



Quick Guide for the Motif Duo Double Electric Breast Pump



Caution: Please refer to the Motif Duo Operation Manual for a complete overview of this product. You can download the operation manual at motifmedical.com.

Intended Use

The Motif Duo Double Electric Breast Pump is intended for use by lactating women to express and collect breast milk. The Duo can be used as a single or double pump and is intended for personal use only — sharing a breast pump can present a health hazard.















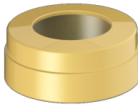

Contraindications

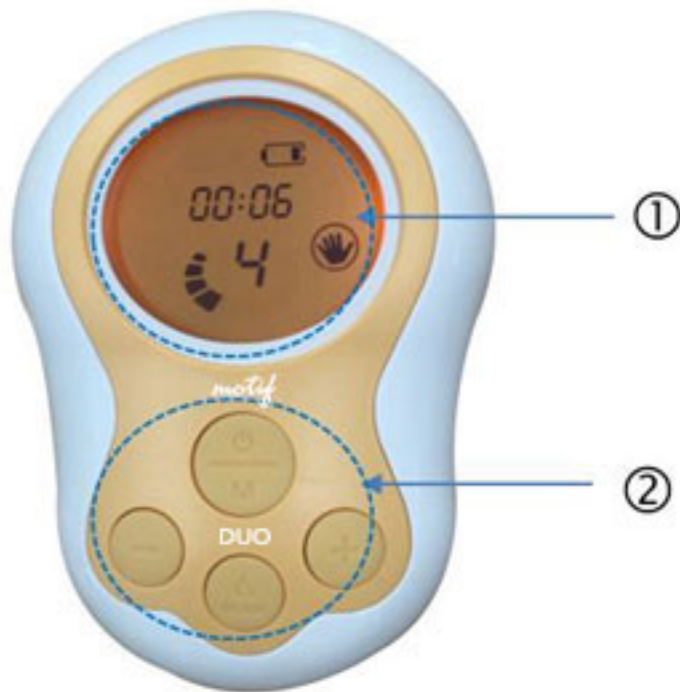
There are no known contraindications for this breast pump.

Product Configuration

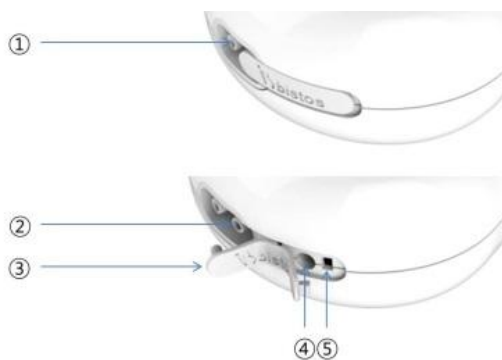
The Motif Duo double electric breast pump utilizes a vacuum to express breast milk. The motor is classified as a medium vacuum with an intermittent suction device.

When unpacking the box, ensure that all of the following components are enclosed.

Name	User manual	Power adapter	Main Body	Nipple
Shape				
Qty.	1	1	1	2
Name	Diaphragm Top	Diaphragm	Diaphragm Bottom	Tubing Connector
Shape				
Qty.	2	2	2	2
Name	Breastshield	Breastshield Connector	Valve	Tubing
Shape				
Qty.	2	2	2	2
Name	Bottle/180 ml	Bottle Cap	Bottle Cover	Bottle Disc
Shape				
Qty.	2	2	2	2



1. LCD display
2. Buttons



1. Basic tubing port: tubing port for single pumping
2. Auxiliary tubing port: tubing port for double pumping
3. Port cover
4. Power adapter port
5. Port cover stabilizer

Preparing the Pump & Parts

3.1 Assembling the Tubing and Connector



Insert the metal part of the tubing connector into the end of tubing as shown.

Assembling Pump Parts



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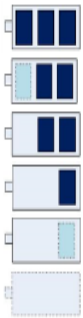


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1. Place the diaphragm so the cross-lined surface faces the bottom. Cover the diaphragm top and turn it to lock.
2. Place the breastshield into the breastshield connector.
3. Connect the valve to the bottom of the breastshield connector. Screw the bottle into the breastshield connector.
4. Connect the diaphragm bottom to the top of breastshield connector.
5. Connect the tubing to the port on main body of the pump.
6. Connect the tubing to the bottle block as shown in the picture.
7. To clean or store after use, disassemble the bottle in the reverse order.

