

# LIBERTY<sup>®</sup>/INDEPENDENCE<sup>®</sup>

## DOUBLE ELECTRIC BREAST PUMP



## User Manual for Freemie Liberty<sup>®</sup> and Independence<sup>®</sup> Mobile Pumps

**IMPORTANT** - Read this manual prior to use.

**Please save this manual.**

Review the most current manual at [www.freemie.com](http://www.freemie.com)

This manual contains important information for the proper sanitization, use and care of your Freemie Liberty or Independence breast pump system. Please visit our website, [www.Freemie.com](http://www.Freemie.com), for customer service and all your spare parts needs.

**Congratulations** on your purchase and thank you for choosing Freemie Liberty/Independence. Your Freemie mobile pump is designed to help make your pumping experience compatible with your life, allowing you greater flexibility to pump whenever and wherever necessary.

## Intended Use

The Freemie Liberty/Independence pump is a powered breast pump to be used by lactating women to express and collect milk from their breasts. The Freemie Liberty/Independence pump is intended for use by a single user.

## Contraindications For Use

There are no known contraindications for use of this product.

## Product Description

The Freemie Liberty or Independence is a personal-use electric breast pump and is capable of single and double pumping. The operating life of the Freemie Liberty is defined to be normal expected use of up to three pumping sessions of 20 minutes per day for one year. The operating life of the Freemie collection kit is defined as 60 days.

## Important Notice

If you have any concerns about your health, or experience any pain while nursing or using any breast pump, stop pumping immediately and consult your health care or lactation professional immediately. DAO Health does not give medical advice or lactation advice, make diagnoses or recommend treatment.

**WARNING:** Never use your Freemie mobile pump in any location, situation or circumstances that are unsafe for you, your infant or others.

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# Important Safety Instructions

## READ ALL INSTRUCTIONS BEFORE USING THIS PRODUCT.

This is a single user product. Use by more than one person may present a health risk and will void the warranty.

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

**DANGER:** To reduce the risk of electrocution:

- Always unplug electrical product immediately after charging.
- Do not use while bathing, showering or swimming.
- Do not place or store product where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or other liquid.
- Do not reach for product if it has fallen into water.

**WARNING:** To avoid damage, electric shock, or fire:

- This device cannot be serviced or repaired. Do not attempt to open the device. Do not repair yourself. Do not modify the device. Do not attempt to replace lithium ion battery. Do not attempt to modify firmware.
- Never leave product unattended when plugged into electrical outlet. Micro-USB cable is for charging only, and does not provide a data connection to pump.
- Never use or charge pump below 10°C (40°F) or above 40 (104°F).
- Never use if any type of liquid is detected from inside the pump. This could be a sign that the battery is damaged or that liquid has entered pump through tubing, which will damage the pump. Contact customer service.
- Close supervision is necessary when this product is used near children or persons with disabilities.
- Use product only for intended use as described in this manual.
- Only use attachments recommended by the manufacturer. Use with unapproved collection systems may cause injury to you, and damage to your pump.
- Never operate this product 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.
- Keep cord and all attachments away from heated surfaces.
- Never charge pump during use while sleeping or when drowsy.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use solvents or abrasives on any components.
- Do not put any Freemie components in the dishwasher or steam sterilize.

**WARNING:** To avoid health risk and reduce the risk of injury:

- Never use a damaged device. Replace damaged or worn parts.
- Never use if moisture or liquid is detected in pump's tubing. Only use with Closed System Freemie Cups with Tongue-shaped barriers inside cups.
- Always inspect the flexible tongue-shaped barrier (page 6) for damage (cuts, tears, or holes). Use of a damaged barrier will cause milk to flow into the tubing and pump motor. This can damage the pump motor and compromise hygiene. Use of a damaged barrier will void your warranty.

