

Freestyle®



Instructions for use



Read all instructions before using this product.

PLEASE SAVE THESE INSTRUCTIONS

Table of Contents

1. Important Safeguards	5-7
2. Product Description	8-9
3. Getting Started	10
4. Cleaning Overview	11
5. Wash - Before first use & after each use	12-13
6. Sanitize - Before first use & once per day	14-15
7. Tubing & Motor Unit Care	16-17
8. Breastfeeding Information	18
9. PersonalFit™ Sizing	19
10. Powering Your Pump	20-25
10A Charging & operating your pump.....	20
10B Battery operation.....	20-22
10C Power adaptor care.....	23
10D Traveling outside the U.S.....	23
11. Assembly of Pump Kit	24-25
12. Pumping	26-30
12A Before pumping.....	27
12B Double pumping.....	27
12C Single pumping	27
12D Pump operation	28-30
13. Hands-free Easy Expression™	31
14. Storing Breastmilk	32
15. Preparing & Feeding Breastmilk	33
15A Preparing breastmilk.....	33
15B Feeding breastmilk	33
16. Troubleshooting	34-35
17. Supplemental Information	36
18. Warranty	37
19. Meaning of Symbols	38-39
20. EMC/Technical Description	39-46
21. Technical Specifications/Disposal	47

IMPORTANT

- Plastic bottles and component parts become brittle when frozen and may break when dropped.
- Bottles and component parts may become damaged if mishandled, e.g. dropped, over-tightened, or knocked over.
- Take appropriate care in handling bottles and components.
- Do not use the breastmilk if bottles or components become damaged.

Indication for use

The Freestyle® is a powered breastpump to be used by lactating women to express and collect milk from their breasts. Freestyle is intended for a single user.

Note

It is best to wait until your breastfeeding routine is established (approximately 4 weeks) before expressing breastmilk, unless otherwise advised by your healthcare professional.


If you have medical reasons or other needs for exclusively pumping, it is recommended that you use a hospital grade breastpump such as our Symphony® Breastpump. To learn more, visit www.medelabreastfeedingus.com.


Product Description


Freestyle® is a personal-use electric breastpump that includes 2-Phase Expression® technology and is capable of single and double pumping.

The Freestyle operating life is defined to be approximately three 15 minute sessions per day, for one year.

The warning symbol identifies all instructions that are important to safety. Failure to observe these instructions can lead to injury or damage to the breastpump. When used in conjunction with the following words, the warning symbols stand for:

 **WARNING** Can lead to serious injury or death.

 **CAUTION** Can lead to minor injury.

 **NOTE** Can lead to material damage.

 **TIP** Useful or important information that is not related to safety.

**PLEASE SAVE THESE INSTRUCTIONS.
THIS IS A SINGLE USER PRODUCT.**

1. Important Safeguards

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

READ ALL INSTRUCTIONS BEFORE USING THIS PRODUCT.

This is a single user product. Use by more than one person may present a health risk and performance questions and voids the warranty.

DANGER: To reduce the risk of electrocution:

- Always unplug electrical product immediately after use.
- Do not use while bathing.
- Do not place or store product where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or other liquid.
- Do not reach for a product if it has fallen into water. Immediately unplug from electrical outlet.

WARNING: To avoid fire, electrocution, or serious burns:

- Danger of electrocution! Keep the device dry! Never immerse in water or other liquids! Do not run water over the pump.
- The Freestyle® Breastpump and accessories are not heat-resistant: keep away from radiators and open flames.
- Keep the power adaptor away from heated surfaces.
- Do not reach for any electrical device if it has fallen into water. Unplug immediately.
- Do not use outdoors, or operate where aerosol (spray) products are being used or where oxygen is being administered.
- The Freestyle Breastpump should never be left unattended when plugged into a power source.
- Never operate an electrical device if it has a damaged cord, plug or battery pack, 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 or battery pack and call Medela Customer Service at 1-800-435-8316.
- Do not use the Freestyle Breastpump while bathing or showering.
- Close supervision is necessary when the Freestyle Breastpump is used in the vicinity of children.
- Follow the exact order of the steps in powering Freestyle breastpump as listed on page 18 of this instructions for use.
- Only use the power adaptor supplied with the Freestyle Breastpump.
- Make sure the voltage of the power adaptor is compatible with the power source.
- Do not use force to push the battery into the battery compartment.

1. Important Safeguards (cont.)



WARNING: To avoid health risk and reduce the risk of injury:

- Repairs must be performed only by an authorized service agency. Do not repair yourself! No modifications to the device are permitted.
- Never use a damaged device. Replace damaged or worn parts.
- Use the Freestyle Breastpump only for its intended use as described in this manual.
- Do not use the Freestyle Breastpump while sleeping or overly drowsy.
- This is a single user product. Use by more than one person may present a health risk.
- Do not drive while pumping.
- Inspect all appropriate pump components before each use.
- Do not thaw frozen breastmilk in a microwave or in a pan of boiling water.
- If tubing becomes moldy, discontinue use and replace tubing.
- Never use while pregnant, as pumping can induce labor.
- Clean and sanitize all parts that come into contact with your breast and breastmilk prior to first use.
- Wash all parts that come into contact with your breast and breastmilk after every use.
- If you are a mother who is infected with Hepatitis B, Hepatitis C, or Human Immunodeficiency Virus (HIV), pumping breastmilk will not reduce or remove the risk of transmitting the virus to your baby through your breastmilk.
- Do not use the Freestyle breastpump while operating a moving vehicle.
- The electric breastpump Freestyle should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the electric breastpump Freestyle should be observed to verify normal operation in the configuration in which it will be used.