LCD Display



No.	Name	Status	Description
⊖	Memory	Off	No stored operating sequence.
		Flashing	Storing operating sequence.
		On	There is a stored operating sequence.
⊖	Expression mode	On	Operating in expression mode.
		Flashing	Operating in stored expression mode sequence.
⊗	Adapter connection	Off	Power adapter is not connected.
		On	Power adapter is connected.
④	Battery	Percent Charge	 <p>Fully charged 75 - 100% 50 - 75% 25 - 50% 0 - 25% 0%</p> <p>Charge battery when symbol is flashing. The device will shut down automatically when battery dies.</p>
⑤	Operating time	On	Indicates operating time since device has been powered on. After 30 minutes, the main body will turn off automatically. When the battery needs to be charged, [Lo bt] will be displayed.
⑥	Speed/Vacuum level	On	Speed/vacuum level display
⑦	Massage mode	On	Operating in massage mode
		Flashing	Operating in stored massage mode sequence.








Operating Functions

The Motif Duo has three operating functions: basic massage/expression function, frequency function within the massage level and a memory function to save the operating sequence. The memory function,

massage/expression mode, level of speed/vacuum strength, and massage/expression time can be saved and restored at any time.










Buttons

Each button has three functions. Pressing the button for less than 0.5 seconds will perform basic functions, pressing for a moderate duration of time (from 0.5 to 1.5 seconds) will perform frequency function in expression mode, and pressing the button for longer than 2 seconds will perform memory functions.

Button	Basic function	Frequency function	Memory function
Application method	Press for less than 0.5 seconds.	Press from 0.5 to 1.5 seconds.	Press longer than 2 seconds to begin.
	Power On/Off button	-	Memory start/stop button
	Turns power on and off.	-	Press and hold button for more than two seconds to start the memory function operating sequence. Operate the pump as you want to save and press and hold again to save the whole sequence. When the memory function is activated, the memory icon  will flash in the LCD display. When the operating sequence is saved, the memory icon  will be turned on. The saved operating sequence will not be erased upon power off.
	Speed/vacuum increase button Increase the speed/vacuum in the operation mode. Speed/vacuum can be changed from 1 to 10.	Frequency up Increase the frequency one step.	Stop button Stop to operate on saved sequence.
	Speed/vacuum decrease button	Frequency down	Start button
	Decrease the speed/vacuum in the operating mode.	Decrease the frequency one step	Start to operate on saved sequence. No response when no sequence saved.
	Mode change button	-	Delete button
	Toggle between massage and expression modes.	-	Delete saved sequence. Memory icon  will be off. After deleting the saved sequence, the pump will operate at your last set-up.

Using the Memory Function




You can save and restore your personal settings for massage/expression modes, speed/vacuum levels as well as your optimal pumping session time.









1. Determine the operating sequence you want to save (massage/expression sequence, speed/vacuum level, operating time)
2. Turn on the pump by pressing the power on/off button  then press and hold for memory session.
3. Operate the pump at the sequence you want to save.
4. After selecting the sequence that you want to save, press and hold the power on/off button  for more than two seconds to save the sequence. When saved, the memory icon  will turn on.
5. To start the saved operation sequence, press and hold the play button  for more than 2 seconds while the device is on. The massage mode icon  or the expression mode icon  will be flashing.
6. To stop the saved operation sequence, press and hold the stop button  for more than 2 seconds. The pump will operate on your last session setting and the massage mode icon  or the expression mode icon  will be on.

Example of Memory Function

If you want to store the operation sequence of the following:



Operating Mode	Massage Level 4	Massage Level 5	Express Level 3	Express Level 4
Operating Time	1 minute	30 seconds	1 minute	Until session is completed

1. Check the LCD display to see if there is an existing stored operating sequence.  Icon is highlighted when there is a stored operating sequence.
2. If there is a stored sequence, delete it by pressing  button for more than 2 seconds. The  icon will disappear.
3. Set the massage mode on level 4 and expression mode on level 3.







4. Change the operating mode to massage mode level 4.
5. To start the memory function, press the  button for more than 2 seconds. The  icon will begin to flash to indicate that the memory function has stored the operation sequence.
6. Operate the pump for 1 minute at massage mode level 4. Switch to level 5 by pressing  button shortly and operating for another 30 seconds.
7. Change to expression mode level 3 by pressing the  button shortly.
8. Operate the pump for 1 minute at level 3 and press  button shortly to change to level 4.
9. Press the  button to save the operating sequence or turn off the breast pump. The pump will store the operating sequence. If you turn on the breast pump, the  will appear, which indicates that the operating sequence is stored. The operating mode stored last will operate until terminated by user or the operating time reaches 30 minutes.
10. To check the stored sequence, press the  button until the operation starts. The pump should start with the stored massage level.

