

Freestyle Flex™







ENGLISH EN 4-51

中文 ZH 52–99

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

To avoid fire, electric shock, or serious burns:

- 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:
 - 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, unplug the device from electrical outlet, turn off and contact the manufacturer.

MARNING

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

- Do not use the Freestyle Flex breast pump while operating a moving vehicle.
- Pumping can 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.
- 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)
 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 should be supervised to ensure that they do not play with the appliance.

Applicable for countries in the European Union:

- This device may be used by children eight years old and above and by people with reduced physical, sensory or mental abilities or lack of experience and knowledge, if they are supervised or have been instructed in the safe use of the device and understand the resulting hazards.
- Cleaning and maintenance must not be performed by children without supervision.

A CAUTION

To avoid fire or burns:

- Make sure the voltage of the power adapter is compatible with the power source. See chapter 19 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 or be pulled into a tub or sink.
- The breast pump and accessories are not heat-resistant. Keep away from heated surfaces or open flames.
- Do not use near flammable materials.

A CAUTION

To avoid health risks and reduce the risk of injury:

- This is a single-user product. Use by more than one person may present a health risk and voids the warranty.
- 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 instruction 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 can also change the composition of breast milk).

A CAUTION

To avoid health risks and reduce the risk of injury:

- 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 Freestyle Flex 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.cn 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 6 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 Flex breast pump is a powered breast pump to be used by lactating women to express and collect milk from their breasts. The Freestyle Flex breast pump is intended for a single user.

3. Product description

3.1 Description of the Freestyle Flex breast pump

The Freestyle Flex is a personal-use electric breast pump that includes 2-Phase Expression technology and is capable of single and double pumping. The operating life of the Freestyle Flex breast pump is 250 hours.

Product description (cont.)

3.2 Your breast pump system includes 2x PersonalFit Flex connector 2x PersonalFit Flex breast shield (21 mm) (Applied Part) 2x PersonalFit Flex breast shield (24 mm) 2x Membrane (Applied Part) For other breast shield sizes, see chapter 6 2x Connector body 4x Bottle 1x Tubing 1x Motor unit Short ends of tubing (connect to one or two connectors) Tubing holder Long end of tubing (connects to motor unit)

For ordering information about accessories see chapter 14.



For ordering information about accessories see chapter 14.

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 Flex breast pump for two hours see section 8.3.
- 2. Separate all parts that are exposed to the breast or breast milk prior to cleaning see section 5.2.
- 3. Clean and sanitise the parts see section 5.3 and 5.4.

4.2 Powering your breast pump

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



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 **section 8.2**.



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 **section 8.3**.

5. Cleaning

Supplies needed:

- Mild washing-up liquid
- Clean soft brush
- Clean wash basin
- Drinking-quality water
- Clean pot for boiling water

Parts to wash or sanitise:

- Breast shields
- Breast milk bottles
- Lids
- Connectors
- Membranes

A 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 feeding 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.

• Do not clean the tubing as described here or with Quick Clean bags in the microwave. Follow the instructions in **section 5.6**.

NOTICE

Pay attention to the following:

- Take care not to damage parts of the breast pump set during cleaning.
- Store the dried breast pump set 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 breast pump 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.

5.1 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 contamination.

Sanitise – To kill microorganisms, such as fungi, bacteria or viruses, that may be present on the surfaces of the parts.

ine surfaces of the po			
When to clean	Breast shields	Connectors and membranes	Bottles & lids
Before first use	Disassemble the parts according to section 5.2 Wash the parts according to section 5.3 Sanitise the parts according to section 5.4		
After each use	Disassemble the parts according to section 5.2 Wash the parts according to section 5.3		
Once per day	Disassemble the parts according to section 5.2 Sanitise the parts according to section 5.4		
When to clean	Tubing	Moto	or unit
As needed	Normally, cleaning is not necessary.	vvipe	with clean, damp towel. to section 5.5 .

Refer to **section 5.6**.

5.2 Disassembling



Before first use

Remove and dispose of the protective cover* from the breast shield



After each use

Disassemble the pump set into its individual parts (breast shield, connector and milk bottle) as follows:

1. Remove the breast shield from the connector.



2. Open the back cap of the connector by squeezing both flaps and swivelling the cap upwards.



- 3. Remove the membrane from the connector body.
- 4. Separate the milk bottles, lids and bottle stands.

5.3 Washing

Washing is important for hygiene and serves to clean the surfaces of the parts by physically removing contamination. Wash the parts either by hand or in a dishwasher.

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 feeding items.

- Rinse the disassembled parts, except for the tubing, with cold, clear drinking-quality water (approx. 20 °C).
- Clean these parts with plenty of warm, soapy water (approx. 30 °C). Use a commercially available washing-up liquid, preferably without artificial fragrances and colouring (pH neutral).
- Rinse the parts with cold, clear drinking-quality water for 10 to 15 seconds (approx. 20 °C).
- 4. Allow to dry after washing.

Wash in dishwasher

- Place the disassembled parts, except for the tubing, on the top rack or in the cutlery section. Use a commercially available dishwashing detergent.
- 2. Allow to dry after washing.

Information

If using the dishwasher, parts may become discoloured. This will not impact the part function.

Do not routinely wash the tubing. See **section 5.6** for more details.

Drying

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



5.4 Sanitising

Sanitising is important for hygiene and serves to kill living organisms, such as bacteria or viruses. Boil the parts either on the stovetop or use Quick Clean microwave bags.

Before first use and once per day



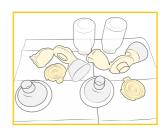
- Cover the disassembled parts, except for the tubing, with water and boil at least for 10 minutes.
- 2. Allow to dry after sanitising.



- 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

- 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.



5.5 Cleaning the motor unit

Supplies needed:

- Drinking-quality water
- Mild washing-up liquid
- Clean dish or paper towel

Parts needed:

Motor unit

A CAUTION



- 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 clothes may degrade the display performance.



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



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

5.6 Cleaning the tubing

Normally, cleaning of the tubing is not necessary.

Information

Inspect the tubing. If you find condensation in the air tube, 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 sterilize the tubing or tubing connect. Instead contact the manufacturer.

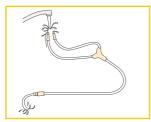
Supplies needed:

- Drinking-quality water
- Mild washing-up liquid

Parts needed:

Tubing

Washing the tubing



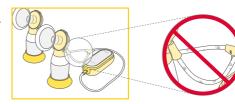
- 1. Switch the breast pump off.
- 2. Remove the tubing from the motor unit.
- **3.** Remove the tubing from the connector cap.
- **4.** Rinse the tubing by pouring cool water into both short tubing ends until it flows out of the long tubing end.
- 5. Wash the tubing in warm, soapy water.
- **6.** Rinse 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 14 for ordering information.
- Do not use the breast pump with wet tubing; doing so will cause damage to your breast pump.