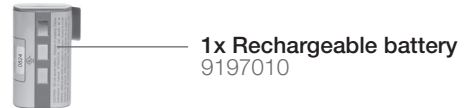
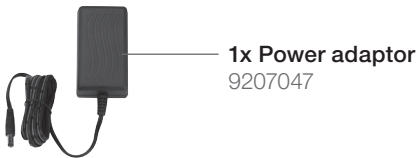
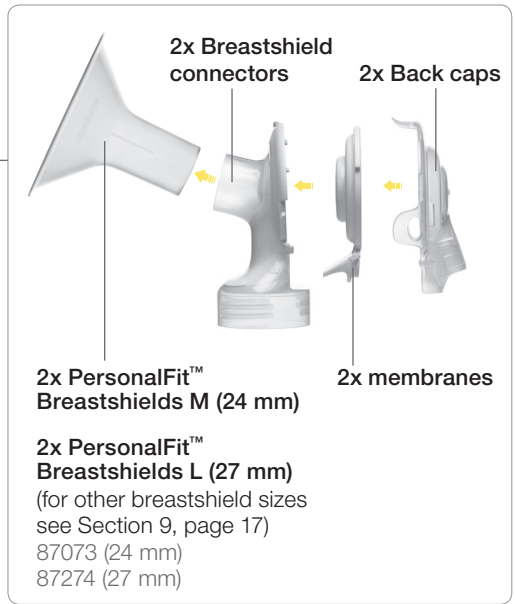


CAUTION: Can lead to minor injury:

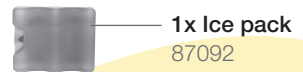
- Do not expose the motor unit to direct sunlight.
- Separation from power is only assured through the disconnection of the power adaptor from the wall socket outlet.
- If you feel pain in your breast or nipple, turn the pump off or slide a finger between the flange and your breast to immediately break the suction.
- Contact a healthcare professional or breastfeeding specialist if you experience problems or pain.
- Portable and mobile radio frequency communications equipment can affect the Freestyle Breastpump.
- Use only the power adaptor that comes with the Freestyle Breastpump or approved power options on page 18.
- Make sure the voltage of the power adaptor is compatible with the power source.
- Wash hands thoroughly with soap and water before touching breastpump, kit and breasts and avoid touching the inside of containers or lids.
- Separate and wash all parts that come in contact with breastmilk immediately after use to avoid dry up of breastmilk residue and prevent growth of bacteria. Always inspect breastshields, connectors, valves, membranes and tubing prior to use for cleanliness
- Only use drinking-quality tap or bottled water for cleaning your breast pump and parts.
- Do not store wet or damp parts as mold may develop.
- If tubing becomes moldy, discontinue use and replace tubing. Contact Medela Customer Service at customer.service@medela.com or call 1-800-435-8316.
- Do not run pump with wet tubing. Doing so will harm the pump motor.
- While some discomfort may be felt when first using a breastpump, using a breastpump should not cause pain.
- If you are experiencing discomfort at the base of the nipple due to rubbing of your breast tissue with the breastshield tunnel, use of a lubricant such as Tender Care™ Lanolin may be beneficial. For assistance with correct breastshield sizing and comfort please visit www.medelabreastshields.com or see a lactation consultant/breastfeeding specialist.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. See Section 8 for more information.
- Do not try and express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.
- Make sure tubing is not kinked or pinched while pumping.
- Do not hold the pump kit by the bottle. This can lead to blockage of the milk ducts and engorgement.
- Do not thaw frozen breastmilk in a microwave or in a pan of boiling water.
- Do not microwave breastmilk. 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 breastmilk.)

2. Product Description

Your Freestyle breastpump system includes



Additional contents included with Freestyle Deluxe Configuration
67060



Quantities and contents may differ depending on Freestyle Breastpump version.

Authentic Medela Spare Parts are made with the quality materials and workmanship you expect and trust, only from Medela.

Non-Medela spare parts can vary significantly in terms of product design, materials, and workmanship; all of which may affect the performance of your Medela breastpump.



Quality & performance
you can trust

Freestyle tubing port



1x Backplate
2001698

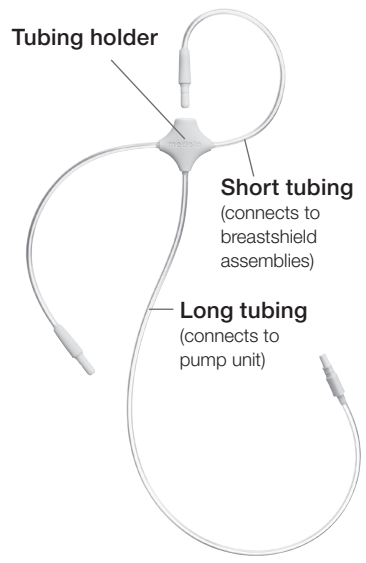


Belt clip

Battery compartment

Power adaptor port

1x Freestyle tubing
8007232



Tubing holder

Short tubing
(connects to breastshield assemblies)

Long tubing
(connects to pump unit)

1x Motor unit

Reduce vacuum

Increase vacuum

Power indicator

Stimulation phase vacuum level indicator

Timer

Let-down button

On/Off button



Battery indicator

Expression phase vacuum level indicator



Speed/vacuum level indicator (L:1-L:9)

Memory function key

Memory "on" indicator

3. Getting Started



Note

It's important for you to do the following before using Freestyle® for the first time:

1. Fully charge the battery 24 hours, uninterrupted (see Section 10)
2. Separate all parts
3. Clean - see instructions:
 - Wash – Section 5
 - Sanitize – Section 6



Breastshield assemblies come assembled. Separate all parts that will come into contact with the breast and breastmilk before cleaning.



