each use. Wash them every few days by hand with soap and warm water. If your baby is less than 3 months old, was born prematurely, or has a weakened immune system due to illness (such as HIV) or medical treatment (such as chemotherapy for cancer), wash basin and bottle brush after every use.

After Cleaning:

For extra germ removal, disinfect the parts of milk collection set, wash basin, and bottle brush at least once daily after they have been cleaned. Items can be disinfected using boiling water with a disinfection setting. Disinfection is especially important if your baby is less than 3 months old, was born

prematurely, or has a weak immune system due to illness or medical treatment. For the disinfection of milk contact parts, please refer to step 2.

Step 2: Disinfection

Caution:

- Do not sterilize pump parts in a microwave or UV sterilizer. High temperature($> 110^{\circ}\text{C}$) will shorten their service life and cause safety hazards.
- Do not sterilize the lid.

Before disinfection, make sure you have a cleaned milk collection set, bottle brushes, and wash basins using the methods above. Disinfect all items in contact with milk (even the bottle brush and wash basin!) by using one of the following methods.

1) Prepare the below items:

- A household pot
- Drinkable-quality water
- Clean tongs



Caution

1) During disinfection with boiling water, prevent the bottle or other parts from touching the sides of the pot. This can cause irreversible product deformation or damage.

2) Place the disassembled milk collection set in the pot and fill the pot with enough water to cover the components to disinfect. Let the water boil for 5-10 minutes, make sure the parts do not touch the sides of the pot.

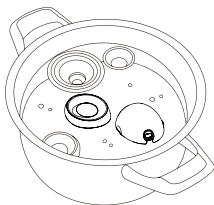


Fig.13

- 3) Remove items with clean tongs.

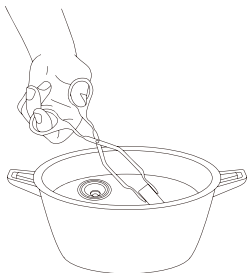


Fig.14

- 4) Air-dry thoroughly.

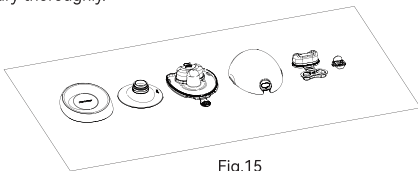


Fig.15

Step 3: Store safely

Store dry items safely until needed. Ensure the clean pump parts, bottle brushes, and wash basins have air-dried thoroughly before storing. Items must be completely dry to help preventing germs and mold from growing. Store dry items in a clean, protected area to prevent contamination.

1. Wash hands: Wash hands well with soap and water.
2. Put back together: Put together the clean, dry pump parts.
3. Store safely: Place reassembled pump parts and other feeding items, wash basin, and dry bottle brush in a clean, protected area such as inside a closed kitchen cabinet that is used only to store clean dishes.

7.3.3. Clean/Disinfect the other parts

The shell of the main unit need to be cleaned and disinfected for the first time and after each use. The other parts, do not come into contact with the human body nor the milk during pumping, and only need to be cleaned when it is dirty.

Cleaning/disinfecting the items at room temperature 5 °C ~ 40 °C as below:

Prepare the below items:

- Disinfection
- 70% isopropyl alcohol wipes
- Clean soft cloth

Cleaning method:

1. Before performing this cleaning procedure, wash your hands with hand disinfection first.
2. Remove all residues from the main unit and/or charging cable using a clean soft cloth.
3. Take a piece of 70% isopropyl alcohol wipes to swab on the parts until no visible contaminants remain.
4. Dry the device by placing it at room temperature for 10min to evaporate the residual cleaning reagent solution on the product.

Disinfection method:

Cleaning the shell of the main unit as the above method before disinfection.

1. Disinfect the shell of the main unit with a soft cloth dampened with the 70% isopropanol for 3 minutes.
2. Dry it by placing the main unit at room temperature for 10min to evaporate the residual disinfection solution.

7.4. Direction for use

7.4.1.Preparation before use



Caution

Wash hands with soap and water, inspect and assemble a clean pump kit.

1. Select Flange Size

The Momcozy wearable breast pump is provided with 24mm flange and 17/19/21mm flange insert. If the provided flange and flange insert are not

the right size, you can purchase various sizes of flanges and flange insert on Amazon or Momcozy's official website. Type "momcozy" in the search bar and find the flange size and flange insert that fits you.

