

Operation Manual

Thank you for choosing the Motif Duo Double Electric Breast Pump.

Motif Duo Operation Manual

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DUO
DOUBLE ELECTRIC BREAST PUMP



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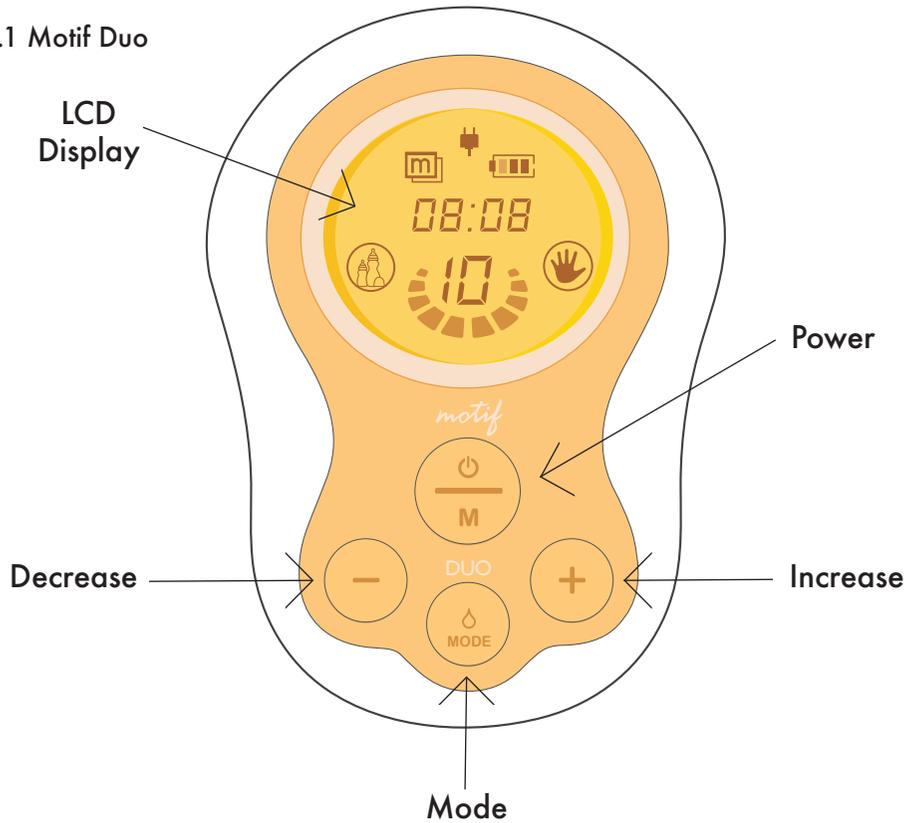
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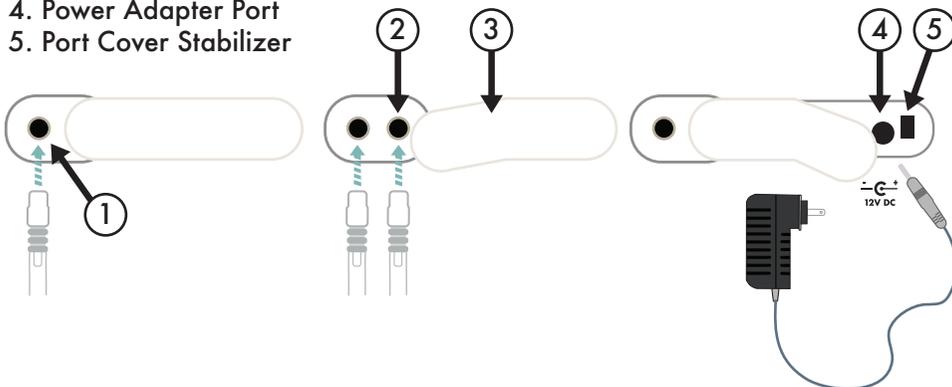
1. Product Description

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.

1.1 Motif Duo



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



1.2 Product Warranty

Product Name Motif Duo
 Brand Name Motif Duo
 Model Name MD-20.2
 Serial Number
 Warranty Period 1 Year Manufacturer Warranty
 Date of Purchase

2. Important Safeguards

2.1 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 only intended for personal use.

