

Freestyle™ Hands-free

Electric breast pump
Instructions for use

电动吸乳器
使用说明书



EN ENGLISH
3-36

ZH 中文
37-70

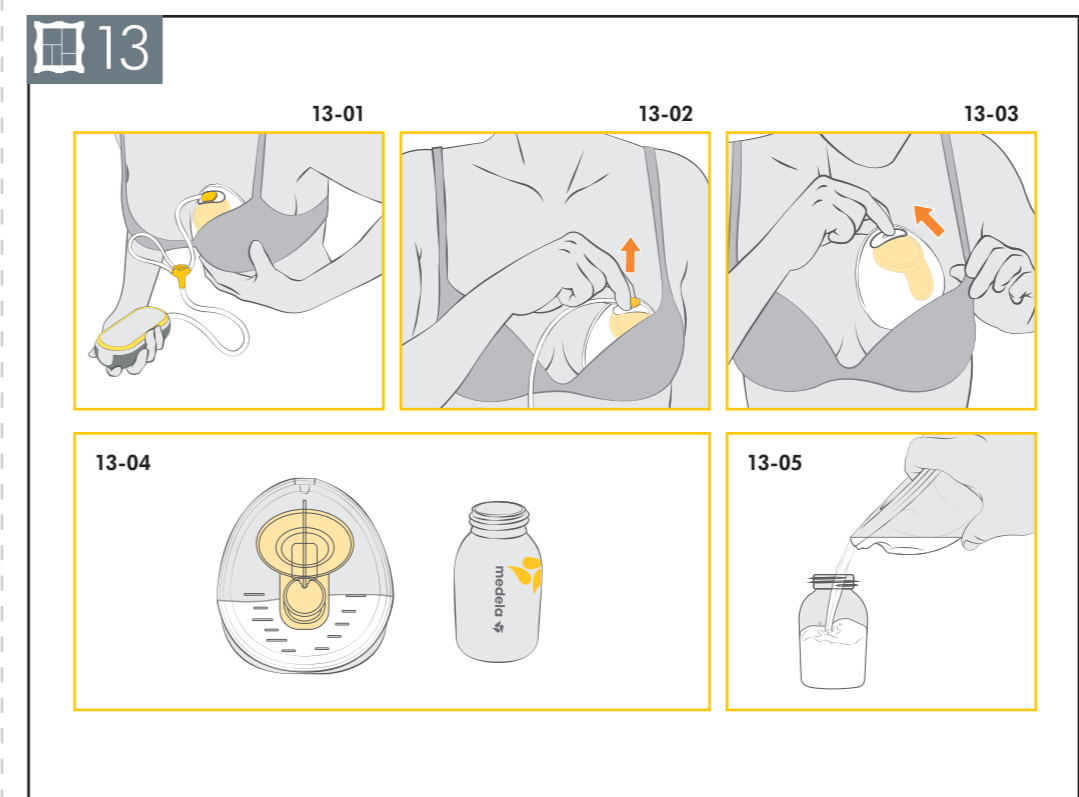
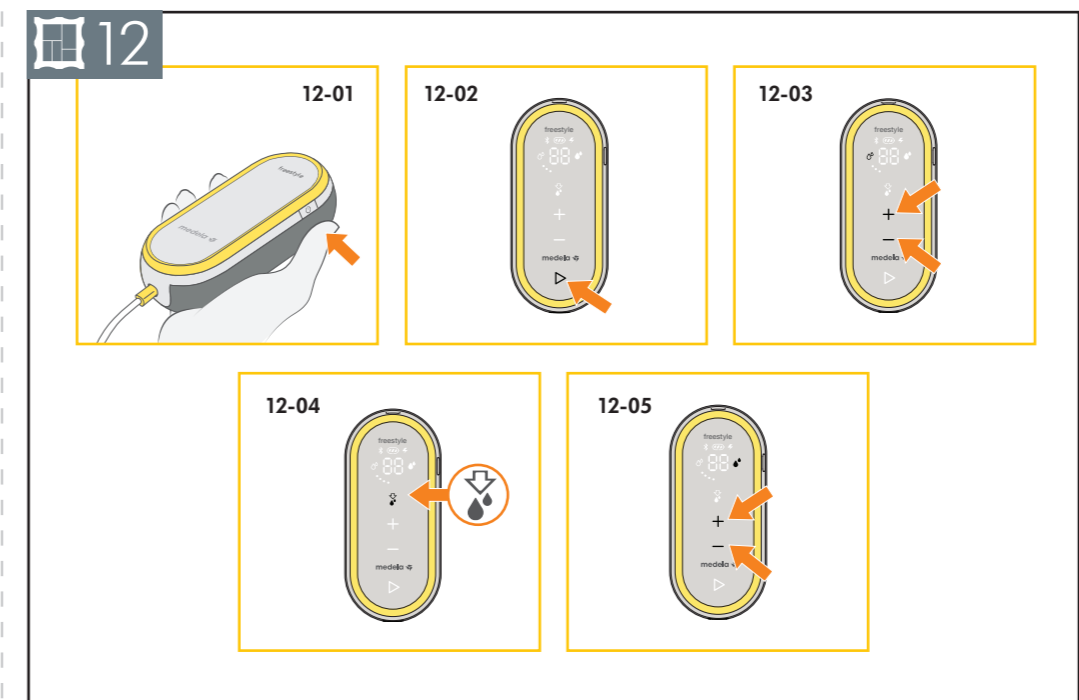
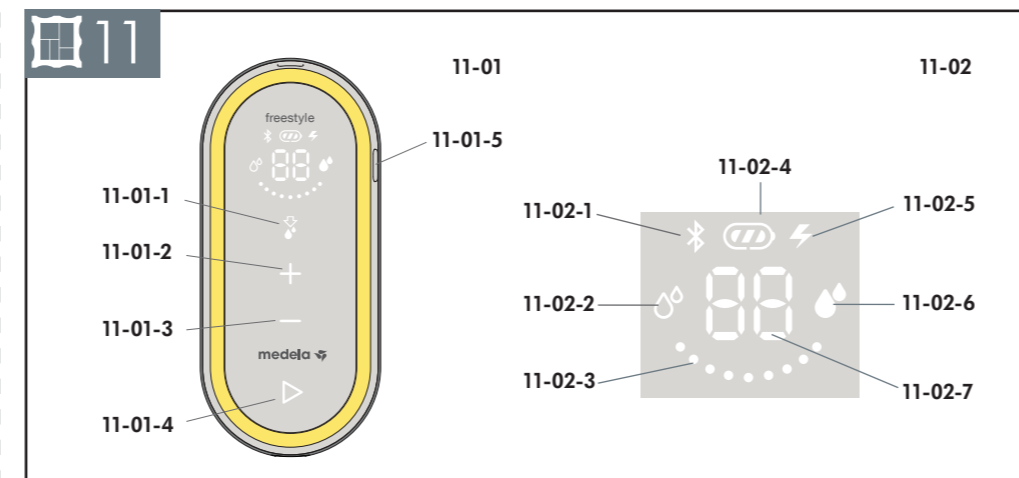
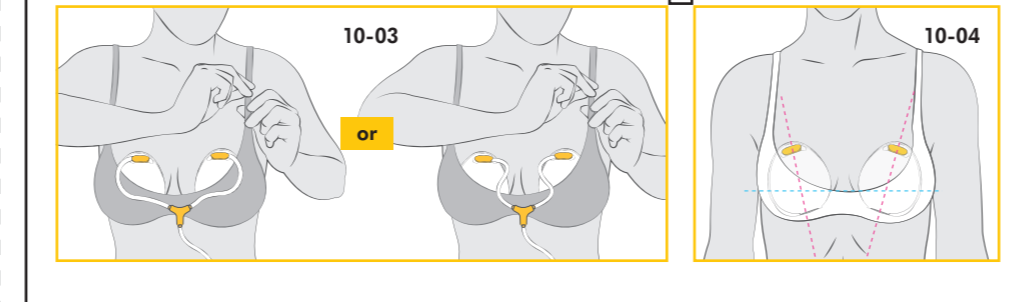
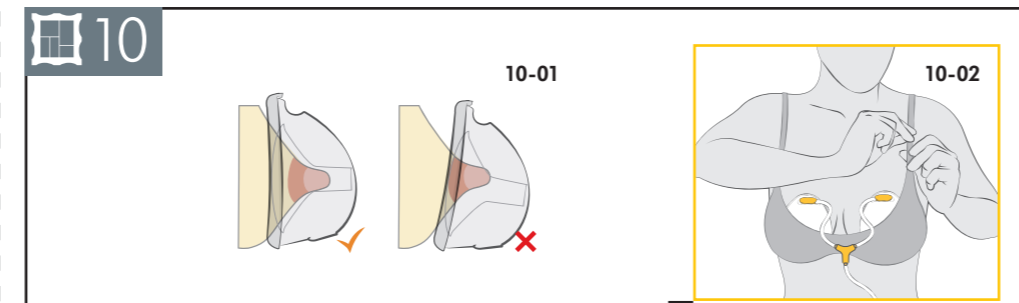
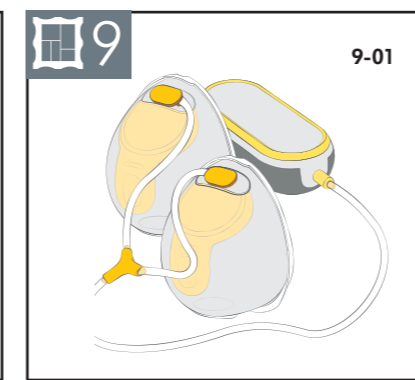
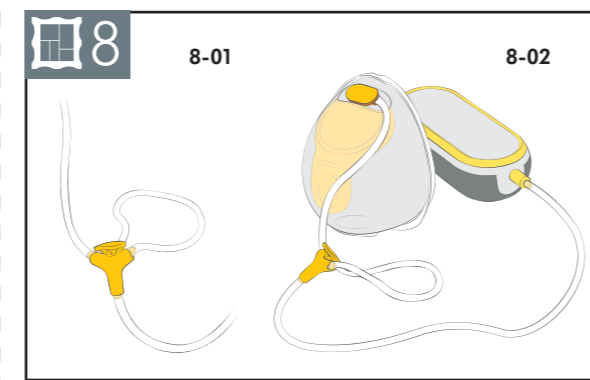
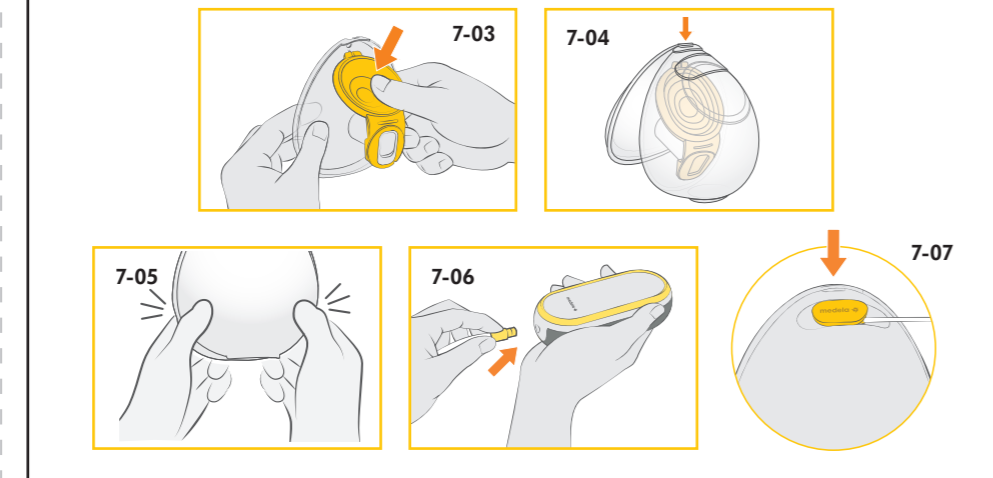
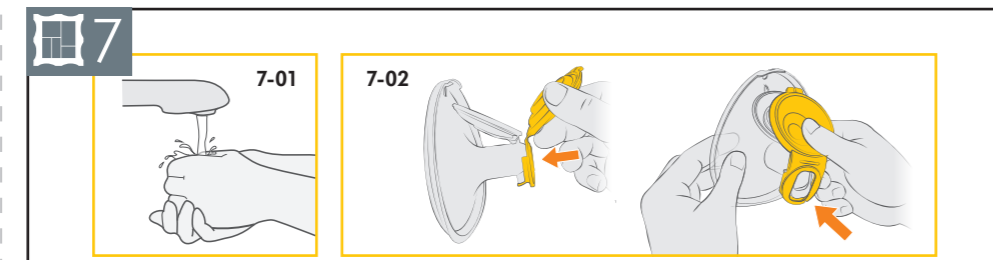
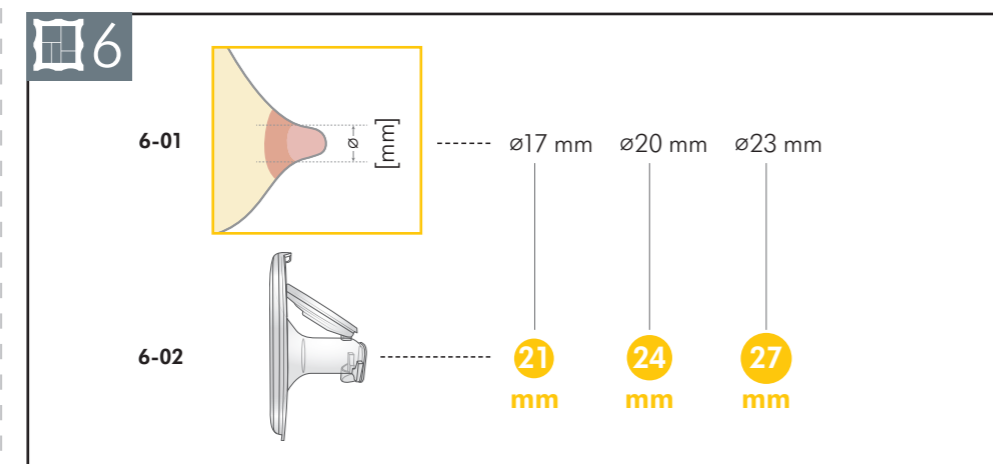
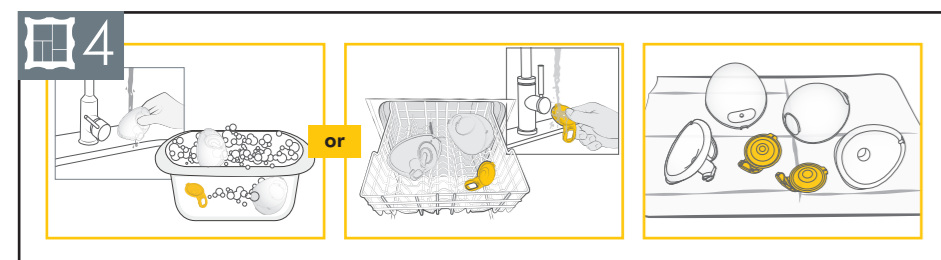
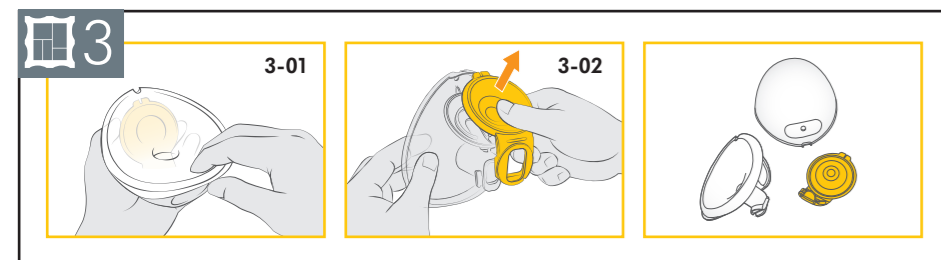
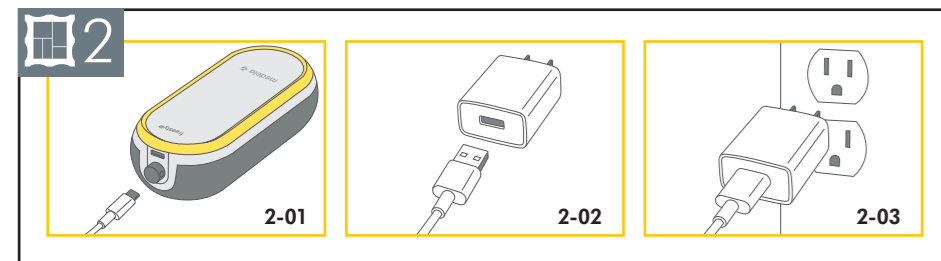
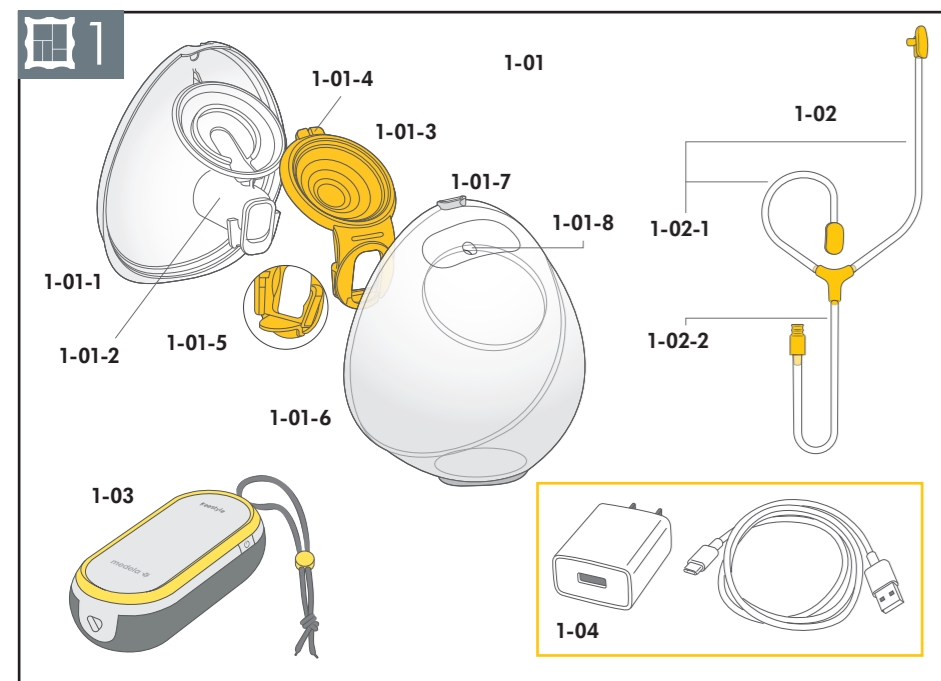
EN Illustrated items or instruction steps are marked with the figure and detail number (e.g. 图2-01).