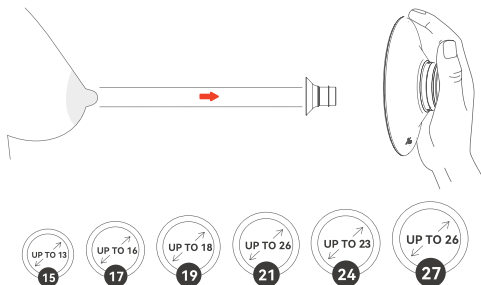


Fig. 16 select right size

Nipple Measurement (mm)	11-13	13-15	15-17	17-20	20-23	23-26	26-29
Flange (mm)	15	17	19	21	24	27	30

Fig. 17 Flange size chart

2. Stimulate the Nipple

- Stimulate your nipple to get a full size (do not skip this step!).
- Place the nipple into the smallest hole you can comfortably fit into without forcing it.
- Select the hole that can comfortably fit the very base of your nipple.
- Get your measurement based on the sizing chart.

3. Test the Flange Fit

A. To find the suitable size flange, first, you need to make sure you place the flange in the right place on your breast.

B. Please press the flange on your breast until there is no gap. Make sure your nipple is right in the middle of the flange.



Fig. 18

Too Small

Too small: During pumping, if your nipple continues to rub against the inner wall of the flange, then this flange is too small for you.

Good Fit

Suitable fitting: During pumping, if your nipple moves smoothly without rubbing or touching the inner wall of the flange, and almost no areola is sucked inside, then this flange is right for you.

Too Large

Too large: During pumping, if a large area of areola is sucked inside, then this flange is too big for you.

4. GET THE RIGHT BRA

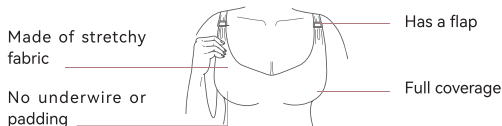


Fig. 19

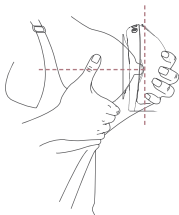


Fig. 20

NO GAP

When you put the pump inside your bra, the silicone Flange of this pump should be firmly pressed against your skin without a gap.

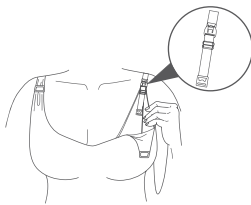


Fig. 21

IF IT MOVES

If you feel the pump moves during use, please tighten your bra strap to adjust the pump again, or choose another bra.

5. RECOMMEND POSTURE**Caution**

Always sit or stand upright while pumping to prevent the milk from leaking. This pump is not to be used when lying down or sleeping to ensure the proper orientation is maintained during use.

POSTURE

Make sure the pump and the milk collector always stay at a vertical angle. Otherwise, the milk will spill out.



Fig. 22 right posture

7.4.2. Assembling the Pump



Caution

Make sure you have cleaned and disinfected the parts of the breast pump that come into contact with milk or breast.



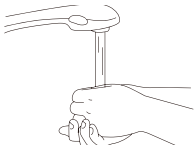
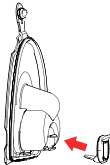
Warning

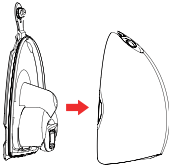
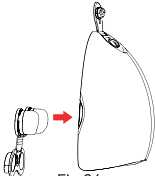
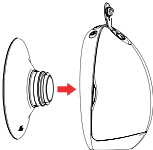
- Be careful, when you have disinfected the breast pump parts by boiling them, they can be very hot. To prevent burns, only start assembling the breast pump when disinfected parts have cooled down.
- Wash your hands thoroughly with soap and water before you touch breast pump parts and breasts to prevent contamination. Avoid touching the inside of milk collection set.

Notes:

- Correct placement of the Flange, Diaphragm, Milk collector, Valve,
- Before each use visually inspect the individual components for cracks, chips, tears, discoloration, or deterioration. In the event that damage to the device is observed, please discontinue use until the parts have been replaced.

Wash your hands thoroughly with soap and water, then assembling the pump as follows:

 Fig.23	 Fig.24
1) Wash your hands thoroughly with soap and water.	2) Gently push the valve into the milk collector, making sure that no gaps remain.