6. Breast shield sizing

6.1 Selecting the correct Medela 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.

Understanding Medela's breast shield sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers multiple breast shield sizes*.

This guide is a starting point to help determine your optimal size based on your nipple diameter.



Step 1

Using a ruler or measuring tape, measure the diameter of the nipple at the base (across the middle) in millimetres (mm).

Do not include the areola.

Step 2

Based on the measurement, determine the Medela breast shield size.

Example: If the nipple size measures 16 mm in diameter, the recommended Medela breast shield size is 21 mm.

Information

The PersonalFit Flex breast shields are available in sizes up to 30 mm. If you need a larger size breast shield (36 mm) refer to your local Medela retailer or **www.medela.cn**.

* See **chapter 14** for ordering information.

6.2 Optimising the breast shield size

- Start with the breast shield that came with your pump, or the size determined by measuring.
- Centre the nipple and gently hold the breast shield against the breast.
- Adjust for maximum comfort vacuum (refer to chapter 9) to achieve optimum suction level.
- Refer to the images below while pumping in the expression phase (after the stimulation phase).



- •The nipple rubs along the side of the tunnel.
- Try a larger size.



• The nipple is centred and moves freely.



- The nipple and excessive areola are pulled into the tunnel.
- Try a smaller size.

Reasons for trying a new size

- If your nipple rubs against the tunnel sides to the point of causing discomfort.
- If excessive areola is being pulled into the tunnel.
- If there is any redness.
- If your nipple or areola is turning white.
- If you feel unexpressed milk after pumping.

If any of these conditions occur, consider trying a different size by following the measuring instructions above.

In case you are still unsure if you selected the correct size, see a lactation consultant or breastfeeding specialist.

7. Assembling your breast pump

Only use clean and dry parts for assembly. Refer to **chapter 5** for cleaning.

7.1 Assembling the pump set

Parts needed:

- Tubing
- Motor unit
- Breast shields
- Breast milk bottles

- Lids
- Connectors
- Membranes



A CAUTION

To prevent contamination of your milk:

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

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

- Check pump set 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 5.
- Only use genuine Medela parts. See chapter 14 for details.
- Other food heating, cleaning, storage and use methods, different than the one recommended, have not been validated, are not applicable and may damage the product.

NOTICE

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



- Carefully insert the (dark yellow) membrane with the flap into the opening of the connector.
- → Make sure that the membrane forms a seal around the edge of the connector.



2. Close the lid of the connector until it audibly clicks.



3. Screw the connector onto the bottle.



- **4.** Carefully push the breast shield into the connector body.
- → Choose a breast shield size that suits your needs. For proper sizing see **chapter 6**.



 The oval breast shields can be rotated (360°) and placed in the desired position to have the most comfortable fit for you.

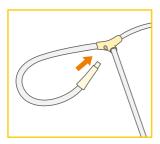


6. Insert the short end of the tubing into the opening of the connector lid.



7. Insert the long end of the tubing into the motor unit as far as it will go.

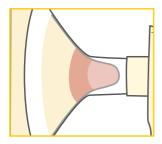
7.2 Preparing for single pumping



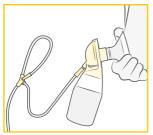
1. Insert the unused tubing end into the tubing holder.



→ Correctly assembled system (for single pumping).



2. Place the breast shield on the breast so that the nipple is properly centred in the tunnel.



- **3.** Hold the breast shield and connector onto your breast with your thumb and index finger.
- 4. Support your breast with the palm of your hand.
- 5. Start pumping as described in section 8.4.

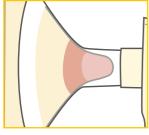
7.3 Preparing for double pumping

Information

- Double pumping saves time and increases the nutritional value of the milk.
- You may want to start the breast pump by means of the delayed start function, which allows
 you to have both hands free when pumping starts.
 For the delayed start function see section 10.2.
- For hands-free expression you can also put on the Medela Pumping mate* available from Medela



- Assemble the second pump set as described in section 7.1.
- → Correctly assembled system (for double pumping).



2. Place the breast shields on the breasts so that the nipple is properly centred in the tunnel.



- **3.** Hold the breast shields and connectors onto your breasts with your thumbs and index fingers.
- **4.** Support your breasts with the palm of your hands.
- 5. Start pumping as described in section 8.4.

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

Assembling your breast pump (cont.)

7.4 Hands-free expression with the Medela Pumping mate

Information

The Medela Pumping mate must be purchased separately. More information on www.medela.cn.



1. Put the Medela Pumping mate on and close it using the hook on top.



2. Leave the zip slightly open.



- 3. Place the breast shield on your breast under the Medela Pumping mate in such a way that your nipple is centred in the tunnel of the breast shield.
- 4. Close the zip for secure fit of the Medela Pumping mate.



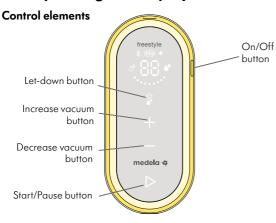
- **5.** Connect the assembled pump set to the breast shields.
- **6.** Start pumping as described in **section 8.4**.

8. Operating your breast pump

8.1 Terms and designations

2-Phase Expression 2 Phase	Through research, Medela found that babies nurse in 2 phases – Stimulation and Expression. This research is the basis for the technology in most Medela breast pumps.	
Stimulation phase	Fast sucking/pumping mode to stimulate milk flow.	
Expression phase	Slower sucking/pumping mode for gentle and efficient milk removal after milk has started flowing.	
Maximum comfort vacuum	Highest vacuum setting where pumping still feels comfortable. Different for every mother.	
Let-down	The reflex that makes the milk begin to flow from the breast.	

8.2 Operating and display elements

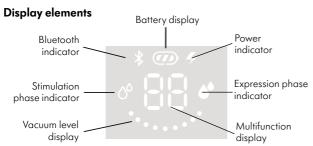


User guidance:

The control and display elements are not visible at all times.

When the breast pump is switched on, the active elements light up.

Operating your breast pump (cont.)



The **multifunction display** shows, depending on the device state, the following information:

- 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

Power and battery status display

	The power indicator (lightning symbol) indicates if the power adapter is
4	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.
	7 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 13) or call Medela Customer Service.

8.3 Charging the battery

MARNING

Only use the 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 of the equipment.

i Information

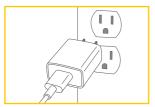
• You can use your breast pump while charging the battery. The battery will charge as soon as the breast pump is connected to a power source. However, it will charge in a slower mode when the pump is running.