ZH 图示的物品或操作指南步骤都有图形和详细的数字(例如, 图2-01)做标记。



EN Fold these pages out.

ZH 折叠页。



1. Important safety information

! Please read all instructions before using this product.
Keep these instructions for future reference.

Warnings identify all instructions that are important for safety. Failure to observe these instructions can lead to personal injury or damage to the product.

The following symbols and signal words show the significance of the warnings:

! WARNING	Can lead to serious injury or death.
! CAUTION	Can lead to minor injury.
NOTICE	Can lead to material damage (not related to personal injury).
i Information	Useful or important information that is not related to safety.

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

! WARNING	<p>To avoid fire, electric shock, or serious burns:</p> <ul style="list-style-type: none">• The breast pump should never be left unattended when plugged into a power source.• Never operate an electrical device if it has a damaged cord or plug, 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 adapter and call Medela Customer Service.• Do not use an electrical product that has been exposed to water or other liquids including:<ul style="list-style-type: none">– Do not use while bathing or showering.– Never place or drop into water or other liquids.– Do not run water over the breast pump.– If an electrical product has been exposed to water or other liquids, do not touch and if possible unplug the device from electrical outlet, turn off and contact the manufacturer.• Do not expose the breast pump or battery to excessive temperatures.• Be aware of the risk of USB-C-socket of the pump or battery beeing shortcircuited by metal objects or fluids.• Only use the supply unit (S010BL*0500200) provided with this appliance.
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CAUTION

To avoid health risks and reduce the risk of severe injury:

- This is a single-user product. Use by more than one person may present a health risk and voids the warranty.
- Do not use the breast pump while operating a moving vehicle.
- Pumping may induce labour. Do not pump until after giving birth. If you become pregnant while breastfeeding or breast pumping, consult with a licensed healthcare professional before continuing.
- If infected with Hepatitis B, Hepatitis C, or Human Immunodeficiency Virus (HIV), pumping breast milk will not reduce or remove the risk of transmitting the virus to your baby through your breast milk.
- Wash all parts that come into contact with your breast and breast milk after every use.
- The tubing poses a risk of strangulation when being played with and small parts may be swallowed by toddlers.
- Close supervision is necessary when the breast pump or accessories are used in the vicinity of children.
- This appliance is not intended for use by persons (including children up to 14 years) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children must not play with the appliance.
- Cleaning and maintenance must not be performed by children without supervision.

CAUTION

To avoid fire or burns:

- Make sure the voltage of the power adapter is compatible with the power source. See **chapter 18** for technical specifications.
- Always unplug electrical products immediately after use except for when charging.
- Do not place or store the product where it can fall into water.
- The breast pump and accessories are not heat-resistant. Keep away from heated surfaces or open flames.
- Do not use near flammable materials.

CAUTION

To avoid health risks and reduce the risk of injury:

- Before each use visually inspect the individual components for cracks, chips, tears, discoloration or deterioration. In the event that damage to the device is observed, please discontinue use until the parts have been replaced.
- This product cannot be serviced or repaired. Do not repair yourself. Do not modify the device.
- Never use a damaged device. Replace defective or worn parts.
- Use the breast pump only for its intended purpose as described in these instructions for use.
- Do not use the breast pump while sleeping or overly drowsy.
- If tubing becomes mouldy, discontinue use and replace tubing.
- Do not microwave or boil breast milk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving (microwaving or boiling can also change the composition of breast milk).
- Clean and sanitise all parts that come into contact with your breast and breast milk prior to first use.
- Only use Medela recommended parts with your breast pump.
- If pumping is uncomfortable or causing pain, turn the unit off, break the seal between the breast and the breast shield with your finger and remove the breast shield from your breast.
- While some discomfort may be felt when first using a breast pump, using a breast pump should not cause pain. If you are unsure about correct breast shield sizing please visit www.medela.com or see a lactation consultant/breastfeeding specialist who can help you get a proper fit.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. See **chapter 7.1** for more information.

NOTICE

Take appropriate care in handling bottles and components:

- Plastic bottles and parts become brittle when frozen and may break when dropped.
- Bottles and parts may become damaged if mishandled (e.g., dropped, over-tightened, or knocked over).
- Do not use the breast milk from bottles or components that show signs of damage.

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2. Intended purpose

The Freestyle™ Hands-free breast pump is a powered breast pump to be used by lactating women to express and collect milk from their breasts. The Freestyle Hands-free breast pump is intended for a single user. The breast pump is intended to be used in a home environment.

3. Product description

3.1 Description of the device
















The Freestyle Hands-free breast pump is a personal-use electric breast pump that includes 2-Phase Expression technology and is capable of single and double pumping.

Mode of operation: Continuous.

The operating life of the breast pump is 250 hours.

3.2 Your breast pump system features

Refer to figure  1 on the foldout pages.

-  1-01 Hands-free Collection Cups
 -  1-01-1 Breast shield 21mm (2pcs)
 -  1-01-1 Breast shield 24mm (2pcs)
 -  1-01-2 Nipple Tunnel
 -  1-01-3 Yellow membrane (2pcs)
 -  1-01-4 Alignment Tab
 -  1-01-5 Valve
 -  1-01-6 Outer shell (2pcs)
 -  1-01-7 Pouring spout
 -  1-01-8 Tubing connection port
-  1-02 Tubing
 -  1-02-1 Short ends of tubing (connects to collection cups)
 -  1-02-2 Long end of tubing (connects to motor unit)
-  1-03 Motor unit
-  1-04 Power adapter with cable

For ordering information about accessories see **chapter 13**.

All pictures shown in these instructions are for illustration purpose only. The actual product may vary due to local differences or product enhancement. Medela reserves the right to substitute any component or accessory with a replacement of equivalent performance.

4. Getting started

4.1 First steps

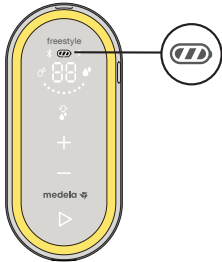
To be ready for expressing milk do the following before using your breast pump for the first time:

1. **Charge the battery** of your Freestyle Hands-free breast pump for two hours – see **chapter 4.3**.
2. **Separate all parts** that are exposed to the breast or breast milk prior to cleaning – see **chapter 5**.
3. **Wash and sanitise** the parts – see **chapter 6.2** and **6.3**.

4.2 Powering your breast pump

There are two ways to power your breast pump for your pumping session:

By the rechargeable battery



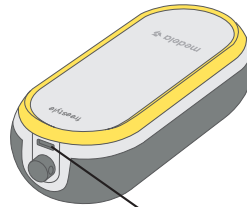
Before first time use, charge the breast pump battery for two hours with the power adapter.

→ The battery display shows all three bars when charging is complete.

For details on the battery display see **chapter 8.3**.

or

By the power adapter/cable



Supply socket


Plug the power cable into the supply socket on top of the motor unit.

For details on powering your breast pump/charging the battery see **chapter 4.3**.




4.3 Charging the battery

WARNING

Only use power adapter and cable that comes with the breast pump. An inadequate power source or cable may result in a fire hazard, electric shock or malfunction equipment.

Refer to figure  2 on the foldout pages.

Charge the battery for two hours before using the breast pump for the first time.

1.  2-01 Connect the power cable to the motor unit.
2.  2-02 Connect the power cable to the power adapter.
3.  2-03 Plug the power adapter into a wall outlet.
 - The battery display shows all three bars when charging is complete.

For details on the battery display see **chapter 8.3**.


WARNING



Do not expose the breast pump or battery to excessive temperatures.

Information

- You can use the breast pump while charging the battery. However, it will charge in a slower mode when the pump is running.
- The permissible ambient temperature for charging the battery is 5°C - 35°C.

5. Disassembling your collection cups

Refer to figure  3 on the foldout pages.

1.  3-01 Open the collection cup using the tabs at the bottom.
2.  3-02 Remove the yellow membrane from the breast shield.

6. Cleaning

It is important you do the following before using your breast pump for the first time: Disassemble all parts & clean by following your breast pump cleaning instructions.

Supplies needed:

- Dish washing liquid
- Clean soft brush
- Clean wash basin or dishwasher
- Drinking-quality water
- Clean pot for boiling water

Parts to wash or sanitise:

- Breast shields
- Outer shells
- Yellow membranes

CAUTION

Separate and wash all parts that are exposed to breast milk immediately after use. This will help to remove breast milk residue and prevent growth of bacteria.

- Wash hands thoroughly with soap and water.
- Only use drinking-quality tap water or bottled water for cleaning.
- Do not place pump parts directly in the sink to rinse or wash. Use a clean wash basin used only for infant items.
- Do not use a dish towel to rub or pat items dry.
- Do not use disinfectants for cleaning.

NOTICE

To prevent damage to the tubing.