Parts to clean:

- Breastshields
- Breastmilk bottles
- Lids
- Connectors
- Membranes
- Back caps



4. Cleaning Overview

When to Wash	Breastpump kit 	Breastpump bottles 
Before 1st use	<ul style="list-style-type: none"> ✓ wash ✓ sanitize 	<ul style="list-style-type: none"> ✓ wash ✓ sanitize
After each use	<ul style="list-style-type: none"> ✓ wash 	<ul style="list-style-type: none"> ✓ wash
Once per day	<ul style="list-style-type: none"> ✓ sanitize 	<ul style="list-style-type: none"> ✓ sanitize

When to Wash	Tubing 	Motor unit 
As needed	<ul style="list-style-type: none"> ✓ wash only if residue or condensation in tubing 	<ul style="list-style-type: none"> ✓ wipe with clean, damp cloth

Detailed cleaning instructions on pages 10-15:

- Wash – Section 5
- Sanitize – Section 6
- Tubing and motor unit care – Section 7

Washing and sanitizing are two different activities and must be done separately to protect you and the performance of your breastpump.

5. Wash – Before first use and after each use

Supplies needed:

- Mild dish soap
- Clean dish cloth or soft brush
- Clean sink or bowl
- Drinking quality water

Parts to wash:

- Breastshields
- Breastmilk bottles
- Lids
- Connectors
- Membranes
- Back caps



Separate parts for washing



Caution

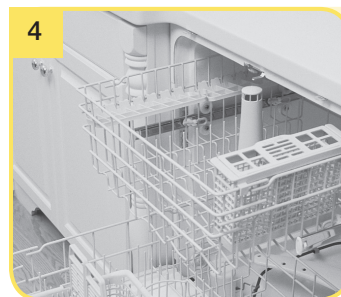
Separate and wash all parts that come in contact with breastmilk immediately after use to avoid dry up of breastmilk residue and prevent growth of bacteria.



Note

- Wash breastpump kit parts after each use.
- Take care not to damage parts of the pump kit during cleaning.
- **It is not necessary to wash tubing prior to first use.**
- **Only wash tubing if condensation or residue is present.**

Wash in dishwasher



- Wash all separated parts on top rack of dishwasher.
- Allow all breastpump parts to air dry in a clean area.
- Store dry parts in a clean, cool place when not in use.



Note

If the individual components of the pump kit are cleaned in a dishwasher, parts may be discolored by food pigments. This will not impact part function.

2



Rinse all separated parts that came in contact with breast and breastmilk in cool water to remove breastmilk residue.

Wash in sink

3



OR

- Soak all separated parts in warm, soapy water for 5 minutes.
- Wash each part with a clean dish cloth or soft brush.
- Rinse all separated parts with clear water.



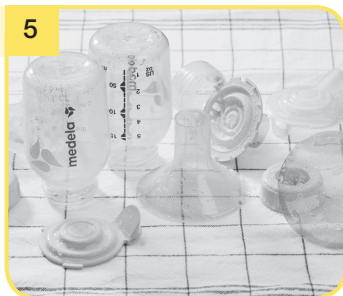
Caution

Only use drinking-quality tap or bottled water for cleaning.



You may also wash your kit parts by following the instructions on the Quick Clean™ Breastmilk Removal Soap bottle. (sold separately)

5



- Place parts on a clean surface and/or towel.
- Allow all parts to air dry.
- Store dry parts in a clean, cool place when not in use. Do NOT store wet or damp parts.



Note

Store the pump kit in a clean bag/container until next use.

6. Sanitize – Before first use and once per day

Supplies needed:

- Clean pot for boiling water
- Clean dish cloth
- Drinking quality water
- Tongs

Parts to sanitize:

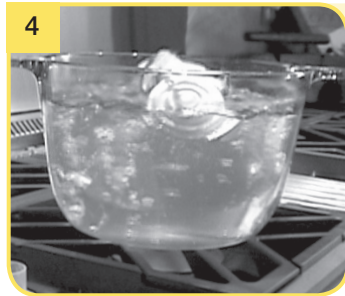
- Breastshields
- Breastmilk bottles
- Lids
- Connectors
- Membranes
- Back caps



Separate all parts that come in contact with breastmilk.

Note

Sanitize breastpump kit parts once daily.



Allow water to cool and gently remove parts from water with tongs.



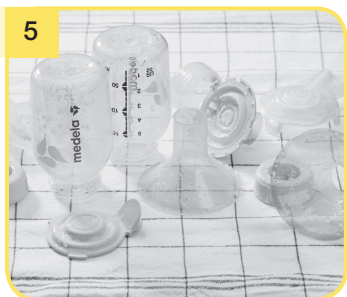
Wash hands thoroughly.



- Fill a pot with enough water to cover all parts.
- Bring water to a boil.
- Place parts in boiling water for 10 minutes.

! Note

If you notice a white residue on your parts after boiling, you may have a high mineral content in your water. Remove residue by wiping parts with a clean dish cloth and air dry. We recommended that you boil parts with distilled water to prevent substantial mineral build-up over time which may compromise your parts.



- Place parts on a clean surface and/or towel.
- Allow all parts to air dry.
- Store dry parts in a clean, cool place when not in use. Do NOT store wet or damp parts.