1. Connect the power cable to the motor unit.



2. Plug the power cable into the power adapter.



3. Plug the power adapter into a wall outlet.

8.4 Expressing your breast milk

A CAUTION

- Do not hold the pump set by the bottle. This can lead to compression and blockage of the milk ducts and engargement.
- 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.



- 1. If not already done, connect your assembled pump set to the tubing port on the front of the breast pump.
- Make sure that the pump set is connected and positioned properly.



- **3.** Press the On/Off button (1) on the side until the breast pump emits an audio signal, then release the button.
- → The breast pump is now in standby mode.



- Press the Start/Pause button > to start the pumping operation.
- → The breast pump begins in the stimulation phase.



5. Adjust the vacuum with the Increase vacuum (+) and Decrease vacuum (—) buttons to find a comfortable level (for maximum comfort vacuum see chapter 9).



- **6.** 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.



7. Adjust the vacuum with the Increase vacuum (+) and Decrease vacuum (—) buttons to find your maximum comfort vacuum (see chapter 9).



- **8.** 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.



9. Press the On/Off button (1) on the side to switch the breast pump off.

Operating your breast pump (cont.)

Pausing

In both stimulation and expression phase the breast pump can be paused. This allows you to readjust yourself or your breast pump set, 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 (1) twice.

Information

- If pumping is not resumed within two minutes, the breast pump switch 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 MyMedela.

After pumping



Prepare the milk for storage as follows:

 Use the bottle stand to prevent the bottle from tipping over.



2. Close the bottle with a lid.

For information on storing the milk follow the instructions in **chapter 11**.

9. Finding your maximum comfort vacuum



Once you are pumping in the **Expression phase** • increase the vacuum with the Increase vacuum (+) button until pumping feels slightly uncomfortable (not painful), then decrease the vacuum slightly 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 here.
- Reassess your maximum comfort vacuum throughout your pumping experience. It can change throughout each stage of lactation.

10. Special features

10.1 Bluetooth® connectivity

Bluetooth is a wireless technology for exchanging data over short distances. This can be used to connect your Freestyle Flex breast pump via a personal device, such as a smart phone, to the WeChat MyMedela platform.

By connecting your breast pump to the WeChat MyMedela platform 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 platform you need to create an account in WeChat.

Connecting (pairing) your Freestyle Flex breast pump with WeChat MyMedela platform

- 1. Make sure that Bluetooth is enabled on your mobile device.
- 2. Open WeChat.
- 3. Search and follow Medela's official WeChat account.
- **4.** On Medela's official WeChat account MyMedela platform page, click on "More", navigate to "Connected breast pump" > "Set up a new breast pump" and follow the set-up and pairing instructions on the screen.
- → After successful pairing the Bluetooth indicator ***** on the breast pump lights up continuously.
- → If the pairing is not successful within two minutes, the breast pump will switch off automatically.

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.

Information

- By tracking your pump sessions on the WeChat MyMedela platform, you can stay on-target 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 and if your paired device is near.
- One WeChat account can bind multiple pumps at one time.
- In WeChat, you can bind a pump with your personal WeChat account. Only if the WeChat account unbinds the device, another WeChat account can bind with that same device.
- The Freestyle Flex 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 WeChat account will log an infinite number of historical sessions.

Removing your Freestyle Flex breast pump from your mobile device

- 1. Open WeChat and go to "me".
- 2. Select "Settings".
- 3. Select "Devices".
- 4. Select your Freestyle Flex pump and click on "Delete device".

i Information

- Removing the Freestyle Flex breast pump from your mobile device will not delete pumping information stored on the WeChat MyMedela platform.
- 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.cn.

Special features (cont.)

10.2 Delayed start

The Freestyle Flex 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 have your hands free when pumping starts (e.g. for holding the breast shields while double pumping).





- 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 is started.
- → During the delay time the Start/Pause > button is flashing and the multifunction display shows the remaining time in seconds.
- → After the delay time has elapsed the breast pump starts operating.
- 2. To skip the delay, press the Start/Pause button >.
- → The breast pump starts operating immediately.

Do not refreeze!

11. Storing and thawing breast milk

11.1 General storage guidelines

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

^{*}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, bottles 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).

11.2 Storing breast milk in a Medela cooler bag

Your Medela cooler bag requires one Medela contoured ice pack. Up to four 150 ml bottles of breast milk will stay cool for up to ten hours in a room temperature environment inside your pump bag. Up to four 150 ml bottles of breast milk will stay cool for up to eight hours in a room temperature environment, inside the cooler, stored outside of the pump bag.

- As soon as you are finished with pumping, place the breast milk bottle or breast milk storage bag in the cooler bag with the ice pack.
- Transfer breast milk bottles or breast milk storage bags to the refrigerator or freezer once you are at home.

Storing and thawing breast milk (cont.)

11.3 Freezing

NOTICE

- Repeated freeze/thaw cycles destroy the structure of the milk. Therefore, never refreeze breast milk.
- Freeze expressed breast milk in plastic 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.

11.4 Thawing

A 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 / 98.6 °F).

NOTICE

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

11.5 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.cn.

12. Maintenance and care

12.1 Power adapter care



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.

Travelling internationally

Information

Hints on travelling with your breast pump

When travelling 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.

12.2 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
- Make sure that the voltage of the power adapter is compatible with the power source.

Maintenance and care (cont.)

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 **section 8.2** 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.

Travelling internationally

Information

This breast pump has a lithium-ion battery. Carrying such batteries on aeroplanes 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 travelling with lithium-ion batteries.

12.3 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.

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



It is best to fully charge the battery before storing your breast pump for an extended period of time. Refer to **section 8.2** for information on the battery charging state.

13. 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

noobleshooming table			
Problem	Solution		
The breast pump does not enter the standby mode after you pressed the On/ Off button	 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	 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 (after-sales hotline: 4006703600). 		
The timer does not count up after you pressed the Start/ Pause button	 Contact the Medela Customer Service (after-sales hotline: 4006703600). 		
The breast pump generates no vacuum (motor not working) after you pressed the Start/Pause button	 Make sure that the breast pump is switched on. Contact the Medela Customer Service (after-sales hotline: 4006703600). 		
The breast pump generates only constant vacuum instead of sucking cycles	 Contact the Medela Customer Service (after-sales hotline: 4006703600). 		
The breast pump stops operation or cannot be turned on (emits an audio signal and all elements of the battery display are flashing)	 The breast pump refuses operation due to battery over-temperature. Allow the motor unit to cool down, then restart the breast pump. 		

Troubleshooting (cont.)