- Only clean the tubing as described in **chapter 6.5**. Do not clean the tubing as described below or with the Quick Clean bags in the microwave.

NOTICE

Pay attention to the following:




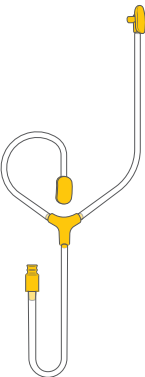


- Take care not to damage parts of the collection cups during cleaning.
- Store the dry collection cups in a clean bag/container until next use.
- Do not store wet or damp parts as mould may develop.
- If you notice a white residue on your collection cups parts after boiling, your water may have a high mineral content. Remove residue by wiping parts with a clean towel and allow to air dry.
- Distilled water is recommended when boiling parts to prevent substantial mineral build-up over time, which may compromise your parts.

6.1 Cleaning overview

Washing and sanitising are two different activities. They must be done separately to protect you and your baby, and to maintain the performance of your breast pump.

Wash – To clean the surfaces of the parts by physically removing milk residues and other possible contaminants.

Sanitise – To efficiently lower the number of germs that may be present on the surfaces of the washed parts.

	Breast shield	Outer shell	Yellow membrane
When to clean			
Before first use	Disassemble the parts according to chapter 5 Wash the parts according to chapter 6.2 Sanitise the parts according to chapter 6.3		
After each use	Disassemble the parts according to chapter 5 Wash the parts according to chapter 6.2		
Once per day after use	Disassemble the parts according to chapter 5 Wash the parts according to chapter 6.2 Sanitise the parts according to chapter 6.3		
	Tubing	Motor unit	
When to clean		 	
As needed	Normally, cleaning of the tubing is not necessary. Refer to chapter 6.5 .	Wipe with clean, damp towel. Refer to chapter 6.4 .	

6.2 Washing

Refer to figure 4 on the foldout pages.

Rinse and wash by hand (before first use and after each use)



Do not place the parts directly in the kitchen sink for rinsing and washing. Use a dedicated wash basin for infant items.

1. Rinse the disassembled parts, except for the tubing, with cold, clear drinking quality water (approx. 20 °C).
2. Clean these parts with plenty of warm, soapy water (approx. 30 °C). Use a commercially available dish soap and clean soft brush.
3. Rinse the parts with cold, clear drinking quality water for 10 to 15 seconds (approx. 20 °C).
4. Allow to completely dry after washing.

or

Wash in dishwasher (maximum once per day)



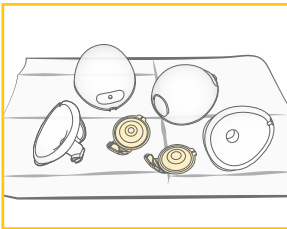
1. Place the disassembled parts, except for the tubing, on the top rack or in the cutlery section. Use a commercially available dishwashing detergent.
2. Rinse the yellow membrane under running water after dishwashing.
3. Allow to completely dry after washing.

i Information

If using the dishwasher, parts may become discolored. This will not impact the functioning of the parts. Do not routinely wash the tubing. See **chapter 6.5** for more details.

Drying

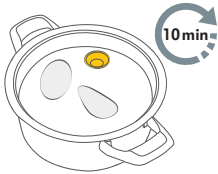
1. Allow to air dry on a clean, unused dish towel or paper towel.



6.3 Sanitising

Refer to figure 5 on the foldout pages.

Sanitise on stovetop (before first use and once per day after use)



1. Cover the disassembled, washed parts, except for the tubing, with plenty of water and boil at least for 10 minutes. Ensure that the parts are not in direct contact to the bottom of the pot.
2. Allow to dry after sanitising.

or

Sanitise in microwave (before first use and once per day after use)

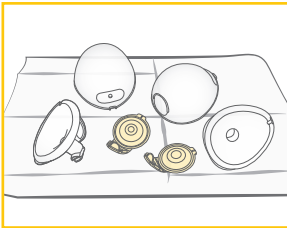


1. Use Quick Clean* bags in the microwave in accordance with the instructions on the bags.
2. Allow to dry after sanitising.

* Refer to local website/shops for availability in your country.

Drying

1. Allow to air dry on a clean, unused dish towel or paper towel.
2. Put the clean and dry parts in a clean storage bag or a clean environment.
Do not store parts in an airtight container/bag if moist. It is important that all residual moisture dries.



6.4 Cleaning the motor unit

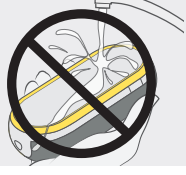
Supplies needed:

- Drinking-quality water
- Dish washing liquid
- Clean dish towel or paper towel

Parts needed:

- Motor unit

⚠ CAUTION

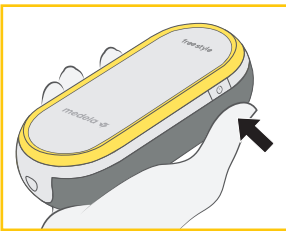


To prevent electric shock and damage to the material:

- Unplug the breast pump before cleaning the motor unit.
- Do not immerse the motor unit in water; do not run water over the motor unit.

NOTICE

- Do not spray or pour liquid directly onto the pump.
- When cleaning the motor unit display, only use a damp, soft towel with mild washing-up liquid. Other cleaners or abrasive cloths may degrade the display performance.



1. Switch the breast pump off.
2. Unplug the breast pump from the power source.



3. Wipe the motor unit with a clean towel moistened with drinking-quality water.
4. Wipe the motor unit dry with a clean, dry towel.

6.5 Cleaning the tubing

Normally, cleaning of the tubing is not necessary.

i Information

Inspect the tubing. If you find condensation in the tubing, wash and dry it immediately or replace the tubing. If you see breast milk inside the tubing or tubing connector do not attempt to wash, clean or sanitise the tubing or tubing connector. Instead contact the manufacturer.

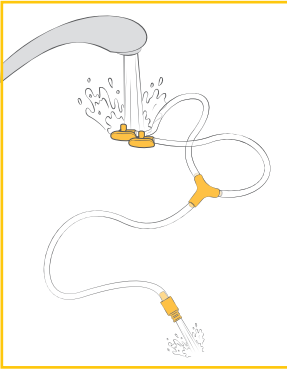
Supplies needed:

- Drinking-quality water
- Dish washing liquid

Parts needed:

- Tubing

Washing the tubing



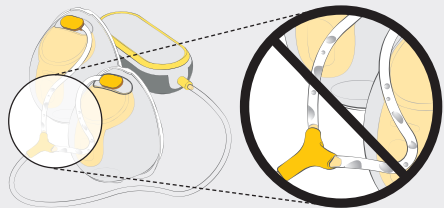
1. Switch the breast pump off.
2. Remove the tubing from the motor unit.
3. Unplug the tubing from the pump set.
4. Rinse the tubing by pouring cool water into both short tubing ends until it flows out of the long tubing end.
5. Wash the tubing in warm, soapy water.
6. Rinse the tubing with clear water.

Drying the tubing

1. Shake out any water droplets.
2. Hang the tubing to air dry.
3. Make sure that the tubing is completely dry before using it.

NOTICE

- If the tubing becomes mouldy, discontinue use and replace tubing. Refer to **chapter 13** for ordering information.
- **Do not run the breast pump with wet tubing; doing so will cause damage to your breast pump.**





7. Assembling your breast pump

Only use clean and dry parts for assembly. Refer to **chapter 6** for cleaning.

7.1 Selecting the correct breast shield size

Make sure to use the correct breast shield size. It is an essential component of effective pumping, helping to optimise milk flow.

Refer to figure  6 on the foldout pages.

1. Select the breast shield size by measuring the diameter of your nipple ( 6-01).
2. Select the breast shield size that is slightly larger than your nipple ( 6-02).
21mm and 24mm size shields are included in the pack.

For more information on breast shield sizing and other available sizes, visit www.medela.com or see **chapter 13** for ordering information.

7.2 Assembling the collection cups

Only use clean and dry parts for assembly. Refer to chapter 6 for cleaning.

Parts needed:

- Tubing
- Breast shield
- Motor unit
- Yellow membrane
- Outer shell

CAUTION

To prevent contamination of your milk:


- Wash hands thoroughly with soap and water before touching the motor unit, parts of the collection cups and breasts.
- Dry your hands with a fresh towel or a single-use paper towel.
- Avoid touching the inside of the collection cups components.








To make sure that your breast pump works properly and safely:

- Check collection cups components for wear or damage before use. Replace if necessary.
- Always inspect all parts prior to use for cleanliness. If dirty, clean according to **chapter 6**.
- Only use genuine Medela parts. See **chapter 13** for details.


NOTICE




To prevent damage to the breast pump all components must be completely dry before use.

Refer to figure  7 on the foldout pages.

1.  7-01 Wash hands thoroughly with soap and water before touching the motor unit, parts of the collection cups and breasts. Dry your hands with a clean towel.
2.  7-02 First assemble the valve of the yellow membrane on the front of the breast shield.
3.  7-03 Align the disc of the yellow membrane on the designated circular slot using the alignment tab at the top to ensure that it is at the right place. Press around the edges to make sure it is fully assembled.
4.  7-04 Insert the pouring spout into the opening on the shield.
5.  7-05 Push the outer shell and breast shield together tightly, ensuring it is fully sealed all the way around until you hear a snapping sound.
6.  7-06 Connect the long end of the tubing to the motor unit as far as it will go.
7.  7-07 Connect the short end of the tubing into the tubing connection port on the collection cup.

7.3 Preparing for single pumping


Refer to figure  8 on the foldout pages.



1. Assemble one collection cups as described in **chapter 7.2**.
 -  8-01 Insert the unused tubing end into the Y-shaped tubing holder.
 -  8-02 Correctly assembled system (for single pumping).
2.  8-03 Place the collection cup in your bra according to **chapter 7.5**. Start pumping as described in **chapter 9**.

7.4 Preparing for double pumping

i Information





- Double pumping saves time and increases the nutritional value of the milk.
- For the delayed start function see **chapter 8.5**.

Refer to figure  9 on the foldout pages.

1. Assemble the two collection cups as described in **chapter 7.2**.
 -  9-01 Correctly assembled system (for double pumping).
2.  9-02 Place the collection cups in your bra according to **chapter 7.5**. Start pumping as described in **chapter 9**.


7.5 Placing collection cups within your bra

Refer to figure  10 on the foldout pages.

1.  10-01 Ensure that the nipple is centered in the tunnel of the breast shield.
2.  10-02 The hands-free collection cups can be worn under your regular nursing bra. Your bra will hold the collection cup in place. If you find it uncomfortable or painful during use, try switching to a looser, more stretchy nursing bra.
3.  10-03 The tubing can be connected facing inwards (towards the breasts) or outwards (towards the arms) based on personal preference. Ensure that the tubing is placed outside your bra so that it is not pinched or bent during use.
4.  10-04 The hands-free collection cups can be used in a vertical or slightly tilted position for better visibility of the nipple and milk ejection. The scale on the collection cup gives you an approximate indication of the volume during pumping.















8. Operating your breast pump

8.1 Terms and designations







2-Phase Expression		<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 breast pumps.</p>
Stimulation phase	<p>Fast sucking/pumping mode to stimulate milk flow.</p>	
Expression phase	<p>Slower sucking/pumping mode for gentle and efficient milk removal after milk has started flowing.</p>	
Maximum comfort vacuum	<p>Highest vacuum setting where pumping still feels comfortable. Different for every mother.</p>	
Let-down	<p>The reflex that makes the milk begin to flow from the breast.</p>	

8.2 Operating and display elements

Refer to figure  11 on the foldout pages.

 11-01 Control elements	 11-02 Display elements
<ul style="list-style-type: none">  11-01-1 Let-down button  11-01-2 Increase vacuum button  11-01-3 Decrease vacuum button  11-01-4 Start/Pause button  11-01-5 On/Off button <p>User guidance: The control and display elements are not visible at all times. When the breast pump is switched on, the active elements light up.</p>	<ul style="list-style-type: none">  11-02-1 Bluetooth indicator  11-02-2 Stimulation phase indicator  11-02-3 Vacuum level display  11-02-4 Battery display  11-02-5 Power indicator  11-02-6 Expression phase indicator  11-02-7 Multifunction display <p>The multifunction display shows, depending on the device state, the following information:</p> <ul style="list-style-type: none"> • Session time in seconds (first minute of pumping), then in minutes • L1 to L9 for the vacuum level (along with the vacuum level display) • Pairing code (during Bluetooth connection) • Start delay in seconds

8.3 Power and battery status display

	The power indicator (lightning symbol) indicates if the power adapter is connected. → If it lights up the power adapter is connected.
	The battery display shows the state of the battery and its charging level. → The display of all three bars indicates that the battery is full.
	With decreasing battery capacity fewer bars appear. → Two bars: approx. 75% of the capacity is remaining. → One bar: approx. 40% of the capacity is remaining.
 (flashing)	→ When the breast pump emits an audio signal and the last single bar is flashing the battery is almost empty.
 (flashing)	→ After emitting a second audio signal while the outline of the battery display is flashing, the breast pump will stop operation and switches off completely after five seconds.
 (flashing)	If all three bars and the outline of the battery display are flashing at the same time, this indicates that the battery is overheated or defective. See Troubleshooting (chapter 12) or call Medela Customer Service.

8.4 Bluetooth® connectivity

Bluetooth is a wireless technology for exchanging data over short distances. This is used to connect your Freestyle Hands-free breast pump to Medela Family smartphone app. By connecting your breast pump to the Medela Family app you can automatically transfer your pumping data (session length, phases & levels) and manually input the amount of milk expressed.

To benefit from the features of the app you need to create an account in Medela Family app.

Installing the Medela Family™ app

1. Download and install the Medela Family app to your mobile device. The app is available free of charge for Apple® iOS and Android™ operating systems.
2. Open Medela Family app on your mobile device and register by means of the app.