You may also sanitize your kit parts by following the instructions on Medela's Quick Clean™ Micro-Steam™ bag. (sold separately)

! Note

Store the pump kit in a clean bag/container until next use.

7. Tubing & Motor Unit Care

Supplies needed:

- Mild dish soap
- Clean dish cloth
- Clean sink or bowl
- Drinking quality water

Parts needed:

- Tubing
- Motor unit



Note

- Tubing should be washed if dirty or residue is present.
- Tubing should be washed if condensation is present.
- Cleaning tubing is not necessary if condensation present is from previous washings or atmospheric conditions.

7A. Tubing care

Inspect tubing after each pumping session.



Caution

- Do not store wet or damp parts as mold may develop.
- If tubing becomes moldy, discontinue use and replace tubing. Contact Medela Customer Service at customer.service@medela.com or call 1-800-435-8316.
- **Do not run pump with wet tubing. Doing so will harm the pump motor.**



Remove tubing by pulling straight out of tubing ports. Do not wiggle or pull tubing at an angle.



- Wash tubing in warm soapy water.
- Rinse tubing with clear water.
- Shake out water droplets and hang to air dry.



1
Turn off breastpump.



2
Unplug breastpump from power source.



4
Remove tubing from breastshield.



5
Rinse tubing in cool water to remove residue.

7B. Cleaning the motor unit



1
Wipe pump unit with a clean, damp cloth.



Warning

Do not immerse the pump in water; do not run water over the pump.

8. Breastfeeding Information

Common pumping questions & answers

How often should you pump?

A breastpump is a replacement for when you are separated from your baby. It is important to pump when the baby would normally be breastfeeding. For example, a working mother may pump 2-3 times during an 8 hour working day.

How long should your pumping session last?

Pumping times can vary from mother to mother, usually from 15 minutes to 30 minutes.

How should your breasts feel before and after pumping?

Before pumping, your breasts will have a firm, heavy feeling. After pumping, your breasts should feel soft and there should be no firm areas. Firm areas could indicate that the breast is not draining all over. See below for more information.



Caution

- While some discomfort may be felt when first using a breastpump, using a breastpump should not cause pain.
- If you are experiencing discomfort at the base of the nipple due to rubbing of your breast tissue with the breastshield tunnel, use of a lubricant such as Tender Care™ Lanolin may be beneficial.
- For assistance with correct breastshield sizing and comfort please visit www.medelabreastshields.com or see a lactation consultant / breastfeeding specialist.

9. PersonalFit™ Sizing

1. Medela's PersonalFit™ sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers five breastshield sizes.

21
mm

24
mm

27
mm

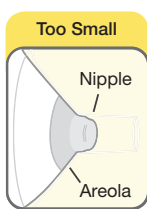
30
mm

36
mm

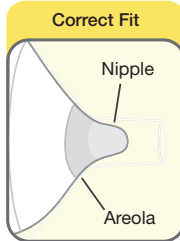
Visit MedelaBreastshields.com to view the full guide to help you determine your optimal size based on your nipple diameter.

2. Test your breastshield size

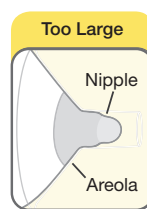
1. Start with the 24 mm that came with your pump, or the size determined by measuring.
2. Center nipple and gently hold breastshield against your breast.
3. Adjust for Maximum Comfort Vacuum™, to achieve optimum suction level.
4. Refer to images while pumping in expression.



- Nipple rubs along side of tunnel
- Try a larger size



- Nipple is centered and moves freely



- Nipple and excessive areola are pulled into the tunnel
- Try a smaller size

3. Should you try a new size?

- Does your nipple rub sides of tunnel, to the point of causing discomfort?
- Do you see excessive areola being pulled into tunnel?
- Do you see any redness?
- Is your nipple or areola turning white?
- Do you feel unexpressed milk after pumping?

If you answered **“YES”** to any of these questions, consider trying a new size by following the measuring instructions above.

If you are still unsure if you selected the correct size, see a lactation consultant, breastfeeding specialist, or visit MedelaBreastshields.com for assistance in choosing the right size breastshield.



Caution

- While some discomfort may be felt when first using a breastpump, using a breastpump should not cause pain. If you are unsure about breastshield sizing, please contact a healthcare professional or breastfeeding specialist who can help you get a proper fit.

10. Powering Your Pump

10A. Charging and operating your pump

There are 2 ways to power your pump:

- 1** Power Adaptor
 - Locate adaptor in bag.
 - Plug into pump.
 - Plug into wall.
- 2** Rechargeable Battery
 - Locate battery in bag.
 - Insert battery in pump by following instructions on page 19.
 - Charge battery uninterrupted for 24 hours.



Warning

- Follow the **exact** order of the steps.
- Only use the power adaptor supplied with the Freestyle® Breastpump.
- Make sure the voltage of the power adaptor is compatible with the power source.
- Do not use force to push the battery into the battery compartment.



Note

Before first use, fully charge the battery for 24 hours uninterrupted.

10B. Battery operation

1



Before first use, “bAtt” appears in the display. Fully charge the battery until the battery indicator stops flashing and “bAtt” disappears.

Battery charge status codes

	Power adaptor connected to socket
	Battery charge status
	Battery fully charged, approx. 3 hours expression time remaining
	20 min. expression time remaining. Battery removed from motor unit
	Low battery, needs charging
	Initial charge and charging after removing the battery (up to 24 hours charging time)
	Appears on display before first use Will not flash when pump is plugged in to power outlet



Open the battery compartment on the back of the pump by sliding the battery cover in the direction of the arrow.