All elements of the battery display are flashing when you are trying to charge your breast pump	 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	 Make sure that all pump set 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 (after-sales hotline: 4006703600).
The breast pump is not responding as expected	 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 (after-sales hotline: 4006703600).
The breast pump exterior got wet	 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	 Unplug the breast pump from the power source and switch it off. Contact Medela Customer Service (after-sales hotline: 4006703600).
Data cannot be sent	 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 section 10.1. 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 (after-sales hotline: 4006703600).

14. Ordering information

Accessories

Article number	Product
Depending on your region, check local website/shops for	PersonalFit Flex breast shield S (21 mm)* PersonalFit Flex breast shield M (24 mm)* PersonalFit Flex breast shield L (27 mm)* PersonalFit Flex breast shield XL (30 mm)*
availability.	Freestyle Flex tubing
	PersonalFit Flex connector

^{*}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 successful.

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

For replacement of lost or defective parts please contact Medela Customer Service (after-sales hotline: 4006703600).

Other Medela products are available at **www.medela.cn**.

15. Warranty

The "International Warranty" brochure contains detailed warranty information.

16. 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.

Breast shields, connector, tubing and accessories

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.

A CAUTION

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

17. 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

\triangle	General safety alert symbol, points to information related to safety.
/	Defines a temperature range (e.g. for operation, transport or storage).
<u></u>	Defines a relative humidity range (e.g. for operation, transport or storage).
∳•⇔ kPa	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

\bigcirc	Indicates the location of the On/Off button.
***	Identifies the manufacturer.
	Indicates the date of manufacturing.
REF	Indicates the part number of the device.
SN	Indicates the serial number of the device.
†	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).



Read and follow the instructions for use.



Indicates that a specific separate power adapter is required for connecting the device to the supply mains and specifies its model/type.



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 European low voltage, electromagnetic compatibility and radio equipment directive.

Meaning of symbols (cont.)

Symbols on the power adapter

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

Trole: Symbols on the power dadpler may vary depending on the marker me offices sold.			
\sim	Indicates alternating current.		
===	Indicates direct current.		
⊕	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.		
(3)	Read and follow the instructions for use.		
V	Indicates the efficiency level for external power supplies.		
	Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose		



Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).



The CE mark indicates conformity with the European low voltage and electromagnetic compatibility directive. Indicates that the product complies with the European directives for reduction of hazardous substances.



Indicates that the device is a short-circuit proof safety isolating transformer.



Indicates that the electronic device incorporating transformer(s) and electronic circuitry(ies), converts electrical power into single or multiple power outputs.



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 UL LISTED mark indicates that the product is manufactured in compliance with UL safety requirements for USA and Canada.



Indicates the compliance with the requirements of the Federal Communications Commission.



The NOM (Norma Oficial Mexicana) mark indicates that the product is found to be in compliance with the applicable Mexican requirements.



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.

Symbols on the packaging

	Identifies the manufacturer.
REF	Indicates the part number of the product.
Ī	Contains fragile goods. Handle with care.
类	Keep away from sunlight.
 	Keep away from rain. Keep in dry conditions.
1.	Defines the temperature range for transport or storage.
<u></u>	Defines the relative humidity range for transport or storage.
⇔•⇔ kPa	Defines the atmospheric pressure range for transport or storage.
$\ $	Indicates that the product in the package meets the requirements of Standard GB4806.7-2016/GB4806.11-2016 and is intended to be in direct contact with food.
CE	The CE mark indicates conformity with the applicable European directives
	Read and follow the instructions for use.
	Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).
\odot	Indicates that the material is part of a recovery/recycling process.
Karton Carton Board	Indicates that the package is made of cardboard.
& A	Indicates that the package is capable of being recycled.

18. International regulations

18.1 Electromagnetic compatibility (EMC)

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

MARNING

The electric breast pump Freestyle Flex should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the electric breast pump Freestyle Flex 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.

18.2 Drinking equipment

Parts intended for infant feeding comply with the European Standard EN 14350.

19. Technical specifications

Summary of important technical specifications

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



Operating temperature range

Power adapter (Model: S010BLC0500200)

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



Operating humidity range



Ambient pressure range



Transport/storage temperature

Motor unit

Battery capacity	3.7 V, 2750 mAh
and type	Li-ion
Size	148 x 66 x 46.5 mm
Weight	273 g



Transport/storage humidity range

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, thermoplastic elastomer
- Connector: Polypropylene, silicone
- Bottle: PolypropyleneLid: Polypropylene

All parts that come in contact with breast milk are not made with BPA (Bisphenol A).

1. 重要安全信息

⚠ 使用本产品前,请阅读所有使用说明。 请妥善保存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。
	可能导致材质损坏(不涉及人身
注意	伤害)。
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
 - (售后热线: 4006703600)。
- 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。
 - 请勿在吸乳器上倒水。
 - 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。

重要安全信息(内容)

▲ 警告

为避免健康风险和降低严重受伤风险:

- 请勿在开车时使用 Freestyle Flex (享韵) 吸乳器。
- 吸乳会催产。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。
- 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。
- 本设备不适用于身体、感官或精神能力下降的人;或缺乏经验和知识的人(包括儿童),除非负责其安全的人员已对他们使用本设备进行过监督或指导。
- 对儿童进行监督, 确保其不触碰设备。

适用干欧盟国家/地区:

- 该设备适合 8 岁及以上儿童, 以及身体、感官或精神存在缺陷或缺少经验和专业知识的人员使用, 前提是他们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。
- 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 19 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, 配件可煮沸消毒: 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:

- 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。
- 该产品不可维护或修理。请勿自行修理。请勿改装该设备。
- 禁止使用已损坏的设备。请更换有缺陷或磨损部件。
- 仅按照本使用说明书中所述的预期用途使用该吸乳器。
- 请勿在睡眠或过干困倦时使用吸乳器。
- 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进行煮沸。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)。

重要安全信息(内容)

▲ 小心

为避免健康风险并降低受伤风险:

- 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。
- 只能用 Medela (美德乐) 推荐的部件与 Freestyle Flex (享韵) 吸乳器配套使用。
- 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, 请联系母乳喂养指导师或专家。更多信息,请参阅第6.章。

注意

拿放奶瓶和组件时应小心:

- 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组件中的乳汁。

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2. 特定用途

Freestyle Flex (享韵) 吸乳器是一款供哺乳期女性吸乳和集乳的电动吸乳器。 Freestyle Flex (享韵) 吸乳器为个人使用产品。

3. 产品说明

3.1 Freestyle Flex (享韵) 吸乳器说明

Freestyle Flex (享韵) 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。

Freestyle Flex (享韵) 吸乳器的正常使用寿命为 250 小时。

产品说明(内容)



有关订购信息,请参阅第14章。



有关订购信息,请参阅第14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. 将 Freestyle Flex (享韵) 吸乳器充电两小时 参阅**第 8.3 节**。
- 2. 清洗前, 拆分接触乳房或乳汁的所有部件 参阅第 5.2 节。
- 3. 对部件进行清洁和消毒 参见第 5.3 节和第 5.4 节。