Connecting (pairing) your Freestyle Hands-free breast pump

1. Make sure that Bluetooth is enabled on your mobile device. When asked, please make sure to give the app permission to use Bluetooth.
Android only: When you start Medela Family you get asked if you want to give the app permission to use your Location. We don't track the position of your phone, but this is a requirement of the smartphone's operating system to connect to a Bluetooth device.
2. In Medela Family app, click on "Connect pump" > "Set up a new breast pump" and follow the set-up and pairing instructions on the screen.

Saving your pumping session into the app

After you finished a session press the power button of the breast pump to transmit the data to the Medela Family app.

i Information

- By tracking your pump sessions on the Medela Family app, you can stay up to date with daily highlights and custom content.
- Having visibility to your pumping history gives you the opportunity to plan efficiently each day and track changes in your body like an increase or decrease in milk output.
- After initial set-up, the Bluetooth indicator  will automatically appear on your breast pump, when powered on, if your paired device is near and Medela Family app is open.
- You can pair multiple mobile devices with your Freestyle Hands-free breast pump.
- Only one mobile device at a time can interact with the Freestyle Hands-free breast pump.
- The breast pump has the ability to store your last 30 pump sessions in its memory. If the pump is not connected prior to session 31 your history will be overwritten with new session data.
- When connected to the pump, your Medela Family app account will log an infinite number of historical sessions.
- After you finished a session press the power button on the breast pump to transmit the data to the Medela Family app.

Removing your Freestyle Hands-free breast pump from your smartphone

1. Inside the Medela Family app go to 'more' and then to pump settings.
2. Tap on the pump you want to remove and then tap on 'remove this pump' button

i Information

- Removing the Freestyle Hands-free breast pump from your mobile device will not delete pumping information stored in the Medela Family app.
- If you reconnect your breast pump and mobile device the last 30 records stored within your pump will be transferred.




To learn more, please visit www.medela.com/app.

Trademark recognition: The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Medela AG is under license. Apple is a trademark of Apple Inc., registered in the U.S. and other countries. Android is a trademark of Google LLC.

8.5 Delayed start

The Freestyle Hands-free breast pump features a delayed start function. With this, the pump only starts after a delay of ten seconds.

This is useful in case you want to multitask and prepare yourself before pumping starts.

1. To activate the delay, press and hold the Start/Pause button  for two seconds in either standby or pause mode.
 - The breast pump emits an audio signal to indicate that the delay has started.
 - During the delay time the Start/Pause button  is flashing and the multifunction display shows the remaining time in seconds.
2. After the delay time has elapsed the breast pump starts operating.
 - To skip the delay, press the Start/Pause button .
 - The breast pump starts operating immediately.

9. Expressing your breast milk










⚠ CAUTION

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

NOTICE

Make sure that the tubing is not kinked or pinched while pumping.



Refer to figure  12 on the foldout pages.

1. Make sure that the collection cups are connected and positioned properly.
2.  12-01 Press the On/Off button  on the side until the breast pump emits an audio signal, then release the button.
 - The breast pump is now in standby mode.
3.  12-02 Press the Start/Pause button  to start the pumping operation.
 - The breast pump begins in the stimulation phase.
4.  12-03 Adjust the vacuum with the Increase vacuum (+) and Decrease vacuum (−) buttons to find a comfortable level.
5.  12-04 As soon as your milk begins to flow, press the Let-down button  to go to the expression phase.
 - The breast pump proceeds with the expression phase.
 - If the Let-down button  is not pressed within two minutes, your breast pump will automatically go to expression phase.
6.  12-05 Adjust the vacuum with the Increase vacuum (+) and Decrease vacuum (−) buttons to find your maximum comfort vacuum.

Once you are pumping in the **Expression phase** , increase the vacuum level until pumping feels slightly uncomfortable (not painful), then decrease the vacuum by 1 level with the Decrease vacuum (−) button.


i Information


- Maximum comfort vacuum is the highest vacuum setting where pumping still feels comfortable. This is different for every mother.
- Stimulation should be at a comfortable vacuum level, striving for a maximum level is not necessary.
- Reassess your maximum comfort vacuum throughout your pumping experience. It may change throughout each stage of lactation.

7. When your pumping session is over, press the Start/Pause button  to stop the pumping operation.
 - The breast pump stops automatically after 30 minutes if there is no user interaction with the pump.
8. Press the On/Off button  on the side to switch the breast pump off.

Pausing

In both stimulation and expression phase the breast pump can be paused. This allows you to readjust yourself or your collection cups, or attend to your surroundings.

1. For pausing, press the Start/Pause button  while the breast pump is running.
 - The pumping operation stops and the Start/Pause button and the time display are flashing.
2. To resume pumping, press the Start/Pause button  again.

If you want to start a completely new pump session, switch the breast pump off and on again by pressing the On/Off button  twice.




Information

- If pumping is not resumed within two minutes, the breast pump switches off automatically.
- To resume pumping, you will need to start a new session.
- If you need to pause for more than two minutes, we recommend restarting with stimulation phase.
- Do not forget to record milk output in Medela Family app.



10. Handling of breast milk

10.1 Removing the collection cups from your bra

Refer to figure  13 on the foldout pages.

1.  13-01 While the pump is still running, slightly lean forward and ensure all milk from the nipple tunnel enters the collection container. Turn off pump.
2.  13-02 Detach the tubing from the collection cups.
3.  13-03 Carefully remove the collection cups from your bra.

10.2 Pouring milk from collection cups

1.  13-04 Place the collection cups in an **upright position** on a surface where they will not be easily knocked over. You can use the volume scale markings on the shield to read the collected milk volume. The scale on the outer shell gives you an approximate indication of the volume during pumping.
2.  13-05 **With the rounded outer shell facing down**, pour breast milk through the pouring spout into a bottle or container for storage. **Do not use collection cups to store milk. Do not store assembled cups in the refrigerator.**
3. Fully disassemble and clean after each use and sanitise once per day as described in **chapter 5** and **chapter 6**.

10.3 General storage guidelines

Refer to www.medela.com for a recommendation on storing and thawing of breast milk.

Storage guidelines for freshly expressed breast milk (for healthy term babies)

Room temperature 16 to 25 °C (60 to 77 °F)	Refrigerator 4 °C (39 °F) or colder	Freezer -18 °C (0 °F) or colder	Breast milk thawed in the refrigerator
Up to 4 hours is best	Up to 3 days is best	Up to 6 months is best	At room temperature: Up to 2 hours
*Up to 6 hours for milk expressed under very clean conditions	*Up to 5 days for milk expressed under very clean conditions	*Up to 9 months for milk expressed under very clean conditions	Refrigerator: Up to 24 hours Do not refreeze!

*Guidelines for expressing milk under very clean conditions:

Before expressing breast milk, mothers should wash their hands with soap and water or an alcohol-based hand sanitiser. The pump parts and pumping area must be clean. Breasts and nipples do not need to be washed before pumping.

- These guidelines for storage and thawing of breast milk are a recommendation. Contact your lactation consultant or breastfeeding specialist for further information.
- Store breast milk in the coldest spot of the refrigerator (at the back of the glass shelf above the vegetable compartment).
- For information on storing your breast milk, visit www.medela.com.

10.4 Freezing

NOTICE

- Repeated freeze/thaw cycles destroy the structure of the milk. Therefore, never refreeze breast milk.
- Freeze expressed breast milk in plastic food-grade bottles or milk storage bags. Do not fill the bottles or bags more than 3/4 full to allow space for possible expansion.
- Label the bottles or bags with the date and volume of expression.
- Plastic bottles and parts become brittle when frozen and may break when dropped.
- Do not use the breast milk from bottles or components that show signs of damage.

10.5 Thawing

CAUTION

Do not thaw or warm breast milk in a microwave or a pan of boiling water. This helps preserve important components and prevents burns.

- To preserve breast milk components, thaw the milk overnight in the refrigerator.
- Alternatively, hold the bottle or bag under warm water (max. 37 °C) and use immediately, as soon as it has been thawed.

NOTICE

Gently swirl the bottle or bag to mix any fat that has separated. Avoid shaking or stirring the milk.

10.6 Feeding breast milk

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

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

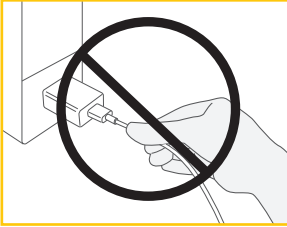
For additional breast milk collection & storage information, please visit www.medela.com.

11. Maintenance and care

11.1 Power adapter care

WARNING

If the power adapter outer casings become loose or are separating, stop use and contact Medela immediately. Separation of the casing can result in electric shock.



NOTICE

To keep your power adapter and cable in good working condition, pay attention to the following:
Do not unplug the cable or the power adapter by pulling on the cord, but hold it by the connector housing and adapter body.

Traveling internationally

Information

Hints on traveling with your breast pump

When traveling internationally, we recommend purchasing a travel adapter (not included) to match the corresponding wall outlet. Please consult with the country you are visiting to find out what type of adapter will work best. The power adapter of the breast pump is two-pronged and does not require a grounded outlet.

11.2 Battery maintenance

Your breast pump contains a built-in (not replaceable) lithium-ion rechargeable battery.

NOTICE

In case of a completely discharged battery the breast pump cannot be used instantly after connecting it to the power adapter. Allow the battery to be charged for at least 15 minutes before attempting to switch the pump on.

NOTICE

- For optimum pump and battery performance use the power adapter that comes with the breast pump (Type S010BL*0500200).
- Make sure that the voltage of the power adapter is compatible with the power source.

NOTICE

Be aware of the risk of USB-C-socket of the pump or battery being shortcircuited by metal objects or fluids.

i Information

To preserve the battery life cycle:

- Keep your breast pump in a cool place.
- Recharge the battery before it completely drains. This is better for the life cycle of the battery.
- Fully charge the battery before storing your breast pump.
Refer to **chapter 8.3** for information on the battery charging state.
- If your breast pump has been stored in a hot location, it may not run on battery power right away. To resume normal battery function, allow the breast pump to cool down for one hour. During this time, you can power your breast pump with the power adapter plugged into a wall outlet.

Traveling internationally

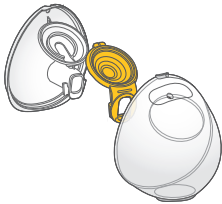
i Information

This breast pump has a lithium-ion battery. Carrying such batteries on airplanes may be restricted by the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to traveling with lithium-ion batteries.

11.3 Long-term storage

Your breast pump contains a rechargeable battery. To preserve your breast pump, when not in use for an extended amount of time, it will automatically transition into storage mode. To remove from storage mode, plug your breast pump into an external power source and charge the battery for two hours. Do not store collection cups in assembled state over an extended period of time.

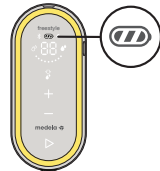
Before storing your breast pump for an extended amount of time remember to:



Clean the collection cup (refer to **chapter 6**)



Clean the motor unit (refer to **chapter 6.4**)



Make sure that the battery is charged (see below)


It is best to fully charge the battery before storing your breast pump for an extended period of time. Refer to **chapter 8.3** for information on the battery charging state.

12. Troubleshooting

In case of an unexpected behaviour of your breast pump check with the troubleshooting table if you find the issue in the column "Problem" and follow the instructions in the column "Solution".

Troubleshooting table

Problem	Solution
The breast pump does not enter the standby mode after you pressed the On/Off button	<ul style="list-style-type: none">• You pressed the On/Off button for too short or too long a time.• Press the On/Off button until you hear an audio signal, then release it. If the pump is in storage mode, it will take somewhat longer (approx. one second) until the audio signal is emitted.
The display does not light up after you pressed the On/Off button	<ul style="list-style-type: none">• To reset your breast pump, press and hold the On/Off button (on the side) for seven to ten seconds.• If there is no change, make sure that the breast pump is connected to a properly working power supply.• If there is still no change, contact the Medela Customer Service.
The timer does not count up after you pressed the Start/Pause button	<ul style="list-style-type: none">• Contact the Medela Customer Service.
The breast pump generates no vacuum (motor not working) after you pressed the Start/Pause button	<ul style="list-style-type: none">• Make sure that the breast pump is switched on.• Contact the Medela Customer Service.
The breast pump generates only constant vacuum instead of sucking cycles	<ul style="list-style-type: none">• Contact the Medela Customer Service.
The breast pump stops operation or cannot be turned on (emits an audio signal and all elements of the battery display are flashing)	<ul style="list-style-type: none">• The breast pump refuses operation due to battery over-heating. Allow the motor unit to cool down, then restart the breast pump.

All elements of the battery display are flashing when you are trying to charge your breast pump	<ul style="list-style-type: none"> • Charging is not possible when the battery temperature is too high. Allow the motor unit to cool down, then resume charging.
There is low or no suction	<ul style="list-style-type: none"> • Make sure that all collection cups components are clean and dry and that connections are secure. • While pumping, make sure the breast shields form a complete seal around the breast. • When single pumping, make sure that the unused tubing end is correctly plugged into the tubing holder. • If suction does not improve after having followed these steps, contact Medela Customer Service.
The breast pump is not responding as expected	<ul style="list-style-type: none"> • To reset your breast pump, press and hold the On/Off button (on the side) for seven seconds. • If there is no change, contact the Medela Customer Service.
The breast pump exterior got wet	<ul style="list-style-type: none"> • Unplug the breast pump from the power source and switch it off. • Dry off the exterior of the breast pump.
The breast pump has been submerged in water	<ul style="list-style-type: none"> • Unplug the breast pump from the power source and switch it off. • Contact Medela Customer Service.
Data cannot be sent	<ul style="list-style-type: none"> • The Bluetooth function  on the mobile device is turned off. Turn the Bluetooth function on and try to send the data again. • Pairing between the two devices has not been completed. Perform pairing instructions again. Refer to chapter 8.4. • The mobile device is too far away from the breast pump. Move the device and breast pump closer together. • The application on the mobile device is not ready. Check the application.