CAUTION – Sharing a breast pump can cause health hazards.

2.2 Contraindications

There are no known contraindications for this breast pump.

2.3 Safety Information

Warning Symbols

The following symbols are important for user safety. Failure to follow these instructions could lead to personal injury or cause damage to the breast pump.

When used in conjunction with the following words, the symbols indicate:

 WARNING	A hazard of serious injury or death.
 CAUTION	A hazard of minor injury or damage to the system.

3. Included With Your Motif Duo:

3.1 User Manual

3.2 Pump Components

*Note: While unpacking the box, make sure all of the following components are enclosed.

Name	Shape	Quantity	Name	Shape	Quantity
User Manual		1	Main Body		1
Diaphragm Top		2	Diaphragm Bottom		2
Breastshield		2	Valve		2
Bottle / 180ml		2	Bottle Cover		2
Power Adapter		1	Nipple		2
Diaphragm		2	Tubing Connector		2
Breastshield Connector		2	Tubing		2
Bottle Cap		2	Bottle Disc		2

4. Sterilization and Cleaning

4.1 Before Initial Use

Prior to using the pump for the first time, sanitize all parts

4.2 After Each Use

1. Wash hands thoroughly before handling breast pump components.
2. Disassemble all parts that come in contact with breast milk including:

Breast shield Breast shield Connector Valve
 Bottle Bottle Disc Bottle Nipple

3. Rinse all parts in cool water to remove breast milk residue.

4. Wash parts separately in sink with a clean dishcloth or soft brush; or soak all parts in warm, soapy water for five minutes; or wash separated parts on the top rack of your dishwasher.
5. Dry with a clean towel and/or allow to air dry on a sanitary surface.
6. Wipe main body of the device with a dry towel after each use.
7. Store dried parts in a clean bag or container. Do not store wet or damp parts.

4.3 Once Daily

1. Sanitize all components that come in contact with the breast or breast milk once daily.
2. Disassemble breast pump.
3. Place breast pump components in a pot of water. Submerge any pump parts that come in direct contact with breast milk.
3. Bring water to a boil and allow parts to sanitize for 5 minutes.
4. Once water has cooled, remove parts with caution, as they might be hot.
5. Place sanitized parts on a clean surface and/or towel.
6. Allow parts to completely air dry.
7. Store dry parts in a clean, cool place when not in use. Do not store wet or damp parts.

