

List of Pump Components

- a Breast shield lid
- b Silicone breast shield
- c Pump cover
- d Silicone pump
- e Handle
- f Main body
- g Silicone valve (x2)
- h Milk container
- i Base stand
- j Bottle collar
- k Sealing disc



Tips

When should you use the Bfree EASY PUMP?

- When there is insufficient breast milk flow.
- The breast pump can be used to imitate baby's sucking action and promote breast milk flow.
- In the event that your breasts are engorged (painful or swollen), you can express a small amount of milk to ease discomfort.

How to use the Bfree EASY PUMP effectively?

Choose a time when you are least likely to be disturbed.

Having a picture of your baby with you will help to promote milk flow.

Being relaxed and warm are helpful when expressing breast milk. You can try using it after a shower. It is suggested to use a breast pump when nursing baby on the other breast.

Doctors recommend that breast milk is the best nutrition for babies during the first year. Your milk is easily adaptable to your baby's needs and contains antibodies that help protect your baby against infection and allergies.

The Bfree EASY PUMP will help you breast feed longer. You can express and store your milk so that when you are out for a few hours, taking a well-deserved rest, or back at work, your baby can still enjoy the benefits of your breast milk, even if you are not able to be there to give it yourself.

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Bfree®

EASY PUMP

manual breast pump • *tiralatte manuale*



How to assemble your Breast Pump?

1. Wash your hands thoroughly. Insert the silicone valve (g) into the breast shield body (f) from underneath.

IMPORTANT: DO NOT LOSE THE SILICONE VALVE. THE BREAST PUMP WILL NOT WORK WITHOUT IT.

2. Place the breast shield body (f) onto a Bfree feeding bottle (h).
3. Twist clockwise gently until it is in place.
DO NOT OVERTIGHTEN!
4. Place the silicone pump (d) into the pump body (f).
Make sure it fits securely around the rim by pressing down with your fingers to ensure a perfect seal.
5. Place the forked end of the handle (e) under the silicone pump (d) and push down gently on the handle until it clicks into place.
6. Carefully insert the silicone breast shield (b) into the pump body (f) making sure it is perfectly sealed all round the rim of the funnel.
7. Insert the pump cover (c) onto the pump body (f) to make the pump completely stable. Insert the bottle into the base stand (i).

IMPORTANT: In the event that no milk is excreted after five minutes of operation, discontinue use and try again at a later time.

Instructions for use

1. Disassemble, clean and sterilize all parts of the unit before each use.
2. Wash hands thoroughly before assembling the breast pump. Ensure all the parts are properly connected to avoid leakage.
3. Make sure your breasts are clean. Massage your breasts gently and/or place a warm towel on the breast for a few minutes.
4. Relax on a chair, leaning slightly forward.
5. Press the breast shield against the breast, making sure that no air can escape.
6. Press the handle gently and feel the suction firmly on the breast. Squeeze the handle with short quick compressions. Your milk will soon start flowing.
7. After first milk is extracted, you may change the rhythm of squeezing according to your personal preference.
8. Please note: in the event that no milk is excreted after five minutes of operation, discontinue use and try again later.

Notice

- Please be sure to clean and sterilize ALL PARTS of the breast pump before and after every use. Keep the containers dry.
- **DO NOT** use the device if not attached to a bottle. This is to avoid possible damage.
- Use with Bfree bottles **ONLY**.
- Avoid direct sunlight.
- If you develop any discomfort during, or after use, consult your doctor immediately.
- This product is recommended for personal use only. For hygiene purposes, please do not share the pump with anyone.