If you have not resolved the problem with your breast pump or you have further questions, please contact Medela Customer Service. For contact data visit www.medela.com. Under “Contact” choose your country.

13. Ordering information

Accessories

30

Article number	Product
Depending on your region, check local website/shops for availability.	21mm Breast shields compatible with Medela Hands-free collection cups*
	24mm Breast shields compatible with Medela Hands-free collection cups*
	27mm Breast shields compatible with Medela Hands-free collection cups*
	Y-shaped tubing compatible with Medela Freestyle Hands-free

* If the result of expression is unsatisfactory or expression is painful, contact your lactation consultant or breastfeeding specialist. A different size of breast shield may help make expression more comfortable and effective.

In case of difficulties in finding your desired accessory, please contact Medela Customer Service.

For contact data visit www.medela.com. Under "Contact" choose your country.

For replacement of lost or defective parts please contact Medela Customer Service.

Other Medela products are available at www.medela.com.

14. Warranty

Find information on the international warranty on www.medela.com/ewarranty.

15. Disposal

Disposal of your breast pump

At the end of its operating life, separate the parts of your breast pump and dispose of according to the following instructions.

This appliance contains batteries that are non-replaceable.

When the battery is at end of life, the appliance shall be properly disposed of.

The integrated battery must not be removed for disposal.

If the battery should leak, the breast pump must be disposed of.

Breast shields, outer shells, tubing and membranes

The parts are made of plastics that are not harmful to the environment when disposed of as household waste. Recycle or dispose of according to local regulations.

Motor unit and power adapter



Do not dispose of electric or electronic equipment together with unsorted municipal waste, but collect it separately.

In the European Union the manufacturer or its vendor must take back waste equipment. Other countries may have similar collection and recycling systems. Dispose of the waste equipment according to local regulations.

Inquire at the point of sale or contact your local authority for appropriate collection points for waste equipment.

The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.






CAUTION

Hazardous materials present in electric/electronic equipment may harm human health and the environment if the waste equipment is not disposed of properly.









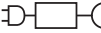




16. Meaning of symbols

The following tables explain the meaning of the symbols found on the product parts and its packaging.

Symbols used in these instructions



















	General safety alert symbol, points to information related to safety.		Defines a temperature range (e.g. for operation, transport or storage).
	Defines a relative humidity range (e.g. for operation, transport or storage).		Defines an atmospheric pressure range (e.g. for operation, transport or storage).
	Indicates that this device contains Bluetooth wireless technology.		

Symbols on the motor unit

	Indicates the location of the On/Off button.		Identifies the manufacturer.
	Indicates the date of manufacturing.		Indicates the part number of the device.
	Indicates the serial number of the device.		Read and follow the instructions for use.
	Indicates compliance with international requirements for protection from electric shock (Type BF applied parts).		Do not dispose of electric/ electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).
	Indicates that a specific separate power adapter is required for connecting the device to the supply mains and specifies its model/type S010BL*0500200.		Indicates that this device contains Bluetooth wireless technology.
	The Regulatory Compliance Mark indicates the compliance with Australian EMC and radio transmission requirements.		The CE mark indicates conformity with the applicable European directives.
	Indicates that the device is UK conformity assessed.		

Symbols on the power adapter

Note: Symbols on the power adapter may vary depending on the market the unit is sold.

	Indicates alternating current.		Read and follow the instructions for use.
	Indicates the polarity of the USB power output.		Indicates that the device is a Class II electrical appliance (double insulated).
	Indicates that the device is for indoor use only.		Indicates the efficiency level for external power supplies.
	Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).		Indicates that the electronic device incorporating transformer(s) and electronic circuitry(ies), converts electrical power into single or multiple power outputs.
	Indicates that the device is a short-circuit proof safety isolating transformer.		The CE mark indicates conformity with the applicable European directives.
	The EAC (Eurasian Conformity) mark indicates that the product complies with the basic safety requirements according to the technical regulations of the Eurasian Customs Union.		The Regulatory Compliance Mark indicates the compliance with Australian EMC and safety requirements.
	Indicates the compliance with China Compulsory Certification.		Indicates that the Environment Friendly Use Period is ten years (China pollution control).
	The PSE mark indicates that the product is certified according to the Japanese Product Safety Electrical Appliance and Material Safety Law.		The SAFETY mark indicates that the product is registered as controlled good according to the Singapore consumer protection regulation.
	Indicates direct current.		Indicates that the power supply unit shall not be used, if pins of the plug part are damaged.

Symbols on the packaging

	Identifies the manufacturer.		Indicates the part number of the product.
	Indicates the date of manufacturing.		Indicates the serial number of the device.
	Contains fragile goods. Handle with care.		Keep away from sunlight.
	Keep away from rain. Keep in dry conditions.		Defines the temperature range for transport or storage.
	Defines the relative humidity range for transport or storage.		Defines the atmospheric pressure range for transport or storage.
	The packaging contains products intended to come in contact with food according regulation (EC) No 1935/2004.		The CE mark indicates conformity with the applicable European directives.
	Read and follow the instructions for use.		Indicates that an item can technically be recycled.
	Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).		Indicates the material from which an item is made.
	The MCMC (Malaysian Communications and Multimedia Commission) symbol indicates the compliance with radio transmission requirements of Malaysia.		The EAC (Eurasian Conformity) mark indicates that the product complies with the basic safety requirements according to the technical regulations of the Eurasian Customs Union.
	The ICASA (Independent Communications Authority of South Africa) symbol indicates that the device has a type approval for radio transmission in South Africa.		The NTC (National Telecommunication Commission) symbol indicates that the device has a type approval for radio transmission in the Republic of the Philippines.
	Indicates the lot/batch number.		

17. International regulations

17.1 Electromagnetic compatibility (EMC)

The Freestyle Hands-free breast pump complies with all requirements of the relevant standards and regulations with regard to electromagnetic emission and immunity to interference.

WARNING

The Freestyle Hands-free breast pump should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the Freestyle Hands-free breast pump should be observed to verify normal operation in the configuration in which it will be used. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect the electric breast pump and should be kept at a distance of at least 30 cm away from the device.

18. Technical specifications

Summary of important technical specifications

Vacuum performance (at 500 m above sea level [954.62 hPa ambient pressure])
 -45 to -245 mmHg (-60 to -327 hPa)
 45 to 111 cpm

Power adapter (Model: S010BL*0500200)
 * country code

Input	100 to 240 V~ 50/60 Hz max. 0.4 A
Output	5 V --- 2 A 10 W
Average efficiency	79 %
No-load power consumption	Lower than 0.1 W

Motor unit


Battery capacity and type	Min. 2750 mAh Li-ion, Size 18650
Size	148 x 66 x 46.5 mm
Weight	273 g


Transmission standard: Bluetooth version 4.0 LE
 Frequency range: 2402-2480 MHz
 Max. power output: +4 dBm (class 2)


Materials touching skin or coming in contact with milk

- Breast shield : Polypropylene
- Outer shell : Polypropylene, Thermoplastic Elastomer
- Membrane : Silicone


Not intentionally made of BPA.

 Operating temperature range
5°C to 35°C

 Operating humidity range
(15% to 93% relative humidity)

 Ambient pressure range
(70 kPa to 106 kPa)

 Transport/storage temperature range
-20°C to 50°C

 Transport/storage humidity range
(15% to 93% relative humidity)

1. 重要安全信息

! 使用本产品前，请阅读所有使用说明。
请妥善保管这些说明以供将来参考。

警告表示所有与安全相关的重要说明。不遵从这些说明可能导致人身伤害或损坏产品。以下符号和信号词显示警告的重要性：

! 警告

可能导致严重人身伤害或死亡。

! 小心

可能导致轻微伤害。

! 注意

可能导致材质损坏（不涉及人身伤害）。

i 信息

与安全无关的有用或重要信息。

使用电气产品时，尤其是有儿童在场时，应始终遵循基本安全预防措施。

! 警告

为避免火灾、触电或严重烫伤：

- 吸乳器通电时必须有人监督使用。
- 若电气装置电源线或插头被损坏，或者其工作不正常、被摔、被损坏或掉入水中，切勿操作。如果发现损坏，请立即停止使用电源适配器并致电 Medela（美德乐）客服中心。
- 请勿使用触到水或其他液体的电气产品，包括：
 - 不要在洗澡或冲淋时使用。
 - 切勿放入或掉入水或其他液体中。
 - 切勿在吸乳器上倒水。
 - 如果电气产品已触到水或其他液体，请勿触摸，将装置从电插座上拔下，关闭并与制造商联系。
- 切勿将吸乳器或电池置于极热的环境中。
- 请注意吸乳器的 USB Type-C 插口或电池存在金属或液体短路的危险。
- 仅使用本设备附带的电源部件 (S010BL*0500200)。

▲ 小心

为避免健康风险和降低严重受伤风险：

- 本产品为个人使用用品。多人使用可能会对健康造成威胁，并且会影响质保有效性。
- 请勿在开车时使用吸乳器。
- 吸乳可能会催产。请勿在产前吸乳。如果在母乳喂养或吸乳期间怀孕，则在继续吸乳之前向执业的医护人员进行咨询。
- 如果母亲感染了乙肝、丙肝或艾滋病毒 (HIV)，吸乳不会降低或避免将病毒通过乳汁传给宝宝的风险。
- 每次使用后，清洗所有与乳房和乳汁接触的部件。
- 避免导管缠绕婴儿导致窒息以及吞食细小部件。
- 如果在儿童可触及的范围内使用吸乳器或配件，则需要严密看管。
- 该设备适合身体、感官或精神存在缺陷或缺乏经验和专业知识的人员（包括 14 岁以下儿童）使用，前提是有人监督或受到指导明白如何安全使用该设备并了解由此产生的危害。
- 儿童不得使用该设备。
- 在无人监督的情况下，不得由儿童进行清洁和维护。

▲ 小心

为避免火灾或烫伤：

- 应确保电源适配器与当地电源的电压相匹配。请参阅**第18章**了解技术规格。
- 使用完后，务必立即拔掉电气产品的电源插头（充电时除外）。
- 放置或存储产品时，避开容易跌落或掉入浴缸和水槽的地方。
- 吸乳器马达不耐高温。远离受热面或明火。
- 请勿在易燃材料附近使用。

▲ 小心

为避免健康风险并降低受伤风险：

- 每次使用前，目视检查各个部件是否有裂纹、碎片、撕裂、变色或变质。如果发现设备损坏，请停止使用，直到零件更换完毕。
- 该产品不可维护或修理。请勿自行修理。请勿改装设备。
- 禁止使用已损坏的设备。请更换有缺陷或磨损部件。
- 使用吸乳器时，请按本说明书指引的使用目的使用。
- 请勿在睡眠或过于困倦时使用吸乳器。
- 如果导管发霉，则停止使用并更换导管。
- 请勿用微波炉加热母乳或将母乳煮沸。
用微波炉加热母乳时，乳汁会变得很烫，很可能导致宝宝嘴巴被严重烫伤（微波炉加热还可能会改变母乳成分）。
- 首次使用前，对所有与乳房和乳汁接触的部件进行清洗和消毒。
- 仅使用 Medela（美德乐）推荐的部件与吸乳器配合使用。
- 如果吸乳时感觉不适或吸乳导致疼痛，请关闭吸乳器，用手指隔开乳房与吸乳护罩，然后从乳房上取下吸乳护罩。
- 首次使用吸乳器时可能会感觉到一些不适，但使用吸乳器不应导致疼痛。如果对于吸乳护罩的尺寸不确定，可访问 www.medela.cn 或咨询母乳喂养指导师或专家，他们可帮助您确定适合的尺寸。
- 如果只能吸出很少或无法吸出母乳，亦或在吸乳时感到疼痛，请联系专业的医护人员或母乳喂养专家。更多信息，请参阅第7.1章。

注意

拿放奶瓶和部件时应小心：

- 塑料奶瓶和部件冷冻后会变脆，掉落后可能会破损。
- 奶瓶和部件拿放不当（如掉落、拧得过紧或打翻），都可能被损坏。
- 请勿使用已出现损坏迹象的奶瓶或部件中的乳汁。

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2. 用途

Freestyle™ Hands-free 享韵免手扶吸乳器是一款供哺乳期女性吸乳和集乳的电动吸乳器。
Freestyle™ Hands-free 享韵免手扶吸乳器为个人使用物品。吸乳器可以在家中使用。

3. 产品说明

3.1 设备说明

Freestyle™ Hands-free 享韵免手扶吸乳器是个人使用电动吸乳器，其中采用了 2-Phase Expression (双韵律吸乳) 技术，可进行单侧和双侧吸乳。

操作模式：连续模式。

Freestyle™ Hands-free 享韵免手扶吸乳器的正常使用寿命为 250 小时。

3.2 吸乳器介绍

请参考折叠页上的图 1。

- 1-01 免手扶集奶杯
 - 1-01-1 吸乳护罩 21 mm (2 个装)
 - 1-01-1 吸乳护罩 24 mm (2 个装)
 - 1-01-2 乳头对准口
 - 1-01-3 黄色阀膜 (2 个装)
 - 1-01-4 对齐端口
 - 1-01-5 阀膜
 - 1-01-6 集奶杯外罩 (2 个装)
 - 1-01-7 倒奶口
 - 1-01-8 延长导管连接口
- 1-02 导管
 - 1-02-1 集奶杯接口 (连接集奶杯)
 - 1-02-2 吸乳器导管接口 (连接马达)
- 1-03 马达
- 1-04 电源适配器，带电源线