Insert the battery in the direction shown by “This side down” **so that the gold contacts on the battery touch the gold contacts in the device.**



Silver tab remains on battery and should point upward when battery is inserted.



Close the battery compartment by sliding the battery cover in the direction of the arrow.

T Tip

Do not remove the battery from the motor unit. Removing the battery requires a charging time of up to 24 hours.

10. Powering Your Pump (cont.)



Plug the power adaptor cord into the motor unit.



Plug the power adaptor into the power outlet.

T Tip

The pump can be used during charging.

The battery is charging as soon as the pump is connected to a power source (even if the pump is not in use).



Charge the battery for 24 hours uninterrupted.

10C. Power adaptor care

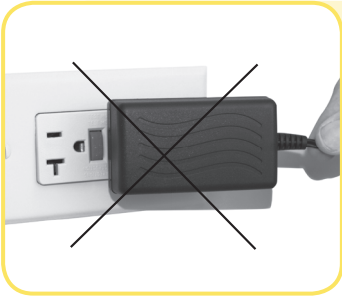
To care for your adaptor be sure to follow these storage directions.



Do not wrap cord of power adaptor around the plug body.



Correct!



Do not unplug power adaptor by pulling on the cord.



Correct!

10D. Traveling outside of the U.S.

While travelling internationally, we recommend purchasing a Universal Power Plug Adaptor (not included). Please consult with the country you are visiting to find out what type of adaptor will work best. Freestyle's A/C adaptor is two-pronged and does not require a grounded outlet.

Freestyle has a Lithium ION Battery which may be restricted from the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to travelling with Lithium ION.

For information about traveling with your breastpump and expressed breastmilk, visit www.TSA.gov.

11. Assembly of Pump Kit

T Tip

Carry out all the steps with care and assemble the pump kit correctly for optimum performance.

Parts Needed:

- Tubing
- Motor Unit
- Breastshields
- Breastmilk bottles
- Lids
- Connectors
- Membranes
- Back caps

! Note

- Use Authentic Medela Spare Parts only. See page 6 for details.
- Check pump kit components for wear or damage before use and replace if necessary.
- All components must be completely dry before use for proper performance and to prevent damage to the pump.



Caution

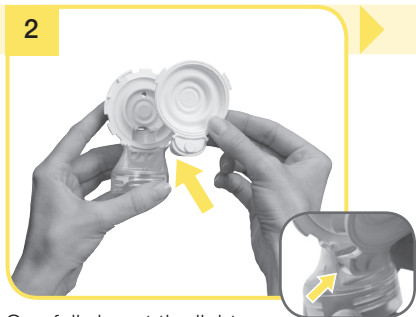
Wash hands thoroughly with soap and water before touching breastpump, kit and breasts and avoid touching the inside of containers or lids.



Push the breastshield onto the connector.



Insert the long tubing into the motor unit.



Carefully insert the light yellow membrane into the base of the breastshield connector.
Ensure bottom flap on membrane is inserted into connector.



Fasten the back cap to the connector.
Make sure that all three connection points (top and side) snap together.



Screw bottle into connector.




Insert the short tubing into the back cap as far as it will go. You will see a small gap at the bottom of the breastshield assembly when assembled correctly (inset).

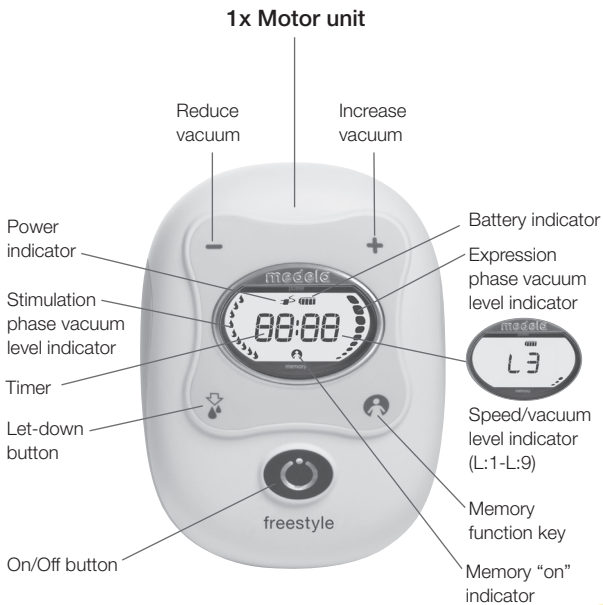


Accurately assembled kit.

12. Pumping

Glossary of Terms

<p>2-Phase Expression®</p> 	<p>Through research, Medela found that babies nurse in 2 Phases – Stimulation and Expression. This research is the basis for the technology in all Medela breastpumps.</p>
<p>Stimulation Phase</p>	<p>Fast sucking/pumping rhythm to stimulate milk flow.</p>
<p>Expression Phase</p>	<p>Slower sucking/pumping rhythm for gentle and efficient milk removal after milk has started flowing.</p>
<p>Maximum Comfort Vacuum™</p>	<p>Highest vacuum setting where pumping still feels comfortable. Different for every mother.</p>



12A. Before pumping



Caution

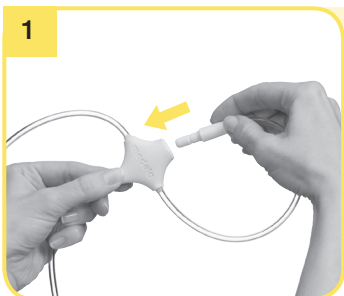
- Wash hands thoroughly with soap and water before touching breastpump, kit and breasts and avoid touching the inside of containers or lids.
- Always inspect breastshields, connectors, valves, membranes and tubing prior to use for cleanliness.