4.4 Tubing

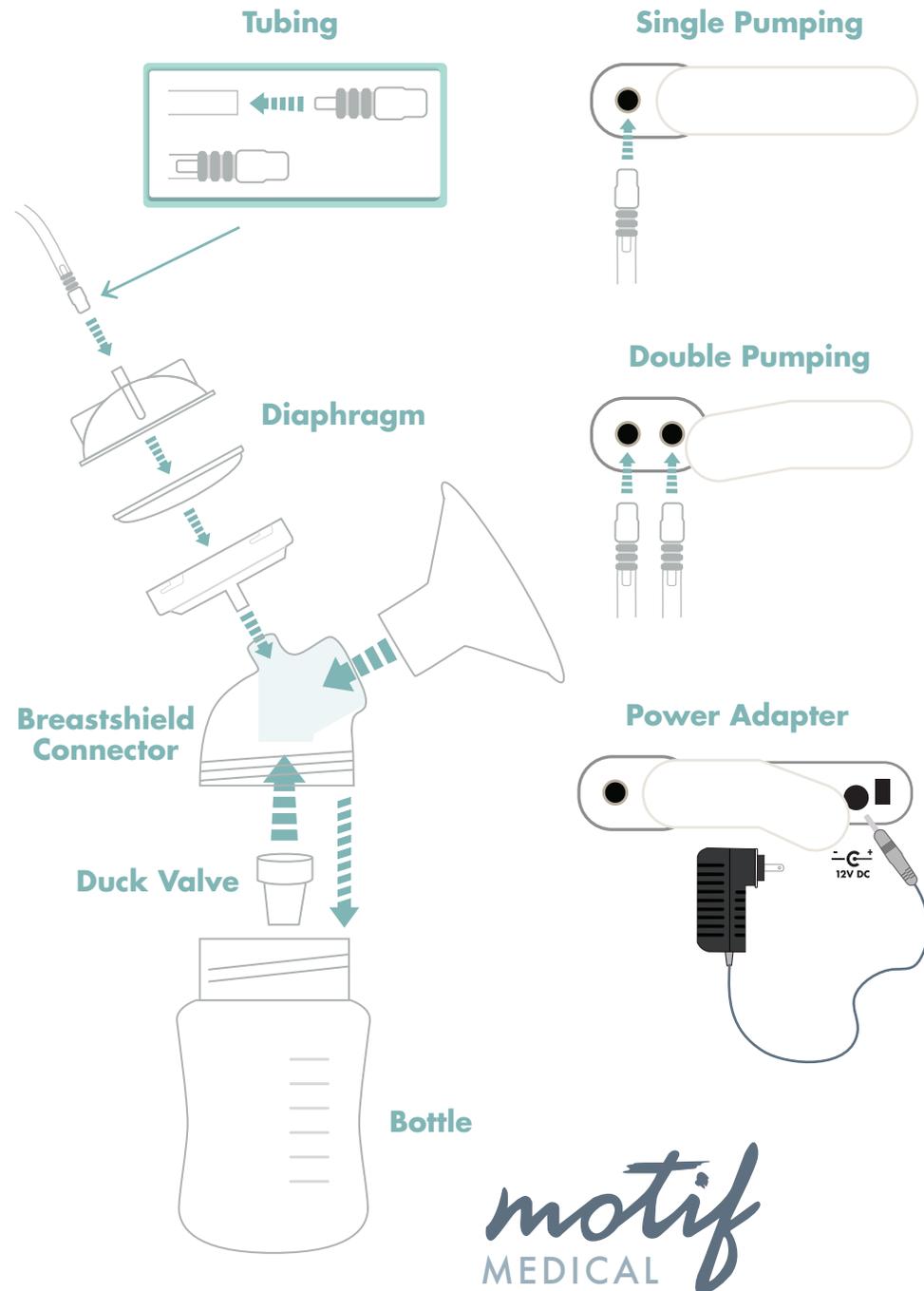
1. Tubing should only be cleaned if dirty or if there is any sign of breast milk.
2. Making sure breast pump is off and unplugged, detach tubing from breast pump unit and breast shield.
3. Rinse tube in cool water to remove breast milk residue.
4. Wash tubing in warm, soapy water and rinse thoroughly in cool water.
5. Hang tubing and allow to air dry completely

*Note: The presence of moisture in tubing can contribute to the growth of mold. Examine tubing prior to each use. Discard and replace if there is any indication of mold.