有关配件的订购信息，请参阅第13章。

这些说明书中的所有图片仅供说明使用。实际产品可能因地方差异或产品升级有所不同。Medela (美德乐) 保留使用具有同等性能的替换件来替换任何附件的权利。

4. 开始使用

4.1 首要步骤

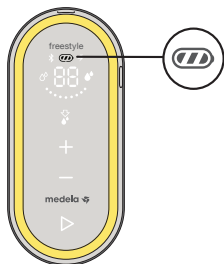
为吸乳做好准备，首次使用吸乳器前执行以下操作很重要：

1. 给 Freestyle™ Hands-free 享韵免手扶吸乳器充电两小时—参阅第4.3章。
2. 清洗前，拆分接触乳房或乳汁的所有部件—参阅第5章。
3. 对部件进行清洁和消毒—参阅第6.2章和第6.3章。

4.2 吸乳器的供电

可通过两种方式给吸乳器充电来进行吸乳：

可充电电池充电



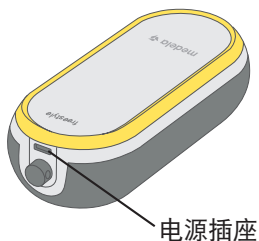
首次使用前，使用电源适配器给吸乳器电池充电两小时。

→ 充电完毕后，电池显示屏上将显示全部三个充电格。

有关电池显示屏的更多详情，请参阅第8.3章。

或者

电源适配器/电源线充电



将电源线插入马达顶部的电源插座中。

有关吸乳器供电/电池充电的详细信息，请参阅第4.3章。

4.3 给电池充电

警告

仅使用吸乳器的原装电源适配器和电源线。电源或功率不足可能导致火灾、触电或设备故障。

请参考折叠页上的图 2。

首次使用吸乳器前，将电池充电两个小时。

1. 图 2-01 将电源线插入马达顶部的电源插座中。
2. 图 2-02 将电源线连接到电源适配器上。
3. 图 2-03 将电源适配器插入到插座中。
→ 充电完毕后，电池显示屏上将显示全部三个充电格。

有关电池显示屏的更多详情，请参阅第8.3章。

警告

切勿将吸乳器或电池置于极热的环境中。

信息

- 可在给电池充电时使用吸乳器。然而，当吸乳器运行时，充电速度会较慢。
- 允许进行电池充电的环境温度为 5°C - 35°C。

5. 拆卸集奶杯

请参考折叠页上的图 3。

1. 图 3-01 从护罩底部凸舌位置打开集奶杯。
2. 图 3-02 从吸乳护罩上取下黄色阀膜。

6. 清洁

首次使用吸乳器前, 请务必执行以下操作:
拆卸所有部件并按照吸乳器清洁说明进行清洁。

所需物品:

- 餐具洗涤剂
- 干净的软刷
- 干净的洗盆或洗碗机
- 饮用水
- 用于煮沸水的干净的锅

需清洗或消毒的部件:

- 吸乳护罩
- 集奶杯外罩
- 黄色阀膜

▲ 小心

每次使用后立即拆分与乳汁接触过的所有部件并进行清洗。这将有助于清除残留的乳汁, 防止滋生细菌。

- 用肥皂和水彻底清洗双手。
- 只能用饮用水或瓶装水进行清洁。
- 不要将吸乳部件直接放在水槽中冲洗或清洗。 使用仅用于宝宝喂养物品的干净洗盆。
- 请勿使用擦碗布擦干或吸干物品。
- 请勿使用消毒剂清洗。

注意

防止导管损坏。

- 仅按照**第6.5章**所述操作清洁导管。正如下面所述情况, 尽量不要清洗导管或在微波炉中使用 Quick Clean 微波炉消毒袋清洗导管。

注意

请注意以下几点:

- 清洗时注意不要损坏集奶杯的部件。
- 在下次使用前, 将干燥的集奶杯部件存放在干净的布袋/容器中。
- 为避免发霉, 请勿存放潮湿部件。
- 如果煮沸后注意到集奶杯部件上有白色残留物, 则说明水的矿物质含量可能过高。使用干净的布擦掉部件上的残留物并晾干。
- 对部件进行煮沸消毒时, 推荐使用蒸馏水, 防止随时间堆积大量矿物质, 从而影响部件性能。

6.1 清洁概述

清洗和消毒是两类不同事项。必须分开进行来呵护妈妈和宝宝，同时维持吸乳器的性能。

清洗—通过物理方法去除乳汁残留物和其他污染物来清洁部件表面。

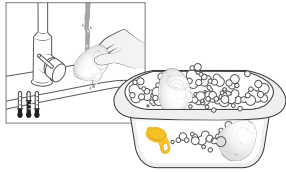
消毒—有效降低可能存在于已清洁部件表面的细菌数量。

	吸乳护罩	集奶杯外罩	黄色阀膜
清洁时间			
首次使用前	按照第5章所述拆分部件 按照第6.2章所述清洗部件 按照第6.3章所述对部件进行消毒		
每次使用后	按照第5章所述拆分部件 按照第6.2章所述清洗部件		
使用后每天一次	按照第5章所述拆分部件 按照第6.2章所述清洗部件 按照第6.3章所述对部件进行消毒		
清洁时间	导管 	马达  	
按需	通常不需要清洗导管。 参阅第6.5章。	用干净湿布擦拭。 参阅第6.4章。	

6.2 清洗

请参考折叠页上的图 4。

用手冲洗和清洗 (首次使用前和每次使用后)

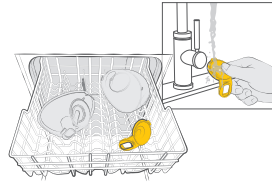


不要将部件直接放在厨房水槽中冲洗或清洗。使用专用的宝宝喂养物品洗盆。

1. 用干净的低温饮用水(约 20°C) 冲洗所有拆卸部件(导管除外)。
2. 用大量温肥皂水(约 30°C) 清洗所有部件。使用市面上可购得的洗涤剂 and 干净的软刷。
3. 用干净的低温饮用水(约 20°C) 冲洗部件 10 到 15 秒。
4. 清洗后干燥。

或者

放在洗碗机里清洗 (每天至多一次)



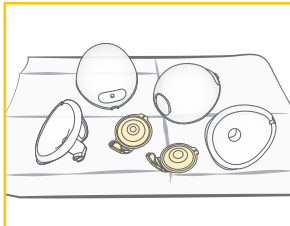
1. 将除了导管之外的拆卸部件放在架子的最上方或餐具中。使用市面上出售的餐具清洗液。
2. 清洗完毕后,用流动的水冲洗黄色阀膜。
3. 清洗后干燥。

i 信息

如果使用洗碗机,部件可能会褪色。这不会影响部件正常使用。请勿经常清洗导管。有关更多详细信息,请参阅第6.5章。

干燥

1. 将其放在一条干净、未使用过的擦碗布或纸巾上风干。



6.3 消毒

请参考折叠页上的图 5。

在炉子上消毒 (首次使用前和使用后每天一次)



1. 将已拆卸并清洗完毕的部件(导管除外) 浸泡在大量的水中, 然后煮至少 5 分钟。确保这些部件不直接接触锅底。
2. 消毒后干燥。

或者

在微波炉里消毒 (首次使用前和使用后每天一次)

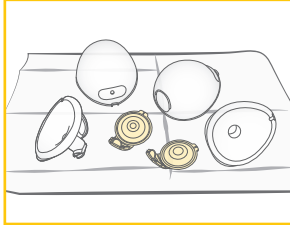


1. 按照袋子上的说明在微波炉内使用 Quick Clean* 微波炉消毒袋。
2. 消毒后干燥。

* 可以参阅您所在国家/地区当地的网站/商店。

干燥

1. 将其放在一条干净、未使用过的擦碗布或纸巾上风干。
2. 将洗净干燥的部件放在干净的储藏袋或清洁环境中。
请勿将潮湿的部件存放在密封容器/储存袋中。请务必将所有残留水分晾干。



6.4 清洁马达

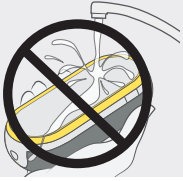
所需物品:

- 饮用水
- 餐具洗涤剂
- 干净的擦碗布或纸巾

所需部件:

- 马达

▲ 小心

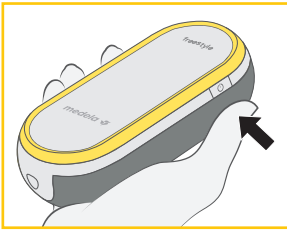


要预防触电和避免材料损害:

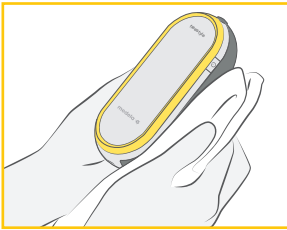
- 在清洁马达前, 拔掉吸乳器插头。
- 请勿将马达浸入水中; 请勿在马达上倒水。

注意

- 不要将液体直接喷或倒在吸乳器上。
- 清洁马达显示屏时, 只能使用蘸有温和洗涤剂的湿润软布。其他清洁剂或砂布可能会降低显示屏性能。



1. 关闭吸乳器。
2. 拔掉吸乳器电源。



3. 用蘸有饮用水的干净毛巾擦拭马达。
4. 用干净的干毛巾擦拭马达。

6.5 清洁导管

通常不需要清洗导管。

i 信息

检查导管。如果发现导管中有冷凝水，请立即清洗并干燥，或更换导管。通常不需要清洗导管。仅在脏污或残留乳汁时有必要按照说明清洗导管。

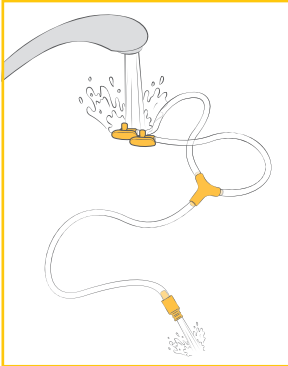
所需物品:

- 饮用水
- 餐具洗涤剂

所需部件:

- 导管

清洗导管



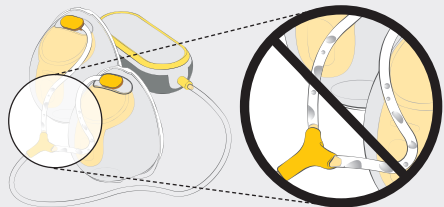
1. 关闭吸乳器。
2. 将导管从马达上取下。
3. 将导管从配件上拔下。
4. 冲洗导管时，将冷水注入两个短导管端，直到水流出长导管端。
5. 在温肥皂水中清洗导管。
6. 用干净的水冲洗导管。

将导管晾干

1. 晃出全部水滴。
2. 将导管悬挂晾干。
3. 确保导管在使用之前是完全干爽的。

注意

- 如果导管发霉，则停止使用并更换导管。有关订购信息，请参阅第13章。
- 请勿将吸乳器与湿导管配套运行；否则会损坏吸乳器。



7. 组装吸乳器

仅使用干净的干燥部件组装。有关清洁, 请参阅第6章。

7.1 选择尺寸适合的吸乳护罩

确保使用尺寸适合的吸乳护罩。这是进行有效吸乳的基本要素, 有助于促进液体流出。请参考折叠页上的图 6。

1. 通过测量乳头的直径来选择吸乳护罩 (图 6-01)。
2. 选择尺寸稍稍大于乳头的吸乳护罩 (图 6-02)。
包装内附 21 mm 和 24 mm 尺寸的吸乳护罩。

有关吸乳护罩尺寸和其他可用尺寸的更多信息, 请访问 www.medela.com 或参阅第13章了解订购信息。

7.2 组装集奶杯

仅使用干净的干燥部件组装。有关清洁, 请参阅第 6 章。

所需部件:

- 导管
- 吸乳护罩
- 马达
- 黄色阀膜
- 集奶杯外罩

▲小心

为防止母乳污染:

- 在触碰马达、集奶杯部件和乳房前, 用肥皂水彻底清洗双手。
- 使用干净的毛巾或一次性纸巾擦干双手。
- 避免接触集奶杯组件的内部。

确保吸乳器正常安全地工作:

- 在使用前, 请检查集奶杯组件有无磨损或损坏。必要时更换。
- 使用前, 务必检查所有部件是否干净。如果有污渍或污染, 按照第6章所述进行清洁。
- 只能使用 Medela (美德乐) 正品部件。请参阅第13章了解详细信息。

注意

为防止损坏吸乳器, 使用前, 吸乳器的所有组件必须完全干燥。

请参考折叠页上的图 7。

1. 图 7-01 在触碰马达、集奶杯部件和乳房前，用肥皂水彻底清洗双手。用干净的毛巾擦干双手。
2. 图 7-02 将阀膜与吸乳护罩的对齐口对齐。
3. 图 7-03 对准顶部的凸起将薄膜放置在卡槽中，以确保在正确的位置。按压边缘以确保其完全贴合。
4. 图 7-04 将倒奶口对准护罩上的开口。
5. 图 7-05 将集奶杯外罩和吸乳护罩紧紧地推在一起，确保两者完全贴合，直到听到啪嗒声。
6. 图 7-06 用延长导管和可适配吸乳器连接。
7. 图 7-07 将延长导管上的接头插入集奶杯上方的连接口中。

7.3 单侧吸乳准备

请参考折叠页上的图 8。

1. 按照第7.2章所述组装一个集奶杯。
 - 图 8-01 将未使用的导管管端插入 Y 形导管夹。
 - 图 8-02 正确组装系统（单侧吸乳）。
2. 图 8-03 按照第7.5章所述将集奶杯放在文胸内。按照第9章所述开始吸乳。

7.4 双侧吸乳准备

i 信息

- 双侧吸乳可帮助您节省宝贵的时间并提高乳汁的营养价值。
- 有关延迟启动功能，请参阅第8.5章。

请参考折叠页上的图 9。

1. 按照第7.2章所述组装两个集奶杯。
 - 图 9-01 正确组装系统（双侧吸乳）。
2. 图 9-02 按照第7.5章所述将集奶杯放在文胸内。按照第9章所述开始吸乳。