Frequency Function

This function operates in the expression mode.

- On this setting, the frequency can be changed without altering the pressure level.
- With the frequency function you can change the mode (expression or massage) by pressing the mode button. Then press the + or – buttons to adjust frequency. The display will show [CY: --] to indicate that you are in frequency mode.
- 3 frequency levels can be changed for each expression level. Select the level you want by pressing  or  for 0.5 to 1.5 seconds in the expression mode. The selected frequency value will be displayed (1, 2, or 3) and the screen display will then return to show the operating time.
- Note that increasing the frequency might be accompanied by increased noise and vibration.

Using the Frequency Function

1. Turn on the pump by pressing the power on/off button .
2. Press the  mode button, then  will be displayed to indicate that you are in expression mode. Set your preferred level.
3. Press the  mode button once again to get to frequency. The time indicator will be changed to [CY: --]. This indicates that you are in frequency mode.
4. There are 3 different frequencies for each level of expression. You can change the frequency level by pressing  or .

Essential Performance Functions

The essential performance of the Motif Duo limits its vacuum pressure lower than 250 mmHg.

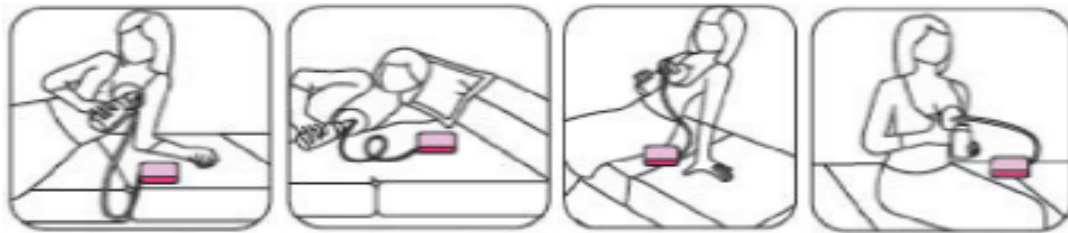
Pumping

Preparing to Pump

1. Wash hands thoroughly with soap and water before touching the breast and pump parts.
2. Check pump components for wear or damage before use and replace parts when/if necessary.
3. Make sure that all components that come into contact with breast milk are cleaned and sanitized appropriately. Assemble the breastshield, diaphragm and bottle according to this manual and connect to the pump body via the tubing.
4. Ensure tubing is connected tightly to prevent air leakage.
5. Check battery capacity before use to ensure the device is fully charged.
6. Massage the breast for about 5 minutes with a warm towel to promote expression.

Pumping

To prevent backflow in tubing, always use the breast pump while seated.



1. Place the breastshield on your breast so that your nipple is centered within breastshield.
2. Turn the breast pump on to begin pumping.
3. Adjust the speed/vacuum settings to a comfortable level.
4. Normal pumping time ranges from 15 minutes to 30 minutes; this can vary based on the individual.
5. When your pumping session is over, turn off the power and slide a finger between the breastshield and your breast to separate the breastshield from your breast.

Cleaning the Pump

Before using the pump, wash the breast pump and all parts thoroughly. Clean the main body of the pump with a clean, dry towel after each use.

Washing Pump & Parts

1. Disassemble the bottle and parts.
2. Rinse all parts that came in contact with the breast and breast milk in cool water to remove breast milk residue.
3. Wash parts separately in sink or soak all parts in warm, soapy water for 5 minutes. Wash each part with a clean dishcloth or a soft brush.
4. Dishwasher — wash all separated parts on top rack of dishwasher only.
5. Place parts on a clean surface and/or towel and allow all parts to air dry.
6. Store dry parts in a clean, cool place when not in use. Do not store wet or damp parts.



Main body: Wipe with a clean, dry towel after each pumping session.



Do not clean tubing: replace damaged or dirty tubing with a clean set

Sanitation

1. Clean all parts before using the pump for the first time.
2. Clean the device (main body) after each use with a dry towel.