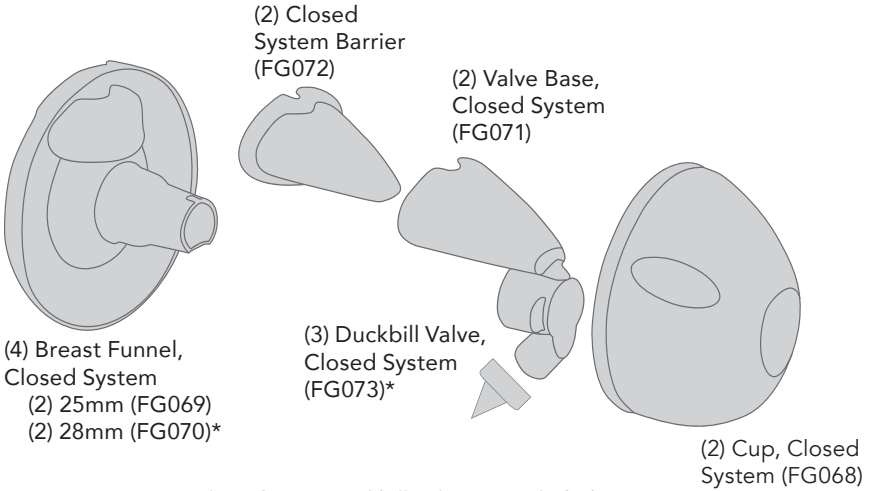
## Important Safety Instructions Continued

- If pumping is uncomfortable or causing pain, turn the unit off and if necessary break the seal between the breast and breast funnel immediately with your finger and remove the breast funnel from your breast.
- Do not try to express with vacuum that is too high and uncomfortable (painful). If all breast pumps are painful for you even on their lowest suction settings, consider consulting with your lactation or health care professional.
- Always inspect funnels, cups, valve bases, duckbill valves, barriers, and tubing prior to use for cleanliness.
- Clean, sanitize and dry all parts that come in contact with your breast and breast milk prior to first use. See page 11 and 12 for sanitization and cleaning instructions.
- Disassemble, clean and dry all parts that come into contact with your breast and breast milk after every use.
- Do not store wet or damp parts where mold may develop.
- Use Freemie Cups only with Freemie compatible pumps. Use with non compatible pumps may cause injury to you or damage your pump. Misuse may void warranty. Visit [Freemie.com](http://Freemie.com) for the current compatibility list.
- As a general rule, use Freemie only as often and only as long as you normally breastfeed your baby. Consult a lactation professional if you have questions about your milk supply.
- Consult your lactation professional if you have questions about whether Freemie is appropriate for you or to help determine the correct funnel size for you.
- Freemie is not recommended if you must watch your milk ejection reflex or aggressively massage your breasts while pumping to ensure that they are completely emptying.
- Do not share. Freemie is a personal use item.
- Do not use Freemie for simultaneous breastfeeding and pumping with compromised infants without first consulting your healthcare or lactation professional.
- Do not continue to use Freemie if you experience pain or discomfort in the breast or nipple while pumping. Do not pump or pump and nurse in situations or places that may present any risk to you or your infant.
- Keep out of reach of infants and children. Freemie has small parts that can be choking hazards.
- If you are a mother who is 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.

# Freemie Liberty and Independence Pump Systems

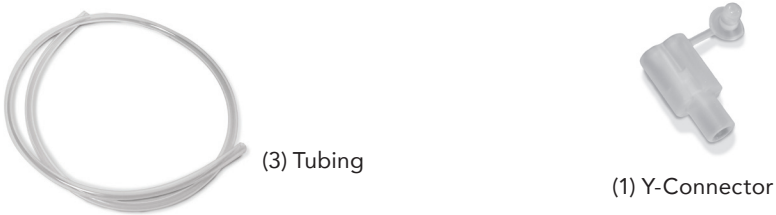
The Freemie Mobile Pump System includes:

## Collection Components

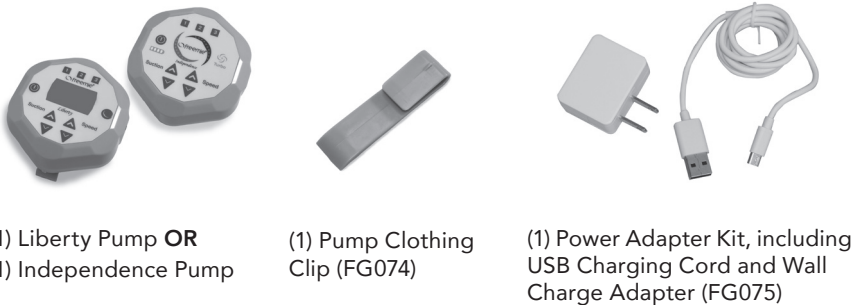


\*28mm Breast Funnels and extra Duckbill Valve not included in the Independence Standard Set

## Connection Kit, Closed System (FG067)



## Pump Components



# Pump the Freemie Way

## Pump Efficiently

Freemie can be used for single or double pumping as desired.