12B. Double pumping



Place the breastshields on your breasts so that your nipples are properly **centered** in the tunnels.

12C. Single pumping



Insert the unused short tubing into the tubing holder.



Hold the breastshield onto your breast with your thumb and index finger. Support your breast with the palm of your hand.

Refer to Section 9 for breastshield sizing information.



Caution

- Make sure tubing is not kinked or pinched while pumping.
- Do not hold the pump kit by the bottle. This can lead to blockage of the milk ducts and engorgement.

12. Pumping (cont.)

12D. Pump operation



Caution

- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. See **Section 8** for more information.
- Do not try and express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.

1




Turn on the breastpump by pressing the on/off button .

- Timer will start immediately.
- Adjust the speed/vacuum to a comfortable level.
- Freestyle® will begin pumping in the stimulation phase. The pump will automatically switch to the expression phase after 2 minutes.
- The sound of the pump will change between phases.

2



If your milk starts to flow sooner than 2 minutes, press the let-down button  to switch to the expression phase.

Make sure that the milk is flowing into the bottle properly.



Note

Only fill the bottle to the 150 mL mark.



Tip

- Do not tilt or overfill containers when pumping.

3



Find your Maximum Comfort Vacuum™

Once you are pumping in the expression phase, increase speed/vacuum **+** until pumping feels slightly uncomfortable (not painful), then decrease **-** slightly.


T Tip



- Research has shown that women pump more efficiently – get more milk in less time – when pumping at Maximum Comfort Vacuum in the expression phase.
- You should reassess your Maximum Comfort Vacuum throughout your pumping experience because it can change during the different stages of lactation.

4



Set and use the memory function

Press and hold the memory button  for three seconds during the expression phase to save pumping pattern.

- The memory indicator  on the display will flash three times when saved and the pump will beep three times.
- Finish expression as usual.
- To use saved pattern, press the memory button  once when you begin a pumping session.

If you are experiencing low or no suction, refer to Troubleshooting, Section 16.

12. Pumping (cont.)



Turn off the breast pump by pressing the on/off button .

Note

Always disconnect Freestyle® from the power source after expression (except if the battery is charging).

Tip

Freestyle switches off automatically if it has been running for 30 minutes with no interruptions.



When your pumping session is over, unplug tubing from the back of the breastshield(s) before setting down the bottles.



Close the bottle with a lid.

- See Section 14 for breastmilk storage instructions.



Disassemble and clean per Section 5.

13. Hands-Free Pumping with Easy Expression™



You can pump hands-free using the Easy Expression hands-free bustier!

(The literature within your breastpump package contains a special offer for Easy Expression)

- Gives you the freedom to multi-task while pumping
- Works great with your Medela Freestyle Breastpump
- Easy to wear and wash
- Available in multiple sizes and colors, see the back of a package or visit www.medela.com for sizing information.
- Zipper closure makes it easy to slip on over your nursing bra

To purchase visit www.shopmedela.com or your local retailer.



14. Storing Breastmilk

Storing breastmilk in Freestyle® cooler bag

- The Freestyle cooler bag requires one contoured ice pack (#87092, included) for cooling up to four 5 oz bottles of breastmilk for up to 10 hours in a room temperature environment inside of your pump bag and up to 8 hours in cooler stored outside of pump bag.
- As soon as you are finished pumping, place the breastmilk bottle or breastmilk storage bag in the cooler bag with the ice pack.
- Transfer breastmilk bottles or breastmilk storage bag to the refrigerator or freezer once you are home.

15. Preparing & Feeding Breastmilk

Freshly Expressed Breastmilk Storage Guidelines (For Healthy Term Babies)			
Room Temperature	Cooler with Ice Pack	Refrigerator	Freezer
4–6 hours at 66–78 °F (19–26 °C)	24 hours at 59 °F (15 °C)	3–8 days at 39 °F or lower (4 °C)	6–12 months 0–4 °F (-18–-20 °C)

References: www.BreastmilkGuidelines.com

15A. Preparing breastmilk



Caution

- Do not thaw frozen breastmilk in a microwave or in a pan of boiling water.
- Do not microwave breastmilk. 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 breastmilk.)
- Thaw breastmilk overnight in the refrigerator. Thawed breastmilk is safe in the refrigerator for 24 hours. Do not refreeze thawed breastmilk.
- Quickly thaw breastmilk by holding the bottle under warm running water.
- Place the sealed bottle in a bowl of warm water for 20 minutes to bring it to body temperature.
- If you are adding expressed breastmilk to a container of already frozen breastmilk, make sure to add a lesser amount than the already frozen amount.

15B. Feeding breastmilk

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

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

For additional breastmilk collection & storage information, please visit www.BreastmilkGuidelines.com.