5. Breast Pump Assembly

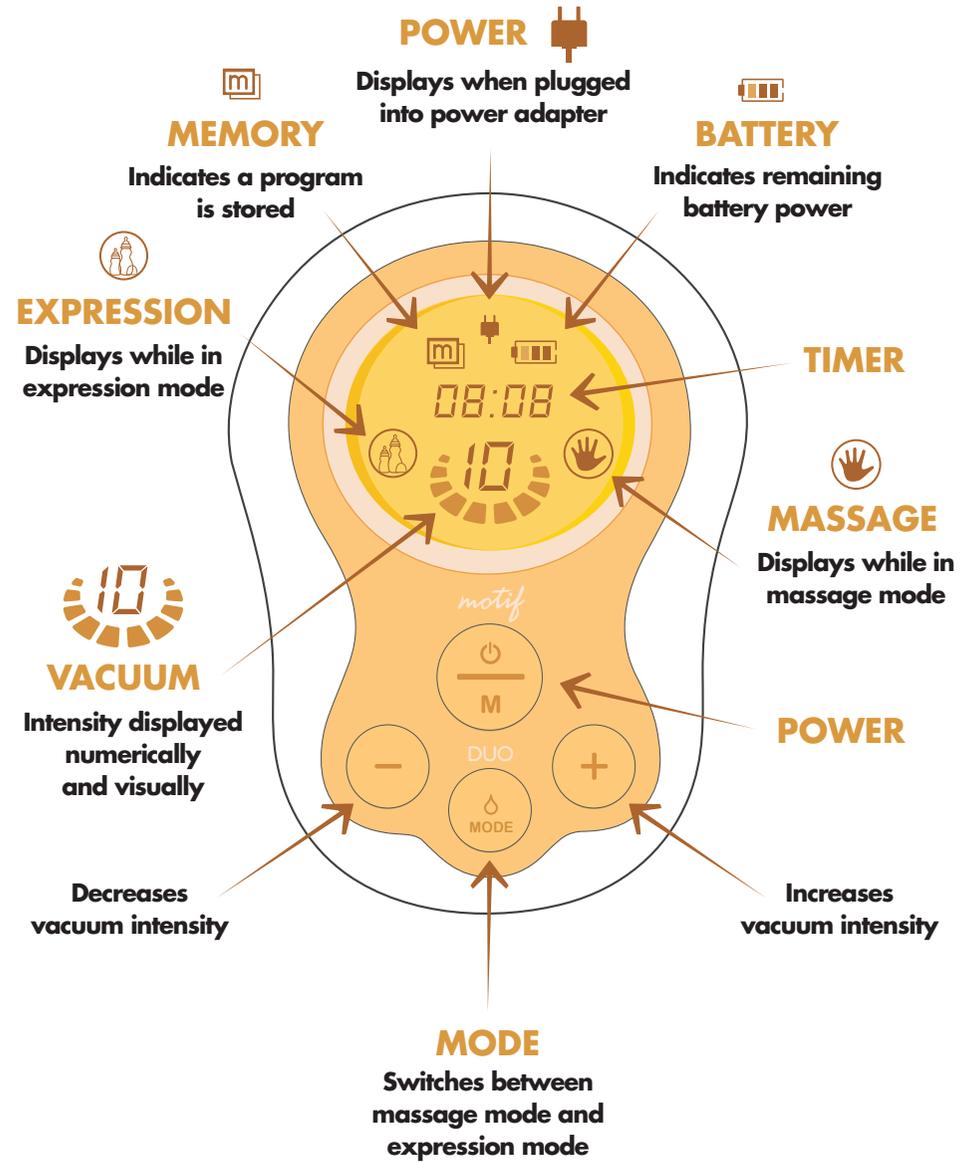
1. Wash hands before touching breast pump components.
2. Place the diaphragm downward, so the cross-lined surface is facing the bottom. Cover the top of the diaphragm and turn it to lock.
- 3.. Place the breast shield in the breast shield connector.
4. Connect the valve by placing it in the bottom of the breast shield connector. Screw the bottle into the breast shield connector.
5. Connect the bottom of the diaphragm to the top of breast shield connector.
6. Connect the tubing to the port to the main body of the pump.
7. Connect the other end of the tubing to the bottle block as shown in the diagram.
8. To clean or store after use, disassemble the bottle in the reverse order.

5.1 Breast Pump Assembly Diagram

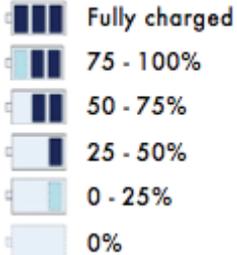


6. Operation and Programming

6.1 LCD Display and Buttons



6.1A LCD Display Table

No.	Name	Status	Description
1	Memory	Off	No saved operating sequence.
		Flashing	Saving operating sequence.
		On	There is a saved operating sequence.
2	Expression Mode	On	Operating in Expression Mode.
		Flashing	Operating in saved Expression Mode sequence.
3	Power 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	Timer	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 or Vacuum level display, level 1-10
7	Massage Mode	On	Operating in Massage Mode
		Flashing	Operating in saved Massage Mode sequence.
8	Speed & Vacuum Level	On	Speed or Vacuum level displayed in gradation.

6.2 Powering Your Breast Pump

Prior to initial use, plug the device into the power adapter and allow the breast pump to charge fully.

The battery charge level displayed on the LCD screen can differ from the actual battery capacity.

Use your breast pump with a fully charged battery whenever possible.

Charge the battery immediately when [Lo Bt] is displayed on the LCD screen.