 Fig.25	 Fig.26
3) Assemble the milk collector.	4) Attach the diaphragm to the milk collector and secure the lid to form a tight seal.
 Fig.27	 Fig.28
5) Holding the two edge protrusions, attach the collector to the main unit.	6) Install the flange.

The breast pump is now ready for use.

7.4.3. Pumping instructions



Warning

- Before you remove the pump body from your breast, always switch off the breast pump to release the vacuum.
- Do not continue pumping for more than 5 minutes at a time if you do not succeed in expressing any milk. Try to express at another time during the day.

- If the process becomes very uncomfortable or painful, stop using the pump and consult your healthcare professional.



Caution

Monitoring milk level during pumping to ensure overfill does not occur.

1. Alignment

- Before pumping, please make sure the pump is pressed tightly on your breast without a gap.

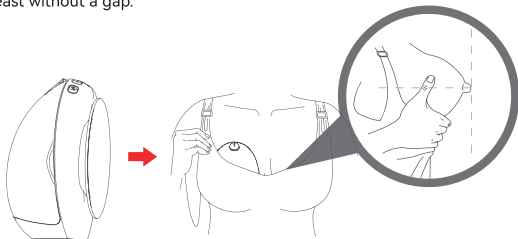


Fig.29

- To align, hold the flange against your breast so you can see if your nipple is centered in the flange tunnel. You may need to bend forward.
- After you've aligned, look through the flange to confirm your nipple is centered before pumping. The tip of your nipple should NOT touch the top, sides or bottom of the flange tunnel. If it does, try again.

First Perspective

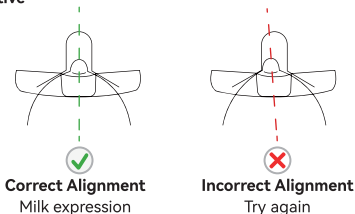


Fig.30

Note:

Correct nipple alignment is key to comfort expression and performance. Nipple must be positioned correctly in Flange Tunnel before pumping to avoid discomfort.

2. Secure Pump in Bra

Secure Pump in place by bra, taking care to keep Pump pressed firmly against breast. If necessary, tighten bra to keep Pump securely in place and start pump.

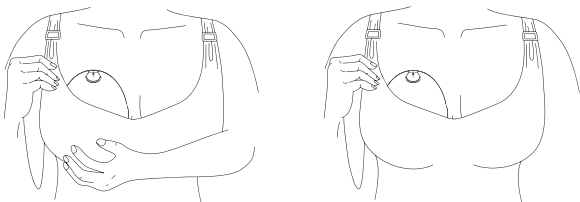


Fig.31

3. Starting pumping

Do not slide pump directly into your bra, follow step-by-step instructions. Disconnect from Charger before use.

A. Turn on the pump

Long press the On / Off button to turn On / Off the pump.

Short press the On / Off button to Pause / Continue the pump.

B. Select the mode

Modes: Stimulation Mode & Expression Mode & Mixed Mode

Short press the Mode Selection button to change from 3 modes.

C. Select the vacuum level

Momcozy pump has 15 vacuum pressure settings for each mode, giving you control over what feels comfortable and works most efficiently in all modes.

Once you feel uncomfortable, use the Increase / Decrease button to adjust the vacuum pressure. Always ensure you are pumping at a comfortable level.

Tip: A higher vacuum pressure does not always mean a higher volume of milk. Putting your nipple under excess stress can reduce milk production. Always

ensure you are pumping at a comfortable level. If you don't feel suction, please check the pump is assembled correctly.



Caution

- Pump should not be used while lying down, engaging in strenuous activities or performing activities with risk of harm.
- Using a breast pump should not cause pain. Do not try to express with a vacuum pressure setting that is too high or uncomfortable. If excessive discomfort or pain is felt during pumping, stop pumping, break the seal around your nipple and discontinue the session.

4. Remove the pump

Use your finger to break the seal between the flange and the breast tissue. Lean slightly forward to remove the pump from the breast after your pumping session, then keep the flange opening side up to prevent milk from pouring over.



Fig.32

We recommend the user to stop the pumping session once the expressed milk volume of the milk collector approaches 180 ml to avoid overflow.



