

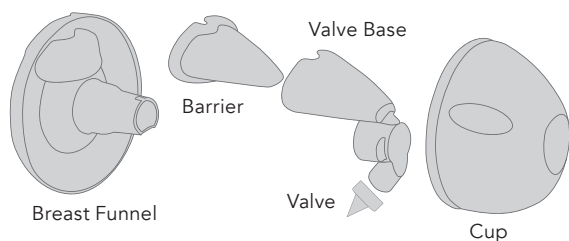
# freemie®

## CLOSED SYSTEM COLLECTION CUPS

### QUICK SET-UP GUIDE

This is intended as a reference guide, please read entire User Manual prior to use.

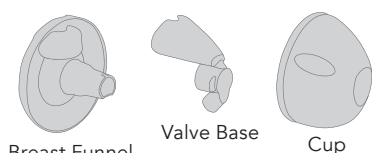
#### Assembly Layout



See reverse side or User Manual for pump **Connection Diagrams**

#### 1. Preparing for first use

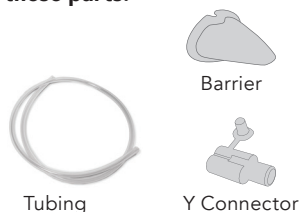
**Must boil these parts for 10 minutes before first use only for secure fit between parts.**



Clean parts with hot soapy water and rinse thoroughly after each use.  
Leave parts disassembled between use.

**Ensure all parts are dry prior to use. Do not steam sterilize or use abrasives on any Freemie components. Steam may damage parts and cause these parts to not fit securely.**

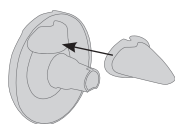
**Do not boil or steam these parts:**



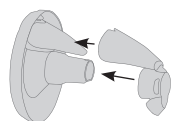
Hand wash valve in hot, soapy water. Rinse thoroughly.

#### 2. Assemble Freemie® Cups

**Incorrect assembly of the milk backflow barrier will cause low or no suction.**



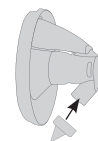
**Step 1:** Place Barrier onto funnel mounting ridge and against cone surface.



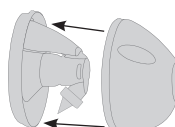
**Step 2:** Align Valve Base with Barrier and Funnel and push together.



**Step 3:** Press Breast Funnel and Valve Base firmly together.



**Step 4:** Press Valve onto valve base.



**Step 5:** Align cup arrow with funnel tubing port, seat cup rim into the outer ring of the funnel, and snap together to secure the assembly.

**Ensure all connections are secure and tight to prevent loss of suction. Replace valves approximately every 3 months**

#### 3. Before using Freemie®



Practice pouring water from Freemie Cups into a storage bottle or bag before trying with pumped milk to help ensure successful transfers.

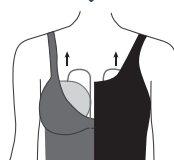
#### Bra fit is critical for proper use.

Before choosing a bra, pump with the Freemie using your hands to hold the Cups in place.

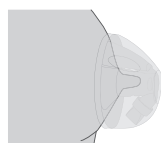
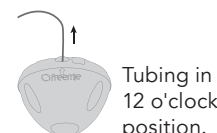
To achieve the same pressure and sensation with the Freemie Cups in your bra, it may be necessary to adjust your bra or try different bras to find the best fit for you. A sports bra or stretchy nursing bra works well for some women.

Freemie Cups can be used discreetly with proper wardrobe planning. Loose clothing with easy access and scarves will be most discreet. Before first use in public, put water in the Cups and practice placement and removal of the Cups in your bra. This exercise will help in determining wardrobe requirements.

#### 4. Freemie® position and placement



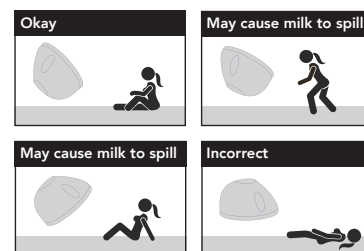
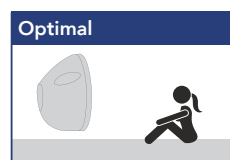
Place Freemie Cup inside your bra with tubing facing upright in the 12 o'clock position.



Freemie Breast Funnel should be centered over the nipple.

#### Pump with Freemie Cups in an upright position, such as sitting or standing

You may pump in any of these positions. The position of the cups relative to the horizon is important, as your milk needs to flow downhill in the funnel.



Note: Depending on the shape and orientation of your breasts, you may be able to comfortably pump in a wide variety of positions.

#### 5. Transfer milk from Freemie® Cups

- Turn off pump, remove tubing from Freemie Cups.
- Carefully remove Freemie Cups from your bra.

**Handle cups with care.** Milk pours out from pour spout. Placement at any other position may cause milk to flow into the tubing or leak out of cups. Transfer milk to storage container or bottle after pumping. Pour quickly with breast funnel up.

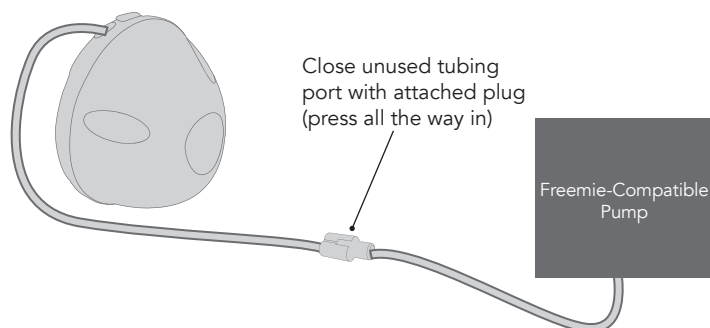
Handwash all components that come into contact with breast milk in hot soapy water, then rinse thoroughly.

Leave parts disassembled until ready for next use.

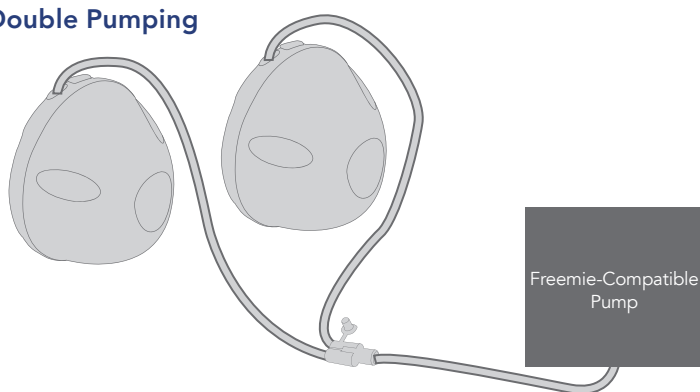
## Connecting Your Freemie Pump

### Single Pumping

Note: For all tubing connections, press in firmly until you get a secure connection



### Double Pumping



## Freemie-Compatible Pumps

Freemie Liberty  
Freemie Independence  
Philips Twin Electric  
Philips Comfort  
Ameda Purely Yours  
Ameda Purely Yours Ultra  
Unimom Forte  
Spectra M1  
Spectra S1 Plus  
Spectra S2 Plus  
Spectra S1  
Spectra S2  
Spectra 9plus  
Lucina Melodi Prime  
ARDO Calypso  
Evenflo Advanced