If the breast pump remains unused for a long period of time, make sure that the battery is fully charged before use. Unplug the power adapter from the breast pump immediately after you are finished charging your device.

6.3 Operating Your Breast Pump

The Motif Duo software has three major components: Massage and Expression Modes, Frequency Function, and Programmable Memory.

Buttons

Each button has three functions. Pressing the button will perform a base function, a Press with a Short Hold will engage the secondary function, and a Press with a Long Hold will engage the advanced function.

Memory

Off - No saved operating sequence
Flashing - Saving operating sequence.
On - There an operating sequence saved.

Expression Mode

On - Operating in Expression Mode.
Flashing - A saved Expression Mode Sequence is operating.

Power Adaptor Connection

Off - Power adaptor is not connected.
On - Power adaptor is properly connected.

Battery

Percent Charge - Fully Charged

Charge the battery as soon as the [Lo bt] symbol begins flashing. If the battery dies, your Motif Duo will automatically shut down.

Timer

On - This timer indicates the amount since your Motif Duo was powered on. After 30 minutes it will automatically turn off. [Lo bt] will be displayed when the battery needs to be charged.

Speed & Vacuum Level

On - Levels 1 - 10 are displayed to indicate which level the Speed & Vacuum are operating on. 1 is the lowest level, and 10 is the highest.

Massage Mode

On - Operating in Massage Mode.

Flashing - A saved Massage Mode Sequence is operating.

Operating Functions

The Motif Duo software includes three major Features:

Two Pumping Modes, Frequency Function, and Programmable Memory.

Buttons

Each button has three functions.

Pressing the button once will perform a base function.

Holding the button down for a few seconds will engage the secondary function.

Holding the button down longer will engage the advanced function.

Power Button

Turns pump On and Off.

When the pump is On, this will start the stored memory sequence.

When a memory sequence is activated the memory icon will flash on the LCD display. Operate the pump according to your personal preferences, then press and hold the button down to save it as a memory sequence. The memory sequence will not be erased when your Duo is powered off.

Plus Button

Increases the Speed/Vacuum levels during during the Massage and Expression modes. Will increase the frequency during Expression Mode.

If operating a saved memory sequence, this will cause it to stop, otherwise there will be no response.

Minus Button

Decreases the Speed/Vacuum levels during the Massage and Expression modes. Will decrease the frequency during Expression Mode.

This will start a memory sequence, unless you don't have one saved, then there will be no response.

Mode Button

Switches between the Massage and Expression Modes. This will delete a saved memory sequence. The Memory icon will turn off once the sequence has been deleted. After a sequence is deleted, your Duo will return to your previous pump settings.

If no sequence is saved, there will be no response.

Pump Modes

The Motif Duo has two operating modes, Massage and Expression.

Massage Mode

The Massage Mode mimics an infant's natural sucking pattern to relax your breast muscles and stimulate milk flow. This mode operates on 10 different suction levels, 10 being the strongest.

Expression Mode

Use the Expression Mode for a stronger pull. This mode includes 10 different suction levels and 10 is the strongest. Increase the suction power by turning the level up.

Performance

The performance of the Motif Duo is limited to a vacuum greater than -250 mmHg.

6.4 Programming Pump Memory

You can save your preferred settings for the Massage and Expression Modes, as well as the length of your most productive pumping times.

1. Determine your favorite operating mode along with the suction level and operating time.
 2. Turn your Duo on by pressing the POWER button.
 3. Press and hold the POWER button for 3 seconds, to start the memory programming sequence.
- The Memory Icon will flash when your Duo is ready to record.
4. Operate the pump using the desired sequence and suction levels.
 5. After pumping, press and hold the POWER button for 3 seconds to save the sequence.

The Memory Icon will turn on once the sequence has saved.

6. To start your saved memory sequence, press and hold the DECREASE button for 3 seconds.

Depending on which mode you saved, the Expression or Massage Mode Icon will flash as the sequence begins.

7. To stop running your saved operating sequence, press and hold the INCREASE button for 3 seconds, and your pump will return to its previous settings.

6.4A: EXAMPLE: Programming Memory

Program the following operation sequences to practice saving them with your Duo.