16. Troubleshooting

<p>Low or no suction</p>	<p>Component Check</p> <ul style="list-style-type: none"> • Disassemble breastshields, breastshield bodies, membranes, and back caps. • Inspect all components for chips or cracks. • Clean and dry all components per Section 5. • Reassemble per Section 11. Make sure the components are dry before assembling. • Check that tubing is not kinked. • When single pumping, check that unused end is correctly stored in the tubing holder. <p>Connection Point Check</p> <p>Inspect following connection points to ensure attachment is secure</p> <ul style="list-style-type: none"> • Back cap snapped at all 3 connection points. • Tubing adaptor to back cap. • Tubing adaptor to pump. • If suction is not improved, contact Medela Customer Service at 1-800-435-8316.
<p>Battery charging</p> <p>“bAtt” symbol on the display</p>	<p>TIP: Avoid removing the battery as this will reset the battery indicator and requires a recharging time of up to 24 hours.</p> <p>If the battery does not charge and there is no battery symbol on the display verify that the battery is inserted properly. See Section 10.</p> <p>“bAtt” symbol on the display</p> <ul style="list-style-type: none"> • If a “bAtt” symbol appears on the display, it indicates it is in initial charge mode or the battery was removed and reinserted. Plug in and charge for 24 hours uninterrupted. <p>Flashing Battery Symbol outline and 1 bar</p> <ul style="list-style-type: none"> • Low battery. Plug in and charge battery. <p>Battery Indicator flashes with 4 bars</p> <ul style="list-style-type: none"> • Disconnect the power cord and remove the battery for at least 10 seconds. Reinsert the battery and plug in to charge for 24 hours. • If you still have a problem, contact Medela Customer Service at 1-800-435-8316.
<p>Pump doesn’t run or power on</p>	<ul style="list-style-type: none"> • If the Power Adaptor Symbol flashes or you see “Err” and hear 3 beeps, contact Medela Customer Service at 1-800-435-8316.
<p>No “let-down” or breastmilk expression</p>	<ul style="list-style-type: none"> • Ensure your breastpump is assembled correctly and there is suction. • Relax and take a 10-15 minute break if let-down is not achieved. • Consult with your healthcare professional or breastfeeding specialist if expression does not occur after 2 consecutive pumping sessions.

<p>Pump becomes wet</p>	<ul style="list-style-type: none"> • Unplug the power adaptor from the socket. • Turn off the pump. • Do not place the pump upside down. Control panel must face upwards. • Store the pump in a warm, dry place for 24 hours.
<p>Water or breastmilk in tubing</p>	<p>! NOTE: To prevent damage to the Freestyle Breastpump, water or breastmilk seen in tubing should be cleaned and dried per the instructions in Tubing Cleaning Section 7A before use.</p> <p>T TIP: The Freestyle Breastpump has a membrane in the breastshield assembly to prevent milk from flowing into the tubing during pumping.</p>

If you have not resolved the problem with your breastpump or you have further questions, please contact Medela Customer Service at 1-800-435-8316 or fill out the contact us form at www.medelabreastfeedingus.com.

17. Supplemental Information

Supplemental Information

Following are some common breastfeeding related conditions. If you experience any of these symptoms, contact a healthcare professional or breastfeeding specialist.

	Symptom	Potential Causes
Engorgement	Breasts are hard and uncomfortable, possibly with reddened areas.	Milk not draining properly from breast. Milk can drain back into the tissue causing areas to swell and become tender.
Blocked/Plugged Ducts	Area of breast will look reddened and may be tender to touch.	Milk not being drained from a specific duct. The area becomes 'clogged' up and milk is then prevented from flowing.
Mastitis	It often follows engorgement but can just occur suddenly. The initial symptoms are similar to flu – fatigue, headache and muscle aches, fever and localized breast tenderness. It can be in one or even both breasts and needs immediate treatment.	A bacterial infection in the breast tissue which is often accompanied by cracked nipples.
A healthcare professional or Breastfeeding Specialist can give you guidance in breastfeeding your baby and using a breastpump. Their guidance is valuable in terms of the lifetime of health benefits for both you and your baby. A listing of Lactation Professionals are available at www.medelalocator.com or call 1-800-TELL-YOU (1-800-835-5968).		

18. Warranty

This product is warranted by Medela, Inc. to the original retail purchaser to be free from defects in material and workmanship for the period of 1 year for pump mechanism and rechargeable battery (90 days for other parts and accessories) from the date of purchase. In the event of a defect, Medela will repair or, at Medela's option, replace this product, without charge for such replacement parts or labor. 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 3 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 (toll free) at 1-800-435-8316. 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:

Medela, Inc. – Returns, Door 4501
1101 Corporate Dr.
McHenry, IL 60050
ATTENTION: RETURNS

Call first for authorization number. Returns not accepted without an authorization number.

We recommend recording your serial number here when you first open your pump for easy reference when contacting Medela Customer Service.

Your serial number can be found on the sticker under the battery cover.

SERIAL NUMBER:



19. Meaning of Symbols

Symbols on the device

 Decrease/increase vacuum (+/-)

 Let-down button

 Memory button

 On/off

 Power Indicator

 Vacuum level indicator, Expression Phase


 Vacuum level indicator, Stimulation Phase

 Speed/Vacuum level indicator (L:1 - L:9)


 Timer indicator


 Battery indicator


 This symbol indicates to follow instructions for use.

 This symbol indicates the compliance with the essential requirements of the Council Directive 93/42/EEC of 14 June 1993 concerning medical devices.

 This symbol indicates the manufacturer.


 This symbol indicates do not dispose the device together with unsorted municipal waste (in accordance with local regulations).


 This symbol indicates the compliance with additional USA and Canada safety requirements for medical electrical equipment.

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

 This symbol indicates manufacturer's catalog number of the battery.

 This symbol indicates manufacturer's serial number of the device.

 This symbol indicates the protection against entrance of solid foreign objects and against harmful effects due to the entrance of water.

 This symbol indicates the date of manufacture (four digits for the year and two digits for the month).

19. Meaning of Symbols

Symbols on the power adaptor



This symbol indicates that the power adaptor is a class II device.