Sanitizing Pump Parts

1. Disassemble all parts that come in contact with breast milk.
2. Fill a pot with enough water to cover all parts.
3. Boil the water for 5 minutes with parts in the water.
4. Allow water to cool and gently remove parts from water with tongs.
5. Place parts on a clean surface and/or towel.
6. Allow all parts to air dry.
7. Store dry parts in a clean, cool place when not in use. Do not store wet or damp parts.

Storing Breast Milk

The information below is referenced from the Office of Women's Health.

Store your breast milk in clean glass or hard BPA-free plastic bottles with tight-fitting lids. You can also use milk storage bags, which are made for freezing human milk. Do not use disposable bottle liners or other plastic bags to store breast milk.

After Each Pumping Session

- Label the date on the milk storage container. Include your child's name if you are giving the milk to a childcare provider.
- Gently swirl the containers 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 cause some of the milk nutrients to break down.

- Refrigerate or chill breast milk immediately after expression. You can refrigerate breast milk in a cooler or insulated cooler pack, or freeze the milk in small (2 to 4 ounce/60 to 110 g) batches for later feeding.

Freezing Breast Milk

- Wait to tighten bottle caps or lids until milk is completely frozen.
- Try to leave an inch or so from the milk to the top of the container, as it will expand when freezing.
- Store milk in the back of the freezer, away from freezer door.

Thawing and Warming Milk

- Clearly label milk containers with the date the milk was expressed. Use oldest stored milk first.
- Thaw the bottle or bag of frozen milk by putting it in the refrigerator overnight, holding it under warm running water, or by placing it in a container of warm water for several minutes.
- Never put a bottle or bag of breast milk in the microwave. Microwaving the milk creates hot spots that could burn or damage the milk.
- Swirl the milk, and test the temperature by dropping some on your wrist. Milk should be comfortably warm, not hot.
- Use thawed breast milk within 24 hours. Do not refreeze thawed breast milk.

Storing Fresh Breast Milk

Storage Method	Temperature	Longevity	Tips
Countertop or table	Room temperature Up to 77°F (25°C)	Up to 3 to 4 hours is best. Up to 6 to 8 hours is okay for very clean expressed milk.	Containers should be covered and kept as cool as possible. Discard leftover milk within 1 to 2 hours after baby is finished feeding.
Refrigerator	39°F (4°C) or colder	Up to 3 days is best. Up to 5 days is okay for very clean expressed milk.	Store milk in the back of the main body of the refrigerator. While at work, you can place your expressed milk in the refrigerator. Use an insulated bag and place the milk at the back of refrigerator.

Freezer	0°F (-18°C) or colder	Up to 3-6 months is best. Up to 9 months is okay for very clean expressed milk.	Store milk toward the back of the freezer where the temperature is most constant.
Deep freezer	-4°F (-20°C) or colder	Up to 6 months. Up to 12 months is okay for very clean expressed milk.	Store milk toward the back of the freezer where the temperature is most constant. Milk stored at 0 degrees or colder is safe for longer durations but the milk quality might not be as high as when first expressed.

Storing Thawed Breast Milk

	Room temperature (60°F to 85°F/16°C to 29°C)	Refrigerator (39°F/4°C colder)	or	Freeze Options
Thawed breast milk	1 to 2 hours is best. Up to 4 hours is okay.	24 hours		Do not refreeze.

Troubleshooting

No or low expression	<ul style="list-style-type: none"> Check the power button. Ensure the breastshield, diaphragm assembly, and bottles are assembled correctly. Inspect all components for tears, cracks, or bending.
Battery not charged	<ul style="list-style-type: none"> Ensure that the power adapter is connected correctly. If your pump will not hold a charge, replace the adapter with new one.
Does not power on	<ul style="list-style-type: none"> Inspect the power on/off button and exterior of pump for any foreign materials.
Main body becomes wet	<ul style="list-style-type: none"> Unplug the power adapter from the socket. Turn off the main body. Wipe main body with dry cloth and store the main body in a warm, dry place for more than 12 hours.
Breast milk in tubing	<ul style="list-style-type: none"> Turn off the main body. Disconnect the tubing from diaphragm top. Remove the milk from tubing and diaphragm.

If you are having trouble with your breast pump or have further questions, please contact the

Motif Medical customer center.

Product Warranty

Product Name	Motif Duo Double Electric Breast Pump
Brand name	Motif Medical
Model Name	Duo
Serial No.	
Warranty Period	1 year for motor, 90 days for parts
Date of Purchase	
Manufacturer	Motif Medical

Thank you for purchasing the Motif Duo Double Electric Breast Pump. This product has been passed through strict quality control and inspection.

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