## Pump and Relax At Home

Use the Adjustable Auto Shut Off Timer to program your pumping session without watching the clock. You can close your eyes and sit in the recliner and make baby's milk for tomorrow while tonight's dinner is in the oven! (Auto Shut Off Timer not included on Independence model pumps)

## Work

Pump discreetly at your work station without ever undressing. Get your work done and get home!

## Travel

Travel with Freemie to express your milk on the go. Pump anytime, anywhere.

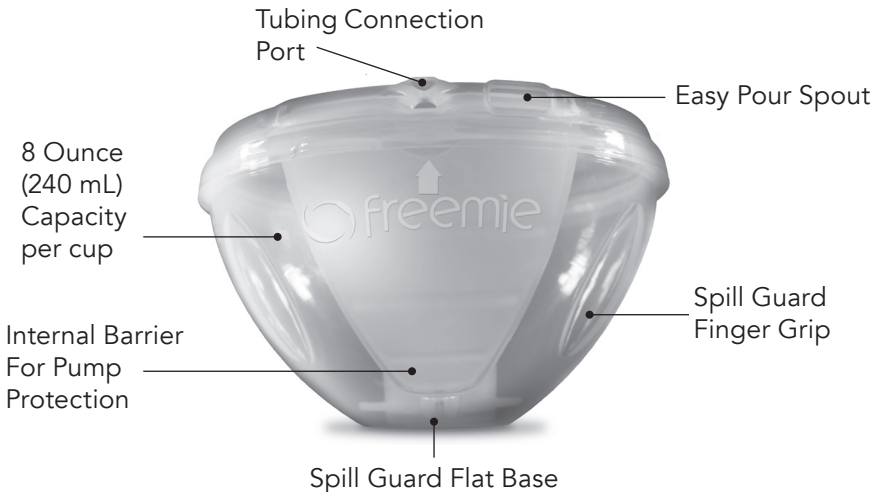
## Pump While Bonding

Freemie can be used to pump milk while breastfeeding. Place baby on one breast and Freemie cup on the other. Sleep in a little longer, and pump that first bottle of the day while baby fills up!



Milk contacting components not made with BPA, DEHP or natural rubber latex.

**Freemie® Collection Cup Features Overflow Protection to Keep Milk Out Of The Tubing!**



# Freemie Liberty Pump Features

## 1 3 Customizable Memory Settings

- Create and save the perfect suction and speed for stimulation, and set different patterns for power pumping, or more relaxed pumping
- Can be re-programmed at any time

## 2 Easy to Use Interface with Backlit LCD Screen

- Look at LCD straight on for correct readouts

## 3 Power On/Off Key

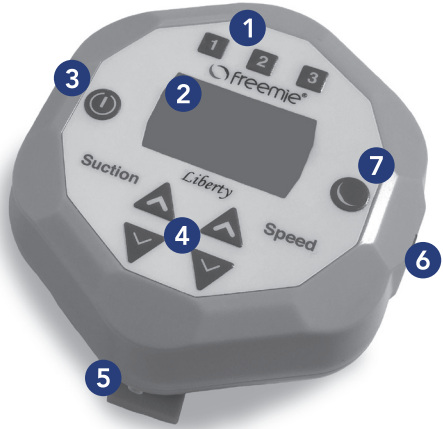
- Timer begins countdown to shutoff from 40 minutes

## 4 Speed and Suction Increase and Decrease Keys

- Adjust speed down from 1 to reach Turbo<sup>®</sup> Mode for Freemie's extended pull cycle

## 5 Tubing Connection Port

- Use tubing location to orient yourself to location of controls for operation while pump is concealed out of sight - e.g., On/Off is at 9 o'clock



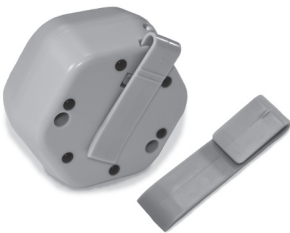
## 6 Micro USB Charging Port

- Compatible with many phone chargers

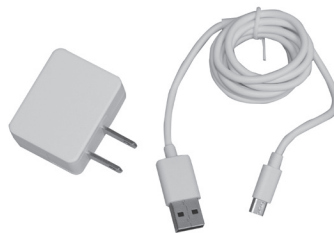
## 7 Adjustable Auto Shut Off Timer

- Press once to set pump to shut off in 5 minutes. Press multiple times in quick succession to add time in 5 minute increments, up to 40 minutes