7.5 将集奶杯放在文胸内

请参考折叠页上的图 10。

1. 图 10-01 确保乳头在吸乳护罩的通道中居中。
2. 图 10-02 这款免手扶集奶杯适用于日常哺乳文胸。文胸会将集奶杯固定在合适的位置。如果您在使用过程中感到不适或疼痛，请尝试改用更宽松及更富有弹性的哺乳文胸。
3. 图 10-03 延长导管的连接方向可根据个人喜好进行调整，向内（朝向胸部）或向外（朝向胳膊）调节。请确保将导管放置在文胸外，以避免导管在使用过程中受到挤压或弯曲。
4. 图 10-04 这款免手扶集奶杯可置于垂直或略倾斜的位置使用，以便更好地看到乳头和排乳情况。集奶杯上的刻度可以帮助您在吸乳过程中观测到大致吸乳量。

8. 操作吸乳器

8.1 术语和名称







2-Phase Expression (双韵律吸乳)		通过研究, Medela (美德乐) 发现婴儿以两种模式哺乳——刺激泌乳和吸乳。此研究是所有 Medela (美德乐) 吸乳器中所用技术的基础。
刺激模式		快节奏吮吸/吸乳可刺激乳汁流出。
吸乳模式		在乳汁开始流出后慢节奏吮吸/吸乳以轻柔高效地吸出乳汁。
最大舒适负压		吸乳时仍感觉舒适的最高负压设置。此设置因人而异。
喷乳反射		使乳汁开始从乳房流出的反射。

8.2 操作和显示元件

请参考折叠页上的图 11。

11-01 控制面板	11-02 显示器面板
<p>11-01-1 泌乳键 11-01-2 增加负压按钮 11-01-3 减少负压按钮 11-01-4 开始/暂停按钮 11-01-5 开/关按钮</p> <p>用户指导: 控件和显示元件并不总是可见的。 当吸乳器打开时, 有源元件亮起。</p>	<p>11-02-1 蓝牙标志 11-02-2 刺激模式标志 11-02-3 负压水平显示 11-02-4 电池显示 11-02-5 电源标志 11-02-6 吸乳模式标志 11-02-7 多功能显示屏</p> <p>多功能显示屏根据设备状态显示以下信息:</p> <ul style="list-style-type: none">• 吸乳时间以秒为单位 (第一分钟吸乳), 然后以分钟为单位• L1 至 L9 为负压水平 (同时显示负压水平)• 配对码 (蓝牙连接期间)• 启动延迟 (秒)

8.3 电源和电池状态显示

	电源标志 (闪电符号) 表明电源适配器是否连接。 → 如果标志亮了, 即表明电源适配器接通。
	电池显示表明电池的状态和充电情况。 → 显示屏上显示全部三个充电格即表明充电已满。
	随着电量减少, 显示的充电格也会减少。 → 两格: 剩余约 75% 的电量。 → 一格: 剩余约 40% 的电量。
 (闪烁)	→ 当吸乳器发出声音信号, 且最后一个充电格闪烁时, 则表示电池几乎没电了。
 (闪烁)	→ 当电池显示轮廓闪烁, 且第二次发出声音信号时, 则吸乳器将在五秒后停止工作, 完全关闭。
 (闪烁)	如果三个充电格和电池显示轮廓同时闪烁, 这表明电池过热或有问题。 请参阅故障排除 (第12章) 并致电 Medela (美德乐) 客服中心。

8.4 蓝牙® 连接


蓝牙是一种用于短距离数据交换的无线技术。该技术可用于通过个人设备如智能手机, 将 Freestyle™ Hands-free 享韵免手扶吸乳器连接到“美德乐母乳妈妈俱乐部”官方微信中的 Medela Family (美乐喂) 平台。

通过将吸乳器连接到“美德乐母乳妈妈俱乐部”官方微信中的 Medela Family (美乐喂) 平台, 可自动传送吸乳数据 (吸乳时间长度、模式和负压水平) 并可手动输入吸出的乳量。要想利用平台的功能, 您需要在微信中创建一个账号。

微信搜索“美乐喂母乳喂养管家”小程序并注册使用

1. 确保移动设备上蓝牙已开启。
2. 打开微信。
3. 搜索并关注《美德乐母乳妈妈俱乐部》官方微信帐号。
4. 在《美德乐母乳妈妈俱乐部》官方微信中的 Medela Family (美乐喂) 平台上, 点击《美乐喂》菜单, 导航至《智能连接》>《连接新的吸乳器》, 按照屏幕上的设置和配对说明操作。
5. 配对成功后, 吸乳器上的蓝牙指示灯持续亮起。
6. 如果两分钟内没有配对成功, 则自动关闭吸乳器。

i 信息

- 通过跟踪您在《美德乐母乳妈妈俱乐部》官方微信中的 Medela Family (美乐喂) 平台上的吸乳情况, 可以专注于每日焦点和自定义内容。
- 由于能够查看吸乳历史记录, 这样就可以每天高效制定计划, 并可跟踪身体变化, 比如泌乳量的增减。
- 完成初始设置后, 在通电后, 如果配对的设备就在附近,  蓝牙图标将自动出现在吸乳器上。
- 一个微信账号可绑定多个带蓝牙的智能吸乳器。
- 在微信上, 您可以将吸乳器与您的个人微信账号绑定。只有当微信账号解除绑定设备时, 该设备才能与其他微信账号绑定。
- 与吸乳器连接后, 您的微信账号将能够记录无限数量的历史吸乳数据。

从智能手机上删除 Freestyle™ Hands-free 享韵免手扶吸乳器

1. 打开微信, 转到《我》。
2. 选择《设置》。
3. 选择《设备》。
4. 选择 要删除的吸乳器并单击“删除设备”。

i 信息

- 从移动设备上删除 Freestyle™ Hands-free 享韵免手扶吸乳器不会删除存储在“美乐喂”小程序上的吸乳信息。
- 如果将吸乳器重新连接到移动设备, 则将传输存储在吸乳器上的最近 30 条记录。




欲了解更多信息, 请微信搜索 **美乐喂母乳喂养管家**。

商标识别: Bluetooth® 字样和徽标是由 Bluetooth SIG, Inc. 所有的注册商标, Medela (美德乐) 对该字样和徽标的使用均已获得许可。Apple 是 Apple Inc. 在美国及其他国家/地区注册的商标。Android 是 Google LLC 的商标。

8.5 延迟启动

Freestyle™ Hands-free 享韵免手扶吸乳器具有延迟启动功能。使用该功能, 吸乳器会在延迟十秒后才启动。

如果想在开始吸乳前处理一些事情并做好准备, 此功能很有用。

1. 要激活延迟, 可在待机或暂停模式下按下“启动/暂停”按钮  两秒钟。
 - 吸乳器发出声音信号表明延迟启动。
 - 延迟期间, 启动/暂停  按钮闪烁, 多功能显示屏显示剩余时间, 以秒为单位。
2. 延迟时间过后, 吸乳器开始工作。
 - 若想跳过延迟, 请按“启动/暂停”按钮 。
 - 吸乳器会立即开始工作。

9. 吸出母乳





▲ 小心


- 吸乳时请勿将负压（吸力）调得过高或感觉不适（疼痛）。疼痛和可能随之而来的乳房和乳头损伤，可能会降低泌乳量。
- 如果只能吸出很少或无法吸出母乳，亦或在吸乳时感到疼痛，请联系专业的医护人员或母乳喂养专家。

注意

确保吸乳时导管没有打结或被夹住。



请参考折叠页上的图 12。

1. 确保集奶杯连接位置正确。
2. 图 12-01 按下侧面的“开/关”按钮 ，等吸乳器发出声音后，松开按钮。
→ 吸乳器现在处于待机模式。
3. 图 12-02 按“启动/暂停”按钮 ，开始吸乳。
→ 吸乳器开始吸乳，进入刺激泌乳模式。
4. 图 12-03 使用“增加负压”（+）按钮和“减少负压”（-）按钮来调节负压，以找到舒适的程度。
5. 图 12-04 如果乳汁开始流出，按下“泌乳”按钮 ，切换至吸乳模式。
→ 吸乳器转入吸乳模式继续工作。
→ 如果在两分钟内没有按下“泌乳”按钮 ，您的吸乳器将自动进入吸乳模式。
6. 图 12-05 使用“增加负压”（+）按钮和“减少负压”（-）按钮来调节负压，找到最大舒适负压。

在**吸乳阶段**  吸乳时，可增加负压等级直到吸乳时感觉轻微不适（不疼），然后按“减少负压”（-）按钮，回调 1 级。



i 信息

- 最大舒适负压是舒适吸乳的最高负压设置。此值因人而异。
- 刺激模式应设定为舒适的负压水平，无需设为最大负压水平。
- 重新评估整个吸乳过程中的最大舒适负压。该值可能在哺乳期的每个阶段都会发生变化。

- 完成吸乳后，按下“启动/暂停”按钮 ，停止吸乳。
→ 如果没有用户操作吸乳器，吸乳器会在 30 分钟后自动停止。
- 按下侧面的“开/关”按钮 ，关闭吸乳器。

暂停

在刺激模式和吸乳模式下，吸乳器都可以暂停。
这样，您就可以重新调整自己或集奶杯，或整理周围环境。

- 当吸乳器运行时，如需暂停，按下“启动/暂停”按钮  即可。
→ 吸乳操作停止时，“启动/暂停”按钮和时间显示屏闪烁。
- 要继续吸乳，请再次按下“启动/暂停”按钮 。


如果您想开始新的吸乳过程，请按两次“开/关”按钮 ，关闭吸乳器，然后再次打开。




i 信息

- 如果两分钟内没有继续吸乳，吸乳器会自动关闭。
- 如要继续吸乳，需要启动新的吸乳过程。
- 如果需要暂停两分钟以上，建议重新启动刺激泌乳模式。
- 不要忘记在“美乐喂”小程序上记录吸出的乳量。



10. 母乳的处理

10.1 从文胸上取下集奶杯

请参考折叠页上的图  13。

-  13-01 当吸乳器还在运行时，身体稍微向前倾斜以确保吸乳护罩及通道中的所有母乳都进入容器。关闭吸乳器。
-  13-02 从集奶杯上拆下延长导管。
-  13-03 从文胸上小心地取下集奶杯。

10.2 从集奶杯中倒出乳汁

-  13-04 请将集奶杯 **直立放置**在不易被打翻的平面上。您可以使用护罩上的体积刻度标记来读取收集的乳量。集奶杯上的刻度可以帮助您在吸乳过程中观测到大致吸乳量。
-  13-05 **把圆形集奶杯外罩朝下**，将母乳通过倾倒入奶瓶或容器中储存。
请勿将集奶杯用于存放乳汁。请勿将组装好的杯子放置在冰箱里。
- 每次使用后，进行完全拆卸和清洁，并按照**第5章**和**第6章**所述每天消毒一次。

10.3 一般储存指南

有关母乳储存和解冻的建议, 请访问 www.medela.cn

吸出的新鲜母乳储存指南 (适用于健康足月宝宝)

室温 16 至 25°C (60 至 77°F)	冰箱 4 °C (39°F) 或更低	冰柜 -18°C (0°F) 或更低	冰箱中的母乳解冻
4 小时以内为最佳 *在非常干净的情况下, 吸出的母乳最多可保存 6 小时	3 天以内为最佳 *在非常干净的情况下, 吸出的母乳最多可保存 5 天	6 个月以内为最佳 *在非常干净的情况下, 吸出的母乳最多可保存 9 个月	在室温下: 最多 2 小时 冰箱: 最多 24 小时 请勿反复冷冻!

*卫生吸乳小贴士:

吸母乳前, 母亲应用肥皂和水, 或酒精类消毒洗手液清洗双手。吸乳器部件和吸乳区域必须保持干净。吸乳前无需清洗乳房和乳头。

- 上述有关母乳储存和解冻的指南仅作参考建议。如需了解详情, 请联系哺乳顾问或母乳喂养专家。
- 请将母乳储存在冰箱内温度最低的位置。
- 有关储存母乳的信息, 请访问 www.medela.com。

10.4 冷冻

注意

- 反复冷冻/解冻会破坏母乳的结构。因此, 切勿重新冷冻母乳。
- 将吸出的母乳放入食品级储奶瓶或储奶袋中冷冻。请勿将储奶瓶/储奶袋装满, 最多装至 3/4 处, 给冷冻后母乳的体积膨胀预留空间。
- 在储奶瓶或储奶袋上标记日期和乳量。
- 塑料奶瓶和部件冷冻后会变脆, 掉落可能会破损。
- 请勿使用已出现损坏迹象的奶瓶或部件中的乳汁。

10.5 解冻

▲ 小心

请勿使用微波炉或沸水解冻或加热母乳。这样有助于保留重要营养成分并避免烫伤。

- 为保留母乳的营养成分, 请将乳汁放入冰箱冷藏室内过夜进行解冻。
- 或者, 将储奶瓶或储奶袋放在温水(最高 37°C)中, 并在解冻后立即使用。

注意

轻摇储奶瓶和储奶袋使分离的脂肪再次融入母乳中。请勿剧烈摇晃或搅拌母乳。

10.6 哺喂母乳

建议在养成良好的母乳喂养习惯后再使用奶瓶哺喂宝宝。

- 每次使用前, 请务必检查奶瓶、奶嘴和其他组件。如果奶嘴破损或被撕裂, 则立即停止使用。
- 为防止可能的窒息危险, 通过拉动奶嘴头部来测试奶嘴强度。
- 请勿尝试增大奶嘴孔。
- 在无成人监督的情况下不可用奶瓶哺喂婴儿。
- 请勿将奶嘴当做安抚奶嘴使用。