Operating Mode	Massage Mode	Massage Mode	Expression Mode	Expression Mode
Speed/Vacuum Level	Level 4	Level 5	Level 3	Level 4
Operating Time	1 Minute	30 Seconds	1 Minute	Until Pumping Session Completed

1. Check the LCD display to see if there is an existing saved operating sequence, the Memory Icon will be displayed if there is an existing memory sequence saved.
2. If there is a saved sequence, delete it by pressing and holding MODE button for 3 seconds. The Memory Icon will disappear once the sequence has been deleted.
3. Set the Massage Mode on level 4 and Expression Mode on level 3.
4. Change the Operating Mode to Massage Mode on level 4.
5. Begin the memory function by pressing and holding the POWER button for 3 seconds. The Memory Icon will flash to indicate the sequence is saving.
6. Press the MODE button until the Massage Mode icon is illuminated, then adjust Speed/Vacuum to Level 4 by pressing the INCREASE or DECREASE buttons. Then allow the pump to operate for 1 minute.
7. Increase the Speed/Vacuum to level 5 by pressing the INCREASE button, and let the pump run for 30 seconds.
8. Change to Expression Mode by pressing the MODE button and the Expression Mode Icon will be displayed. Adjust Speed/Vacuum to level 3 by pressing the INCREASE or DECREASE buttons. Allow the pump to run for 1 minute.
9. Press the INCREASE button briefly to increase Speed/Vacuum to level 4, and then press and hold the POWER button for 3 seconds in order to save the operating sequence.
10. The last programmed step will continue to operate until stopped by the user or until the timer reaches 30 minutes.

11. To run the saved operating sequence, press and hold the DECREASE button for 3 seconds.

12. To stop running the saved operating sequence, press and hold the INCREASE button for 3 seconds. The pump will return to your previous settings.

6.4B Frequency Function

This function is available during expression mode, and effects the number of times your pump pulls per minute.

- There are 3 frequency levels (1-3), that you can select during Expression Modes by pressing and holding the INCREASE or DECREASE buttons for 1 second.
- The LCD Display will show [CY: -], to indicate the current frequency level.
- Adjust the frequency level by pressing either the INCREASE or DECREASE buttons.
- The frequency will be displayed for 4 seconds, then the pump will automatically return to normal operating mode.

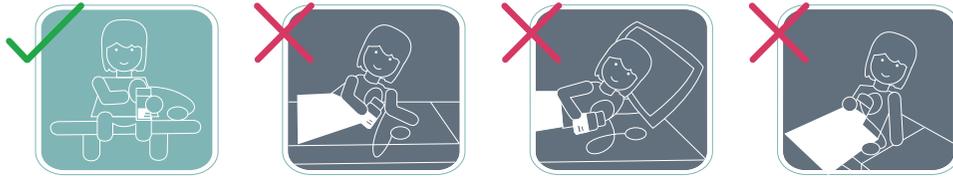
Note: Increasing the frequency may also increase the noise and vibration.

7. Preparing to Pump

1. Thoroughly wash your hands with soap and water before touching any pump parts.
2. Check each component 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 properly sanitized.
4. Assemble the breast shield, diaphragm, and bottle according to the instructions and connect to the pump body via the tubing.
5. Ensure tubing is tightly connected to prevent air leakage.
6. Check battery level before use to ensure the device is fully charged.
7. Massage the breast for about 5 minutes with a warm towel to promote expression.

8. Pumping

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



1. Place the breast shield on your breast so that your nipple is centered within it (See troubleshooting to learn more about finding the correct breast shield size).

2. Turn the breast pump on to begin pumping.

3. Adjust the Speed/Vacuum settings to a comfortable level.

4. Normal pumping durations range from 15 to 30 minutes, but vary between individual moms.

5. When your pumping session is over, turn off the power and slide a finger between the breast shield and your breast to separate them.