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:



带有电源适配器/电源线

首次使用前,使用电源适配器给吸乳器电池充电两小时。

→ 充电完成后, 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8.2节。

有关吸乳器供电/给电池充电的更多详情,请参阅**第8.3节**。

将电源线插入马达顶部的电源插座中。

5. 清洁

所需物品:

- 温和的洗涤剂
- •干净的软刷
- •干净的洗盆
- 饮用水品质的水
- 用于煮沸水的干净的锅

要清洗或消毒的部件:

- 吸乳护罩
- 母乳储存瓶
- ●瓶盖
- ●连接器
- 防溢出膜

△ 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。
- 只能用饮用品质的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。不得清洗导管或在微波炉中使用 Quick Clean 微波消毒袋清洗导管。 请遵循**第 5.6 节**中的操作说明。

注意

注意以下几点:

- 小心清洗吸乳配件以免损坏部件。
- ●在下次使用前,将干燥的吸乳器配件存放在干净的包袋/容器中。
- 为避免发霉, 请勿存放潮湿部件。
- ●如果煮沸后注意到吸乳器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。

清洁(内容)

5.1 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 一 通过物理方法去除污染物来清洁部件表面。

消毒 一 杀死部件表面可能存在的微生物, 比如真菌、细菌或病毒。



5.2 拆卸



首次使用前

取下并处理吸乳护罩上的保护盖*。



每次使用后的清洁方法

将吸乳配件拆分为单个部件(吸乳护罩、连接器和储奶瓶),如下所示:

1. 将吸乳护罩从连接器上取下。



2. 通过挤压瓶盖两侧凸起或把瓶盖向上旋转打开连接器的后盖。



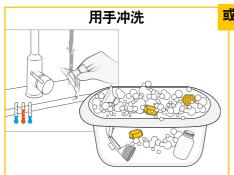
- 3. 将防溢出膜从连接器上取下。
- 4. 把储奶瓶、瓶盖和底座分开。

清洁(内容)

5.3 清洗

清洗 一 清洗对卫生很重要, 通过物理方法去除污染物来清洁部件表面。可以手洗或放在洗碗机里清洗部件。 请在第一次使用前清洁本产品。

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. 用干净的低温饮用品质水(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,建议使用不含人造香料和色素为佳 (pH值中性)。
- 3. 用干净的饮用水 (约 20°C) 冲洗部件 10 到 15 秒。
- 4. 清洗后干燥。

<mark>或者</mark> 或者放在洗碗机里清洗



- 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。使用餐具洗涤剂。
- 2. 清洗后干燥。

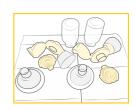
i信息

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。

请参阅第5.6节了解详细信息。

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。



5.4 消毒

消毒对卫生很重要,可以杀死活的有机体,比如细菌或病毒。在炉子上煮沸部件或使用Quick Clean 微波消毒袋进行消毒。

首次使用前和每天一次



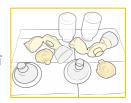
- 1. 将除导管之外的拆卸部件完全浸在水中, 然后煮至少 10 分钟。
- 2. 消毒后干燥。



- 1. 按照袋子上的说明在微波炉内使用 Quick Clean* 微波消毒袋。
- 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。



5.5 清洁马达

所需物品:

- •饮用水品质的水
- •温和的洗涤剂
- •干净的擦碗布或纸巾

所需部件:

●马达

△ 小心



- •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马达上。
- ●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. 用干净蘸有饮用品质水的毛巾擦拭马达。
- 4. 用干净的干毛巾擦拭马达。

5.6 清洁导管

通常不需要清洗导管。

i信息

检查导管。如果发现空气管中有冷凝水,请立即清洗并干燥,或更换导管。如果发现导管或导管接头内有母乳,不要试图清洗、清洁或消毒导管或导管接头。请与制造商联系。

所需物品:

- •饮用水品质的水
- ●温和的洗涤剂

所需部件:

●导管

清洗导管



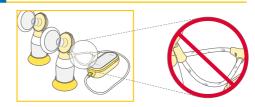
- 1. 关闭吸乳器。
- 2. 将导管从马达上取下。
- 3. 将导管从连接器盖上取下。
- **4.** 冲洗导管时, 将冷水注入两个短导管端, 直到水流出长导管端。
- 5. 在温肥皂水中清洗导管。
- 6. 用于净的水冲洗导管。

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 14 章。
- •请勿将吸乳器与湿导管配套使用;
- 否则会损坏吸乳器。



6. 吸乳护罩尺寸

6.1 选择适合的 Medela (美德乐) 吸乳护罩尺寸

确保使用适合的吸乳护罩尺寸。这是进行有效吸乳的重要组件,有助于促进乳汁流出。

了解 Medela (美德乐) 吸乳护罩的尺寸

吸乳不应造成疼痛。为确保更高的舒适度和吸乳效率,Medela (美德乐) 提供了多种吸乳护罩尺寸*。

本指南能帮助您在开始时根据乳头直径来选择理想的吸乳护罩尺寸。



步骤 1

使用直尺或卷尺在乳房底部 (横跨中间) 测量乳头直径, 以毫米 (mm) 表示。 不包括乳晕。

步骤 2

根据测量结果确定 Medela (美德乐) 吸乳护罩的尺寸。

示例: 如果测得的乳头直径为 16 mm, 则建议使用 21 mm 的 Medela (美德乐) 吸乳护罩。

i信息

PersonalFit Flex (多选型舒悦版) 吸乳护罩有各种尺寸, 最大 30 mm。如果您需要更大尺寸的吸乳护罩 (36 mm), 请详询 Medela (美德乐) 官方网站 www.medela.cn。

*有关订购信息,请参阅第14章。

6.2 优化吸乳护罩尺寸

- •建议首先使用吸乳器附带的吸乳护罩,或根据测量值确定相应尺寸的吸乳护罩。
- •保持乳头居中, 轻轻握住吸乳护罩贴到乳房上。
- ●调整以获得最大舒适负压(参阅第9章),来实现尽可能理想的吸力水平。
- ●在吸乳模式(刺激泌乳模式后)下吸乳时, 请参考以下图。



- •乳头碰到管道侧面。
- •尝试更大尺寸。



•乳头居中日可自由移动。



- •乳头和过多乳晕被吸入 管道中。
- •尝试更小尺寸。

尝试新尺寸的原因

- •乳头碰到管道侧面,造成不舒适的感觉。
- •过多乳晕被吸入管道中。
- •出现红肿的情况。
- •乳头或乳晕变白。
- 吸乳后感觉有未吸出的乳汁。

如果出现上述任何一种情况,则考虑按照上述测量说明尝试不同尺寸。如果仍不确信是否选择了正确的尺寸,请向母乳喂养指导师或专家咨询。

仅使用干净的干燥部件组装。清洁请参阅第5章。

7.1 吸乳配件的组装

所需部件:

- ●导管
- ●马达
- 吸乳护罩
- ●母乳储存瓶

- ●瓶盖
- ●连接器
- 防溢出膜



△ 小心

为防止母乳污染:

- •在触碰马达、吸乳配件和乳房前, 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。
- 避免接触奶瓶和瓶盖的内侧。

确保吸乳器工作正常目安全:

- 在使用前, 请检查吸乳套装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。如果有脏污, 按照第5章中所述进行清洁。
- 只能使用 Medela (美德乐) 正品部件。请参阅第 14 章了解详细信息。
- 保持所有不使用的部件放在儿童可触及范围之外,使儿童不能接触,以免被儿童入口误吞或发生其他的意外。不应将奶瓶及奶瓶任何部件作为玩具使用。
- 为了您孩子的安全与健康、警告! 应在成人监护下使用本产品;不应将奶嘴作为安抚奶嘴使用;长期吸吮将会导致龋病;喂食前应检查食品的温度。
- 除推荐方法外的其他食品加热、清洗、存放和使用方法尚未经过验证,不适用于本产品,可能会造成产品损坏。

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。



- 1. 将(暗黄色)防溢出膜小心地插入连接器开口。
- → 确保防溢出膜与连接器边缘完全贴合。



2. 盖上连接器盖直到听到咔嗒声。



3. 将奶瓶旋在连接器上, 注意, 请不要旋得太紧。



- 4. 小心地将吸乳护罩装到连接器主体上。
- → 选择一款满足您需求的吸乳护罩尺码。有关合适的尺寸,请参阅**第6章**。



5. 该椭圆形的吸乳护罩可旋转 (360°) 并放置在您感觉舒适的理想位置。

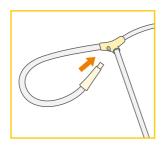


6. 将导管的短端插入连接器盖上的开口。



7. 将长导管端尽可能多地插入到马达中。

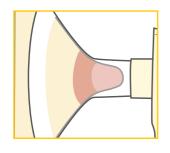
7.2 准备单侧吸乳



1. 将未用的导管端插入导管夹中。



→ 正确组装系统(单侧吸乳)。



2. 保持吸乳护罩与乳房贴合,让乳头刚好位于吸乳护罩管道中央。



- **3.** 用拇指和食指扶住吸乳护罩和连接器, 将它们放到乳房上。
- 4. 用手掌托住乳房。
- 5. 按第8.4节中所述开始吸乳。

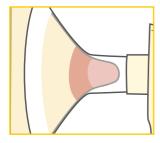
7.3 准备双侧吸乳

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。
- •您可以通过延迟启动功能来启动吸乳器,这样可以在吸乳时空出双手。 有关延迟启动功能,请参阅**第 10.2 节**。
- ●您也可以穿上 Medela (美德乐) Pump Mate (百依胸衣)*进行吸乳, 从而空出双手。



- 1. 按第7.1 节中所述组装第二个吸乳器套装。
- → 正确组装系统(双侧吸乳)。



2. 保持吸乳护罩与乳房贴合,让乳头刚好位于吸乳护罩 管道中央。



- **3.** 用拇指和食指扶住吸乳护罩和连接器, 将它们放到乳房上。
- 4. 用手掌托住乳房。
- 5. 按第8.4节中所述开始吸乳。

^{*}可以参阅您所在国家/地区当地的网站/商店。

组装吸乳器(内容)

7.4 免手扶吸乳

信息

Medela (美德乐) Pump Mate (百依胸衣) 需单独购买。有关更多信息,请访问www.medela.cn。



1. 穿上 Medela (美德乐) Pump Mate (百依胸衣)。



2. 保持拉链稍微拉开。



- 3. 将吸乳护罩贴合在 Medela (美德乐) Pump Mate (百依胸衣) 内的乳房上, 确保乳头位于吸乳护罩的管道中央。
- 4. 收紧拉链,确保紧身胸衣紧身。



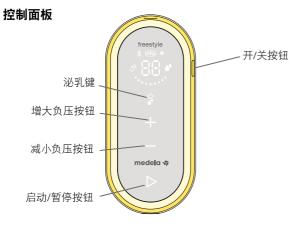
- 5. 将组装好的吸乳配件与吸乳护罩连接。
- 6. 按第8.4节中所述开始吸乳。

8. 吸乳器操作

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 Medela (美德乐)大多数吸乳器中所用技术的基础。
刺激泌乳	快节奏吮吸/吸乳可刺激乳汁流出。
吸乳阶段	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。
Maximum comfort vacuum (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

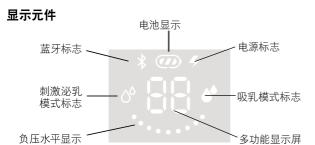


用户指导:

控件和显示元件并不总是可见的。

当吸乳器打开时,有源元件就会亮起来。

吸乳器操作(内容)



多功能显示屏根据设备状态显示 以下信息:

- •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)

电源和电池状态显示

4	电源指示灯(闪电符号)表明电源适配器是否连接。 → 如果灯亮了,即表明电源适配器接通。
	电池显示屏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,最后一个充电格闪烁时,则电池几乎没电。
(闪烁)	→ 当电池显示屏轮廓闪烁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屏轮廓同时闪烁,这表明电池过热或有问题。 请参阅故障排除 (第 13 章) 并致电 Medela (美德乐) 客服中心。

8.3 给电池充电

↑ 警告

只使用吸乳器附带的电源适配器和电源线。 电源或电缆不足可能导致火灾, 触电或设备故障。

i信息

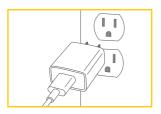
•可在给电池充电时使用吸乳器。将吸乳器连接到电源后, 电池即开始充电。然而, 当吸乳器操作时, 充电速度会较慢。



1. 把电源线接到马达上。



2. 将电源线接到电源适配器上。



3. 将电源适配器插入到壁式插座中。

8.4 吸出母乳

∧ 小心

- •吸乳时不要手持储奶瓶。此举将导致乳导管挤压、堵塞和乳胀。
- •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, 请联系专业的健康顾问或母乳喂养专家。

注意

确保吸乳时导管没有打结或被夹住。



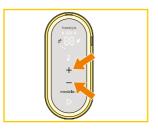
- 1. 如果还没有完成, 将组装好的吸乳器配件插入到吸乳器前面的导管端口上。
- 2. 确保吸乳器配件连接位置正确。