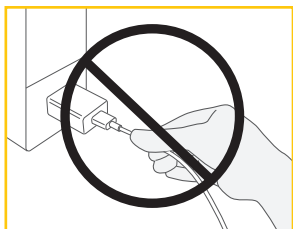
有关母乳收集和储存的更多信息, 请访问 www.medela.cn。

11. 维护和保养

11.1 电源适配器保养

⚠ 警告

如果电源适配器外壳松动或正在脱落, 请停止使用并立即联系 Medela (美德乐)。外壳脱落可能会导致触电。



注意

为使电源适配器及电源线保持良好工作状态, 请注意以下事项:

不用拉扯电线拔电源, 请握住插头或电源适配器拔出电源。

出国旅行

i 信息

携带吸乳器外出的建议。

出国旅行时, 建议购买旅行转换器 (未附带), 以便匹配相应的壁式插座。请向您要访问的国家/地区的相应机构咨询, 以确定哪类适配器最适合。吸乳器的电源适配器为双管式, 不需要接地插座。

11.2 电池维护

吸乳器包含一个内置 (不可替换) 的锂离子可充电电池。

注意

如果是完全没电的电池, 吸乳器连接到电源适配器后不能立即使用。在尝试打开吸乳器之前, 让电池至少充电 15 分钟。

注意

- 为了使吸乳器和电池处于最佳状态, 请使用吸乳器附带的电源适配器 (型号: S010BL*0500200)。
- 确认电源适配器与当地电源的电压相匹配。

注意

请注意吸乳器的 USB Type-C 插口或电池存在金属或液体短路的危险。

i 信息

为了保持电池的使用寿命：

- 将吸乳器置于阴凉位置。
 - 在电池电量耗尽之前进行充电。这有利于延长电池的使用寿命。
 - 在储存吸乳器之前，请将电池充满电。
- 有关电池充电状态的信息，请参阅**第8.3章**。
- 如果已将吸乳器储存在高温位置，则可能无法立即使用电池操作。要恢复正常的电池功能，先将吸乳器冷却一小时。在此期间，可将电源适配器插入壁式插座，给吸乳器充电。

出国旅行

i 信息

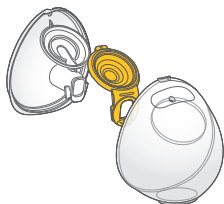
本款吸乳器配有锂离子电池。携带这种电池上飞机可能会受到您所访问国家/地区的限制。请向您要访问的国家/地区的相应机构咨询，以确定对于带锂离子电池旅行有无限制。

11.3 长期存储

吸乳器包含一个可充电电池。为了保护吸乳器，当长时间不用时，它将自动切换到储存模式。

要退出储存模式，需将吸乳器插入外部电源中并为电池充电两小时。请勿长时间存放已组装好的集奶杯。

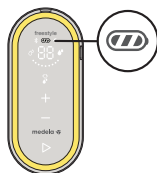
长时间存放吸乳器之前，请谨记：



- 清洁集奶杯
(请参阅**第6章**)



- 清洁马达
(请参阅**第6.4章**)



- 确保电池已充电
(如下)


长时间存放吸乳器之前，最好给电池充满电。有关电池充电状态的信息，请参阅**第8.3章**。

12. 故障排除

如果您的吸乳器出现未知问题，请查看故障排除表，您可以在“问题”栏中找到问题，并按照“解决方案”栏中的说明进行操作。

故障排除表

问题	解决方案
按下“开/关”按钮后，吸乳器未进入待机模式	<ul style="list-style-type: none">• 按住“开/关”按钮的时间太短或太长。• 按住“开/关”按钮，直至听见声音信号，然后松开。 如果吸乳器处于存储模式，则需要更长的时间（大约 1 秒）才能发出声音。
按下“开/关”按钮后显示屏不亮	<ul style="list-style-type: none">• 要重置吸乳器，需按下“开/关”按钮（在侧面）并保持 7 到 10 秒。• 如果没有变化，应确保吸乳器连接到正常工作的电源。• 如果仍然没有变化，请联系 Medela（美德乐）客服中心。
按下“启动/暂停”按钮后，计时器不会计时	<ul style="list-style-type: none">• 联系 Medela（美德乐）客服中心。
按下“启动/暂停”按钮后，吸乳器不会产生负压（马达不工作）	<ul style="list-style-type: none">• 确保吸乳器已开启。• 联系 Medela（美德乐）客服中心。
吸乳器仅产生恒定的负压而不是吸乳周期	<ul style="list-style-type: none">• 联系 Medela（美德乐）客服中心。
吸乳器停止工作或无法开启（发出声音信号，电池显示屏上所有元件都在闪烁）	<ul style="list-style-type: none">• 由于电池过热，吸乳器无法正常工作。 让马达冷却，然后重新启动吸乳器。

<p>试图给吸乳器充电时, 电池显示屏上所有元件都在闪烁</p>	<ul style="list-style-type: none"> • 当电池温度过高时, 不得进行充电。让马达冷却, 然后重新充电。
<p>吸力很小或没有吸力</p>	<ul style="list-style-type: none"> • 确保所有集奶杯部件干净干燥, 连接安全。 • 吸乳时, 确保吸乳护罩与乳房完全贴合。 • 单侧吸乳时, 确保未用导管端正正确固定在导管夹中。 • 如果在执行这些步骤后吸力并未改善, 请联系 Medela (美德乐) 客服中心。
<p>如果吸乳器未做出预期响应</p>	<ul style="list-style-type: none"> • 要重置吸乳器, 需按下“开/关”按钮(在侧面)并保持七秒。 • 如果没有变化, 请联系 Medela (美德乐) 客服中心。
<p>吸乳器外部被弄湿</p>	<ul style="list-style-type: none"> • 从电源上拔下吸乳器并将其关闭。 • 将吸乳器外部晾干。
<p>吸乳器被浸入水中</p>	<ul style="list-style-type: none"> • 从电源上拔下吸乳器并将其关闭。 • 联系 Medela (美德乐) 客服中心。
<p>无法发送数据</p>	<ul style="list-style-type: none"> • 移动设备上的蓝牙功能  被关闭。打开蓝牙功能并尝试再次发送数据。 • 两个设备之间的配对尚未完成。再次执行配对操作。请参阅第8.4章。 • 移动设备距吸乳器太远。将该设备与吸乳器移得更近一些。 • 移动设备上的应用程序未准备就绪。检查应用程序。

如果尚未解决吸乳器问题或者还有其他问题, 请联系 Medela (美德乐) 客服中心。有关联系信息, 请访问 www.medela.cn。在“联系人”下选择您所在的国家/地区。

13. 订购信息

部件

产品货号	产品
根据您所在的地区, 查看当地的网站/商店是否有货。	21 mm 吸乳护罩与 Medela (美德乐) 免手扶集奶杯相匹配*
	24 mm 吸乳护罩与 Medela (美德乐) 免手扶集奶杯相匹配*
	27 mm 吸乳护罩与 Medela (美德乐) 免手扶集奶杯相匹配*
	Y 形导管与 Medela (美德乐) Freestyle™ Hands-free 享韵免手扶吸乳器相匹配

* 如果吸乳带来不适感或疼痛感, 请联系哺乳顾问或母乳喂养专家。吸乳护罩有不同型号, 可以让吸乳过程更加舒适有效。

如果您找不到想要的配件, 请联系 Medela (美德乐) 客服中心。
有关联系信息, 请访问 www.medela.cn。在“联系人”下选择您所在的国家/地区。
如需更换遗失或有缺陷的部件, 请联系 Medela (美德乐) 客服中心。
如需了解其他 Medela (美德乐) 产品, 请登录 www.medela.cn。

14. 产品质保

关于国际联保的信息, 请访问 www.medela.com/ewarranty。

15. 废弃处理

吸乳器的废弃处理

在吸乳器使用寿命结束时, 将其各部件分开, 并按照以下说明处理。

本设备包含不可更换的电池。

当电池使用寿命结束时, 应妥善处理设备。

请勿将集成电池取出进行处理。

如果电池泄漏, 则必须处理吸乳器。

吸乳护罩、外罩、导管和阀膜

这些部件均由塑料制成, 作为生活垃圾处理时对环境无害。按当地法规回收或处理。

马达和电源适配器



废弃时不得将电气或电子设备与未分类的城市垃圾一起处理, 而应当单独收集。

在欧盟, 制造商或其供应商必须收回废弃设备。其他国家/地区可能也有类似的收集和回收系统。请按照当地法规处理废弃设备。

在销售点询问或与当地有关部门联系, 寻找合适的废物收集点。

在处理废物时, 将废弃设备分开收集和回收, 这有助于节约自然资源, 并确保废弃设备以保护人类健康和环境的方式回收。







小心

电气/电子设备中存在的有害物质, 如果处理不当, 可能会危害人体健康和环境。

16. 符号含义

下表解释了产品部件和包装上的符号的含义。

说明中使用的符号

	通用安全警示符号，传达安全相关的信息。		定义温度范围（例如，用于操作、运输或储存）。
	定义相对湿度范围（例如，用于操作、运输或储存）。		定义大气压范围（例如，用于操作、运输或储存）。
	表示此设备包含蓝牙无线技术。		

马达上的符号

	表示“开/关”按钮的位置。		表示制造商。
	表示制造日期。		表示设备的部件编号。
	表示设备的序列号。		请阅读并遵守使用说明书。
	表示符合国际防电击要求（BF 型触身部件）。		废弃时不得将电气/电子设备与未分类的城市垃圾一起处理（按照当地法规对设备进行废弃处理）。
	表明需要专用的单独电源适配器将设备连接到电源，并指定其型号/类型 S010BI*0500200。		表示此设备包含蓝牙无线技术。
	法规符合性标志表示符合澳大利亚 EMC 和无线电传输要求。		CE 标志表示符合适用的欧盟指令。
	表示该设备已通过英国合规性评估。		

电源适配器上的符号

注：电源适配器上的符号可能根据所售设备的市场有所不同。

	表示交流电。		请阅读并遵守使用说明书。
	表示 USB 电源输出的极性。		表示该设备是 II 类电器（双重绝缘）。
	表示设备只允许用于室内。		表示外部电源的效率水平。
	废弃时不得将电气/电子设备与未分类的城市垃圾一起处理（按照当地法规对设备进行废弃处理）。		表示电子设备包括变压器和电子电路，将电力转换为单个或多个功率输出。
	表示该设备是防短路安全隔离变压器。		CE 标志表示符合适用的欧盟指令。
	EAC（欧亚合规）标志表示该产品符合欧亚关税同盟技术规定的基本安全要求。		法规符合性标志表示符合澳大利亚 EMC 和安全要求。
	表示符合中国强制认证。		表示环保使用期限为十年（中国污染控制）。
	PSE 标志表示该产品符合日本产品安全电器与材料安全法认证。		安全标志表示该产品是根据新加坡消费者保护法注册的受控商品。
	表示直流电。		表示如果插头的金属片部分损坏，不要连接电源装置。

包装上的符号

	表示制造商。		表示该产品的零部件编号。
	表示制造日期。		表示设备的序列号。
	包含易碎品。小心轻放。		远离光照。
	远离雨水。保持干燥。		定义温度范围，用于运输或储存。
	定义相对湿度范围，用于运输或储存。		定义大气压范围，用于运输或储存。
	包装内含产品符合1935/2004法规要求，可以直接接触食品。		CE 标志表示符合适用的欧盟指令。
	请阅读并遵守使用说明书。		表示该物品在技术上可以回收。
	废弃时不得将电气/电子设备与未分类的城市垃圾一起处理（按照当地法规对设备进行废弃处理）。		表示物品的制作材料。
	MCMC (马来西亚通信与多媒体委员会) 符号表示符合马来西亚的无线电传输要求。		EAC (欧亚合规) 标志表示该产品符合欧亚关税同盟技术规定的基本安全要求。
	ICASA (南非独立通信管理局) 符号表示该设备具有在南非进行无线电传输的型式认证。		NTC (国家电信委员会) 符号表示该设备具有在菲律宾共和国无线电传输的型式认证。
	表示批号/批次号。		

17. 国际法规

17.1 电磁兼容性 (EMC)

Freestyle™ Hands-free 享韵免手扶吸乳器符合电磁辐射和抗干扰有关标准和法规的所有要求。

警告

Freestyle™ Hands-free 享韵免手扶吸乳器不可在其他设备附近使用或与其他设备堆叠使用。如果必须在其他设备附近使用或堆叠使用, 应观测 Freestyle™ Hands-free 享韵免手扶吸乳器, 以确认能够在所用配置中正常操作。诸如无线家庭网络设备、手机、无绳电话及其基站和对讲机等无线通信设备会影响电动吸乳器, 应至少与此类设备保持 30 厘米的距离。

18. 技术规格

重要技术规格概述

负压性能 (海拔 500 m
[954.62 hPa 环境压力])
-45 至 -245 mmHg (-60 至 -327 hPa)
45 to 111 cpm

电源适配器 (型号: S010BL*0500200)
* 国家/地区代码

输入	100 至 240V~ 50/60 Hz 最大 0.4 A
输出	5V --- 2A 10 W
平均效率	79 %
空载功耗	低于 0.1 W

马达

电池容量和类型	最小 2750mAh 锂离子, 型号 18650
大小	148 x 66 x 46.5 mm
重量	273 g


传输标准: 蓝牙 4.0 LE
频率范围: 2402-2480 MHz
最大功率输出: +4 dBm (class 2)

接触皮肤或接触母乳的物质


- 吸乳护罩: 聚丙烯
- 集奶杯外罩: 聚丙烯、热塑性弹性体
- 阀膜: 硅胶


产品不含 BPA。

 工作温度范围
5°C 至 35°C

 工作湿度范围
(15% 至 93% 相对湿度)

 环境压力范围
(70 kPa 至 106 kPa)

 运输/存储温度范围
-20°C 至 50°C

 运输/存储湿度范围
(15% 至 93% 相对湿度)