Warning

Refrigerate or freeze expressed milk immediately or keep it at a temperature of 16°C ~25°C for a maximum of 2~4 hours before you feed your baby.

7.5. Storing breast milk

7.5.1. Proper Storage of Breast Milk

Following the recommended storage and preparation techniques can maintain the safety and quality of expressed breast milk for the baby's health.

These are general guidelines for storing human milk at different temperatures. Various factors affect how long human milk can be stored safely. Such factors include milk volume, room temperature when milk is expressed, temperature fluctuations in the refrigerator and freezer, and cleanliness of the environment. Storing breast milk after expressing:

- Refrigerate or chill milk right after it is pumped, if possible. You can put it in the refrigerator, place it in a cooler or insulated cooler pack, or freeze it in small (2 to 4 ounce) batches for later feedings.
- Use breast milk storage bags or clean, food-grade containers to store expressed breast milk. Make sure the containers are made of glass or plastic and have tight-fitting lids.
- -- Avoid bottles with the recycle symbol number 7, which indicates that the container may be made of BPA-containing plastic.
- Remove air before sealing.
- Lay bags flat to freeze. To prevent sticking between bags, please separate the bags with paper towels.
- Never store breast milk in disposable bottle liners or plastic bags that are not intended for storing breast milk.
- Gently swirl the container to mix the cream part of the breast milk that may rise to the top back into the rest of the milk. Do not shake the milk. This can make some of the milk's valuable parts break down.
- Freshly expressed or pumped milk can be stored:

Type of Breast Milk	Storage Location and Temperatures		
	Countertop 77° F (25° C) or colder (room temperature)	Refrigerator 40° F (4° C)	Freezer 0° F (-18° C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable

Thawed, Previously Frozen	1–2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

These guidelines are for healthy full-term babies only and may vary for premature or sick babies. Check with your health care provider.

Storage tips:

- Clearly label the storage container with the date it was expressed, including your child's name, if you are giving the milk to a childcare provider. Talk to your child care provider about any other requirements for labeling and storing breast milk.
- Do not store breast milk close to the door of the refrigerator or freezer. This will help protecting the breast milk from temperature changes from the door opening and closing.
- If you don't think you will use freshly expressed breast milk within 4 days, freeze it right away. This will help to protect the quality of the breast milk.
- When freezing breast milk:
- Store small amounts to avoid wasting milk that might not be finished. Store in 2 to 4 ounces or the amount offered at one feeding.
- Leave about one inch of space at the top of the container because breast milk expands as it freezes.
- Breast milk can be stored in an insulated cooler with frozen ice packs for up to 24 hours when you are traveling. At your destination, use the milk right away, store it in the refrigerator, or freeze it.

7.5.2. Safe thawing of Breast Milk

- Always thaw the oldest breast milk first. Remember first in, first out. Over time, the quality of breast milk can decrease.

- There are several ways to thaw your breast milk:
- In the refrigerator overnight.
- Set in a container of warm or lukewarm water.
- Under lukewarm running water
- Never thaw or heat breast milk in a microwave. Microwaving can destroy nutrients in breast milk and create hot spots, which can scald a baby's mouth.
- If you thaw breast milk in the refrigerator, use it within 24 hours. Start counting the 24 hours when the breast milk is completely thawed, not from the time when you took it out of the freezer.
- Once breast milk is brought to room temperature or warmed, use it within 2 hours.
- Never refreeze breast milk after it has thawed.

7.6. Feeding Expressed Breast Milk

- Breast milk does not need to be warmed. It can be served room temperature or cold.

If you decide to warm the breast milk, here are some tips:

- Keep the container sealed.
- Place the sealed container into a bowl of warm water or hold it under warm, but not hot, running water for a few minutes.
- Test the milk's temperature before feeding it to your baby by putting a few drops on your wrist.
- Do not heat breast milk directly on the stove or in the microwave.
- Swirl the breast milk to mix the fat, which may have separated.
- If your baby does not finish the bottle, use the leftover milk within 2 hours after the baby finishes feeding. After 2 hours, leftover breast milk should be discarded.

08. Transfer

When traveling, please use the charging cable provided and adjust it to the right power source for your current location. Before boarding the plane, please consult the airline for advice about carrying or using this pump on the plane.

Temperature: -20 to 60 °C/-4 to 140 °F