- 3. 按下侧面的开/关按钮 (),等吸乳器发出声音,然后松 开按钮。
- → 吸乳器现在处于待机模式。



- 4. 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。



5. 用增加负压 (十) 和减少负压 (一) 按钮调节负压, 找到 舒适等级 (最大舒适负压见**第9章**)。



- 6. 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进行。
- → 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。



7. 用增加负压 (十) 和减少负压 (一) 按钮调节负压, 找到最大舒适负压 (参见**第9章**)。



- 8. 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, 30 分钟后吸乳器会自动停止。



9. 按下侧面的开/关按钮(1)关闭吸乳器。

吸乳器操作(内容)

暂停

在泌乳和吸乳阶段, 吸乳器都可以暂停。 这样, 您就可以重新调整自己或吸乳器部件或整理周围环境。

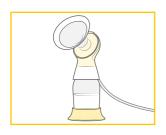
- 1. 当吸乳器运行时, 如要暂停, 按下启动/暂停按钮 ▶ 即可。
- → 吸乳操作停止时, 启动/暂停按钮和时间显示屏闪烁。
- 2. 要继续吸乳,请再次按下启动/暂停按钮 ▷。

如果您想开始一个新的吸乳过程,按两次开/关按钮 (1) 来关闭或打开吸乳器。

i信息

- •如果两分钟内没有继续吸乳,则自动关闭吸乳器。
- •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。
- ●别忘了在 MyMedela (美乐喂) 中记录吸出的乳量。

吸乳后



可按照下列方式准备储存母乳:

1. 使用储奶瓶架以防储奶瓶倾倒。



2. 用瓶盖将储奶瓶盖好。

有关储存母乳的信息,请按照第11章中的说明。

9. 找到最大舒适负压



在**吸乳阶段** № 吸乳时,可按增加负压(十)按钮增加负压直到吸乳时感觉轻微不适(不疼),然后按降低负压按钮(一)回调一格。

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。
- •刺激泌乳应位于舒适的负压位置,在这儿没必要设为最大负压位置。
- •重新评估整个吸乳过程中的最大舒适负压。该值在哺乳期的每个阶段都会发生变化。

10.1 Bluetooth® (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 Flex (享韵) 吸乳器连接到"美德乐母乳妈妈俱乐部"官方微信中的 MyMedela (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 MyMedela (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。

将 Freestyle Flex (享韵) 吸乳器与 "美德乐母乳妈妈俱乐部"官方微信中的 MyMedela (美乐喂) 平台连接 (配对)

- 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 MyMedela (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。
- → 配对成功后, 吸乳器上的蓝牙指示灯 * 持续亮起。
- → 如果两分钟内没有配对成功,则自动关闭吸乳器。

商标识别

Bluetoothh® 字标和徽标是由 Bluetooth SIG, Inc. 所有的注册商标,Medela (美德乐) 对该字标和徽标的使用均已获得许可。

信息

- ●通过跟踪您在《美德乐母乳妈妈俱乐部》官方微信中的 MyMedela (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。
- Freestyle Flex (享韵) 吸乳器的内存能够存储最近 30 次的吸乳数据。如果在第 31 次吸乳之前未将吸乳器联网,则历史记录将被新的吸乳数据覆盖。
- ●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。

从移动设备上断开 Freestyle Flex (享韵) 吸乳器

- 1. 打开微信,转到《我》。
- 2. 选择《设置》。
- 3. 选择《设备》。
- 4. 选择 Freestyle Flex (享韵) 吸乳器并单击"删除设备"。

信息

- ●从移动设备上删除 Freestyle Flex (享韵) 吸乳器不会删除存储在《美德乐母乳妈妈俱乐部》官方微信中的 MyMedela (美乐喂) 平台上的吸乳信息。
- •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。

要了解更多信息,请访问 www.medela.cn。

特点(内容)

10.2 延迟启动

Freestyle Flex (享韵) 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。

如果您想在吸乳时空出双手,这个功能会很有用(例如,双侧吸乳时扶住吸乳护罩)。



- 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。
- → 延迟时间过后, 吸乳器开始工作。



- 2. 若要跳过延迟, 可按下启动/暂停按钮 ▷。
- → 吸乳器会立即开始工作。

11. 储存和解冻母乳

11.1 一般储存指南

吸出的新鲜母乳储存指南(适用于健康宝宝)

室温 16 至 25℃ (60 至 77°F)	冰箱 4°C (39°F) 或更冷	冰柜 -18°C (0°F) 或更冷	冰箱中的解冻母乳
最多 4 小时为最佳	3天以内为最佳	最多6个月为最佳	在室温下: 最多 2 小时为最佳
*在非常干净的条件下, 吸出的母乳最多可保存 6 小时	*在非常干净的条件下, 吸出的母乳最多可保存 5 天	*在非常干净的条件下, 吸出的母乳最多可保存 9 个月	冰箱: 最多 24 小时
0 ,] , [1]		, 1,1	请勿反复冷冻!

*卫生吸乳小贴士:

吸母乳前,妈妈应该用香皂和水,或洗手液清洗双手。吸乳器部件、储奶瓶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(蔬菜存储盒上方玻璃架后)。

11.2 使用 Medela (美德乐) 冰包储存母乳

Medela (美德乐) 冰包需要一个 Medela (美德乐) 波状冰排。温室环境下, 如冰包置于便携包内, 可保证其中最多可放置的 4 瓶 150ml 的母乳保冷长达十小时。如果在室温环境下, 将冰包放在吸乳器包之外, 则可为四瓶 150 毫升的母乳保冷长达八小时。

- •完成吸乳后, 立即将母乳储存瓶或储奶袋放到带有冰排的冰包中。
- 回家后立即将母乳储存瓶或储奶袋放到冰箱或冰柜中。

储存和解冻母乳(内容)

11.3 冷冻

注意

- 反复的冷冻/解冻循环会破坏母乳的结构。因此, 切勿重新冷冻母乳。
- ●将吸出的母乳放在塑料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吸乳量。
- •塑料奶瓶和部件冷冻后会变脆, 掉落后可能会破损。
- 请勿使用已出现损坏迹象的奶瓶或组件中的乳汁。

11.4 解冻

小心

请勿使用微波炉或一锅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, 请将乳汁放入冰箱内过夜进行解冻。
- ●或者, 您也可以将储奶瓶或储奶袋放于不高于 37°C/98.6°F 的温水中解冻。

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。

11.5 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。

- ●每次使用之前和之后,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。

12. 维护和保养

12.1 电源适配器保养



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

带吸乳器外出的建议

出国旅行时,建议购买旅行适配器(未附带),以便匹配相应的壁式插座。请向您要逗留的国家/地区的相应机构进行咨询,以确定哪类适配器最适合。此吸乳器的电源适配器是双脚的,不需要接地插座。