9. Troubleshooting

9.1 Common Issues

<p>No or Low Suction</p>	<p>Disassemble the breast shield, milk collection kits, diaphragm, and bottle. Check each part for chips or cracks. Clean and dry each part. Once each component is completely dry reassemble the parts. Make sure the tubing is free of twists and kinks. While single pumping, make sure the Auxiliary Port is blocked by the Port Cover.</p> <p>Double-Check connections between the:</p> <ul style="list-style-type: none"> • Diaphragm Assembly and Breast Shield connector. • Tubing and Milk Collection Kit. • Tubing and Main Body.
<p>Battery Not Charging</p>	<p>Make sure the power adapter is properly connected. If you pump fails to hold a charge, replace the power adapter.</p>
<p>Does Not Power On</p>	<p>Inspect the Power button and pump exterior for any foreign objects.</p>

<p>Main Body Becomes Wet</p>	<p>Unplug the power adapter from the socket. Turn off the Breast Pump. Wipe the main body with a clean dry cloth and store it in a warm dry area for about 12 hours.</p>
<p>Breast Milk in Tubing</p>	<p>Turn off the breast pump. Disconnect the tubing from the diaphragm. Remove the milk and tubing from the diaphragm.</p>

If you are having trouble with your Breast Pump, or have any questions, please contact the Motif Medical customer center.

9.2 Breast shield Sizing

1 Understanding sizing
Pumping should not hurt. This guide is a starting point to help determine your optimal size based on your nipple diameter.

Up to 17 mm 21 mm	Up to 20 mm 24 mm	Up to 23 mm 27 mm	Up to 26 mm 30 mm	Up to 32 mm 36 mm
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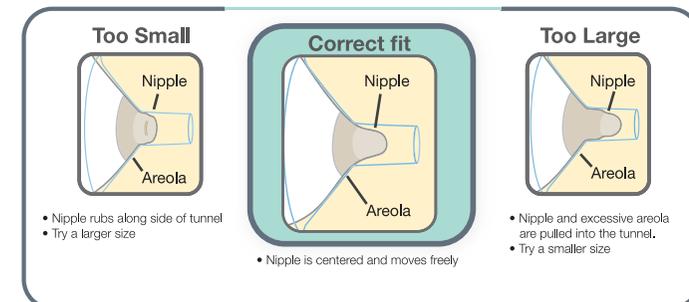
Step 1: Using a ruler or measuring tape measure the diameter of your nipple at base (across middle) in millimeters (mm). * 1 cm = 10 mm. **Do not include areola.**

Step 2: Based on your measurement, determine your breastshield size.

*Example: If your nipple size measures 16 mm in diameter, the recommended breastshield size is 21 mm.

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 to achieve optimum suction level.
4. Refer to images while pumping in expression.



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, or breastfeeding specialist for assistance in choosing the right size breastshield.

10. Storing and Using Breast Milk

The following information 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 specifically made for freezing human milk. Do not use disposable bottle liners or other plastic bags to store breast milk.

10.1 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.
- If cream rises to the top of the bottles, gently swirl them to mix the cream with the rest of the milk. Do not shake the milk, as it could 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.

10.2 Freezing Breast Milk

- If using BPA-free plastic or glass bottles, wait until milk is completely frozen to tighten bottle caps or lids.
- 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 the freezer door.

10.3 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 full of warm water for several minutes.
- Never put a bottle or bag of breast milk in the microwave. Microwaving breast milk creates hotspots that could burn or damage the milk.
- Swirl the milk, and test the temperature by placing a few drops on your wrist. The milk should be comfortably warm, not hot.

- Use thawed breast milk within 24 hours. Never refreeze thawed breast milk.

10.4 Storing Fresh Breast Milk

Storage Method	Temperature	Longevity	Tips
Countertop or Table	Room temperature (up to 77°F or 25°C)	Ideally, use within 3-5 hours.	Containers should be covered and kept as cool as possible. Discard leftover milk within 1 to 2 hours after your baby is finished feeding.
Refrigerator	39° F (4° C) or colder	Use within 3-5 days.	Store milk in the back of the main body of the refrigerator. Use an insulated bag to store milk in the back of the refrigerator while at work.
Freezer	0° F (4° C) or colder.	Use within 3 to 6 months is best.	Store the milk in the back of the freezer where the temperature will remain the most consistent.

10.5 Storing Thawed Breast Milk

Thawed Breast Milk

1 to 2 hours is best, do not store for over 4 hours.
24 hours.
Do NOT refreeze.