This symbol indicates that the power adaptor is for indoor use only.



This symbol indicates the compliance with USA and Canada safety requirements.



This symbol indicates polarity of d.c. power connector.



This symbol indicates alternating current.



This symbol indicates direct current.

20. EMC/Technical Description

The Freestyle® breastpump needs special precautions regarding EMC (Electromagnetic compatibility) and needs to be installed and put into service according to the EMC information provided in these instructions for use. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect the electric breastpump Freestyle and should be kept at least a distance 1.0 m away from the equipment. Electromagnetic Compatibility (EMC, IEC 60601-1-2:2007, Table 1)

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.



Note

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

20. EMC/Technical Description (cont.)

Electromagnetic emissions

The electric breastpump Freestyle is intended for use in the electromagnetic environment specified below. The customer or the user of the electric breastpump Freestyle should assure that it is used in such an environment.

Emission tests	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The electric breastpump Freestyle uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The electric breastpump Freestyle is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3		



Warning

Warning – The electric breastpump Freestyle should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the electric breastpump Freestyle should be observed to verify normal operation in the configuration in which it will be used.

20. EMC/Technical Description (cont.)

Electromagnetic Compatibility (EMC, IEC 60601-1-2:2007, Table 2)

Electromagnetic immunity			
<p>The electric breastpump Freestyle® is intended for use in the electromagnetic environment specified below. The customer or the user of the electric breastpump Freestyle should assure that it is used in such an environment.</p>			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient / burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input / output lines	± 2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	± 1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.


20. EMC/Technical Description (cont.)

<p>Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11</p>	<p><5 % U_T (>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5 s</p>	<p><5 % U_T (>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5 s</p>	<p>Mains power quality should be that of a typical commercial or hospital environment. If the user of the electric breastpump Freestyle requires continued operation during power mains interruptions, it is recommended that the electric breastpump Freestyle is powered from an uninterruptible power supply or a battery.</p>
<p>Power frequency (50/60 Hz) magnetic field IEC 61000-4-8</p>	<p>3 A/m</p>	<p>3 A/m</p>	<p>Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.</p>

NOTE U_T is the a.c. mains voltage prior to application of the test level.

20. EMC/Technical Description (cont.)

Electromagnetic Compatibility (EMC, IEC 60601-1-2:2007, Table 4)

Electromagnetic immunity			
The electric breastpump Freestyle® is intended for use in the electromagnetic environment specified below. The customer or the user of the electric breastpump Freestyle should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the electric breastpump Freestyle, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1.2\sqrt{P}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2,5 GHz	3 V/m	$d = 1.2\sqrt{P}$ 80 MHz to 800 MHz $d = 2.3\sqrt{P}$ 800 MHz to 2,5 GHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, ^a should be less than the compliance level in each frequency range. ^b Interference may occur in the vicinity of equipment marked with the following symbol: 

20. EMC/Technical Description (cont.)

Note 1 At 80 MHz and 800 MHz, the higher frequency range applies.

Note 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

^a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the electric breastpump Freestyle is used exceeds the applicable RF compliance level above, the electric breastpump Freestyle should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the electric breastpump Freestyle.

^b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

20. EMC/Technical Description (cont.)

Electromagnetic Compatibility (EMC, IEC 60601-1-2:2007, Table 6)

Recommended separation distances between portable and mobile RF communications equipment and the electric breastpump Freestyle

The electric breastpump Freestyle® is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the electric breastpump Freestyle can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the electric breastpump Freestyle as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter M		
	150 kHz to 80 MHz $d = 1.2\sqrt{P}$	80 MHz to 800 MHz $d = 1.2\sqrt{P}$	800 MHz to 2,5 GHz $d = 2.3\sqrt{P}$
0,01	0.12	0.12	0.23
0,1	0.37	0.37	0.74
1	1.2	1.2	2.3
10	3.7	3.7	7.4
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

Note 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

Note 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

20. EMC/Technical Description (cont.)

Electromagnetic environments		
Environment	Locations	General characteristics
Typical health care	Hospital, large clinic, doctor's office	Partly controlled, covered by the general requirements of this collateral standard
Residential	Doctor's office, small clinic	Not controlled, health care professional present
Residential	Home	Not controlled, health care professional not normally present
Transport, mobile	Car, aircraft (fixed-wing and helicopter), ambulance	Not controlled, wide variations, critical receivers nearby, harsh environments for ESD, RF, electric and magnetic fields
Special	Operating theatre, emergency room	Case-by-case examination of environment

21. Technical Specifications/Disposal

Technical Specifications



vacuum (approx.)
-20....-270 mmHg
-3....-35 kPa
45 ... 120 cpm



In	Out
100-240V- 50/60 Hz	12V --- 1 A / 1.5 A



7.2V, 2150mAh
Li-Ion



122 x 90 x 58



370 g
kg
270 g



Operation
Betrieb
En Service
Utilizzo
Gebruik



Transport / Storage
Transport / Lagerung
Transport / Stockage
Transport / Stoccaggio
Transport / Opslag



Operation
Betrieb
En Service
Utilizzo
Gebruik



Transport / Storage
Transport / Lagerung
Transport / Stockage
Transport / Stoccaggio
Transport / Opslag



kPa

Disposal



The unit is made of various metal and plastics. Before disposal, the device is to be rendered unusable and it must not be disposed of as unsorted municipal waste in accordance with local regulations. Use your local return and collection system for waste electrical and electronic equipment (incl. batteries). Improper disposal may have harmful effects on the environment and on public health.



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