12.2 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。

沣音

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。
- 确认电源适配器与当地电源的电压相匹配。

维护和保养(内容)

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。
- 存放吸乳器之前, 给电池充满电。 有关电池充电状态的信息, 请参阅**第 8.2 节**。
- •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,可启动插入壁式插座上的电源适配器的吸乳器。

出国旅行

i信息

此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。请向您要逗留的国家/地区的相应机构进行咨询,以确定对于带锂离子电池旅行有无限制。

12.3 长期存储

吸乳器包含一个可充电电池。为了保护吸乳器,长时间不用时,它将自动转换为存储模式。

要退出存储模式,需将吸乳器插入外部电源中并为电池充电2小时。

长时间存储吸乳器之前, 请谨记:



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8.2节。

13. 故障排除

如果您的吸乳器出现未知问题,请检查故障排除表,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	解决办法
按下开/关按钮后, 吸 乳器未进入待机模式	●您按下开/关按钮的时间太短或太长。 ●按开/关按钮,直到您听到声音信号,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	 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(售后热线:4006703600)。
按下开始/暂停按钮 后, 计时器不会计时	●联系 Medela (美德乐) 客服中心 (售后热线: 4006703600)。
按下启动/暂停按钮 后, 吸乳器不会产生 负压 (马达不工作)	●确保将吸乳器打开。●联系 Medela (美德乐) 客服中心 (售后热线: 4006703600)。
吸乳器只产生恒定的 负压而不是吸乳周期	●联系 Medela (美德乐) 客服中心 (售后热线: 4006703600)。
吸乳器停止工作或无 法打开 (发出声音信 号, 电池显示屏上各 元件闪烁)	●由于电池温度过高,吸乳器无法正常工作。让马达冷却,然 后重新启动吸乳器。

故障排除(内容)

试 图 给 吸 乳 器 充 电时,电池显示屏上所有元件都在闪烁	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。
吸力很小或没有吸力	 确保所有吸乳配件组件干净干燥,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(售后热线: 4006703600)。
如果吸乳器未做出预 期响应	●要重置吸乳器,需按下开/关按钮 (在侧面) 并保持七秒。 ●如果仍然没有变化,请联系 Medela (美德乐) 客服中心 (售后热线: 4006703600)。
吸乳器外部被弄湿	◆从电源上拔下吸乳器并将其关闭。◆将吸乳器外部晾干。
吸乳器被浸入水中	●从电源上拔下吸乳器并将其关闭。 ●联系 Medela (美德乐) 客服中心 (售后热线: 4006703600)。
无法发送数据	 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。参阅第10.1节。 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出现更多问题, 请联系 Medela (美德乐) 客服中心 (售后热线: 4006703600)。

14. 订购信息

附件

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。	PersonalFit Flex 舒悦版多选型吸乳护罩 S 号 (21 mm)* PersonalFit Flex 舒悦版多选型吸乳护罩 M 号 (24 mm)* PersonalFit Flex 舒悦版多选型吸乳护罩 L 号 (27 mm)* PersonalFit Flex 舒悦版多选型吸乳护罩 XL 号 (30 mm)*
	Freestyle Flex (享韵) 导管
	PersonalFit Flex 舒悦版连接器

^{*}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顺利。

如果您找不到想要的配件,请联系 Medela (美德乐) 客服中心。

如需更换遗失或有缺陷的部件,请联系 Medela (美德乐) 客服中心 (售后热线: 4006703600)。

如需了解其他 Medela (美德乐)产品,请登录 www.medela.cn。

15. 产品质保

《国际质保》手册提供与质保相关的所有信息。

16. 废弃处理

吸乳器的废弃处理

在其使用寿命结束时,将吸乳器的各部件分开,并按照以下说明处理。

吸乳护罩、连接器、导管和配件

该部件由塑料制成,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。

17. 符号含义

下表解释了产品部件和包装上的符号的含义。

这些说明中使用的符号

/	î\
_	<u>. </u>

一般安全警示符号, 指向安全相关的信息。



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。

REF

表示设备的部件编号。

SN

表示设备的序列号。



表示符合国际防电击要求(BF型触身部分)。



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)。



请阅读并遵守使用说明书。



→ 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。

FC.

表示符合联邦通信委员会的要求。



表示此设备包含蓝牙无线技术。



法规符合性标志表明符合澳大利亚EMC和无线电传输要求。



CE 标志表示符合欧盟低电压指令、电磁兼容性指令和无线电设备指令。

符号含义(内容)

电源适配器上的符号

注意: 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。

 表示直流电。

⊕ 表示 USB 电源输出的极性。

表示该设备是 || 类电器 (双重绝缘)。

表示设备只允许用于室内。

② ③ 表示外部电源的效率水平。

请阅读并遵守使用说明书。

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)。

表示该设备是防短路安全隔离变压器。

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。

┣┣┃ EAC (欧亚符合性) 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。

「Ų」」」。
UL LISTED 标志表示该产品符合美国和加拿大的 UL 安全要求。

表示符合联邦通信委员会的要求。

NOM (Norma ofmexicana) 标志表示产品符合适用的墨西哥要求。

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。

✓ SAFETY 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。

包装上的符号

表示制造商。

REF 表示该产品的零部件编号。

包含易碎品。小心轻放。

沙 远离光照。

(3)

🐥 远离雨水。保持干燥。

፟ 定 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。

表示包装内产品符合GB4806.7-2016/GB4806.11-2016 法规要, 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。

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)。

表示产品材料可进行回收/再利用。

表示包装由纸板制成。

表示包装能够被回收。

18.1 电磁兼容性 (EMC)

Freestyle Flex (享韵) 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 Flex (享韵) 吸乳器不得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与其他设备堆叠使用, 应观测 Freestyle Flex (享韵) 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。

18.2 哺喂产品

用于婴儿喂养的部件符合欧盟标准 EN 14350。

19. 技术规格

重要技术规格概述

负压性能

(海拔 500 米 [954.62 百帕环境压力])

-45 至 -245 mmHg

45 to 111 cpm

电源适配器(型号: S010BL*0500200)

*国家/地区代码





电池容量和类型	3.7 V, 2750 mAh 锂离子
大小	148 x 66 x 46.5 mm
重量	273 克

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

接触皮肤或接触母乳的物质

•吸乳护罩: 聚丙烯, 热塑性弹性体

●连接器: 聚丙烯, 硅胶

•奶瓶:聚丙烯

所有与母乳接触的部件都不是用双酚 A (BPA) 制成的。



工作温度范围



工作湿度范围



环境压力范围



运输/存储温度



运输/存储湿度范围



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