## Included Freemie Mobile Pump Accessories



Removable Pump Clothing Clip



Wall Charger Adapter (allows for wall outlet charging)

Micro USB to USB Cord (allows for computer or car charging)



# Freemie Independence Pump Features

## 1 3 Customizable Memory Buttons

- Create and save the perfect suction and speed for stimulation, and then set different patterns for power pumping, or more relaxed pumping with additional memory buttons
- Can be re-programmed at any time as your needs change

## 2 LED Lights

- LED lights indicate speed and suction levels

## 3 Power On/Off Key

- Timer begins countdown to shutoff from 40 minutes

## 4 Speed and Suction Increase and Decrease Keys

- Adjust speed down from 1 to reach Turbo® Mode for Freemie's extended pull cycle. Turbo Indicator Light will turn on

## 5 Tubing Connection Port

- Use tubing location to orient yourself to location of controls for operation while pump is concealed out of sight - e.g., On/Off is at 9 o'clock



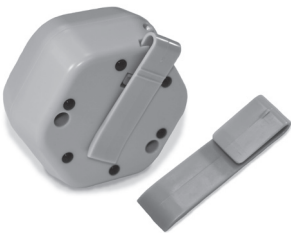
## 6 Micro USB Charging Port

- Compatible with many phone chargers

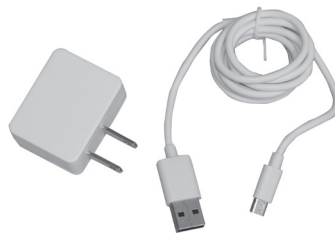
## 7 Turbo® Mode

- Turbo® light comes on to indicate Turbo® Mode.

## Included Freemie Mobile Pump Accessories



Removable Pump Clothing Clip



Wall Charger Adapter (allows for wall outlet charging)

Micro USB to USB Cord (allows for computer or car charging)

## Preparing Freemie for First Use

This pump contains non-replaceable rechargeable Lithium-ion batteries. Charge battery fully prior to use (approximately 2 to 3 hours).



A fully charged battery will provide approximately 2.5 hours operation time (approximately two days based on normal use of up to three 20 minute pumping sessions per day). Your pump may also be used while charging.

**WARNING:** Do not charge pump during use if you are sleeping or drowsy.

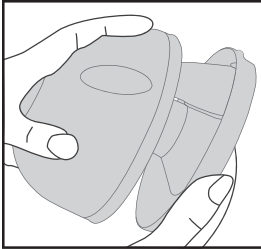
Battery charging time from a fully depleted battery is approximately 3.5 hours.

If you are travelling outside the US with your Freemie Mobile pump system, use appropriate plug adapters.

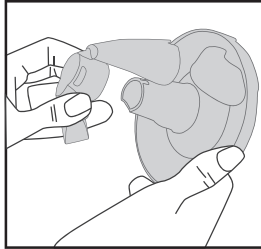
**NOTE:** This pump contains rechargeable Lithium-ion batteries which may be restricted from the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to Lithium-ion. For information about traveling with your breast pump, see [www.TSA.gov](http://www.TSA.gov).

## Preparing Freemie for First Use Continued

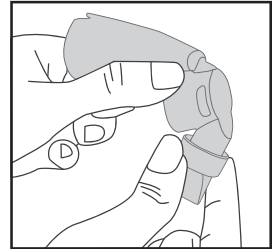
Disassemble and clean Freemie Cups prior to first use. Follow the instructions below to sanitize these parts.



Remove cup from funnel



Remove barrier and valve base from funnel

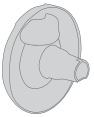


Remove barrier and valve from valve base

### Sanitize Parts

**Do not** steam sterilize or dishwasher any Freemie components. Doing so may cause the parts to warp or not fit securely and will void your warranty. Parts must be thoroughly dry before use.

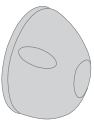
### Boil These Parts



Breast Funnel



Valve Base



Natural Shape Cup

- Boil only these parts for 10 minutes to sanitize and ensure parts fit securely in an **uncovered** pot. **Covered pots or other systems that trap steam can generate super heated steam which may damage parts.**
- Do not let parts sit on the bottom of the boiling pot.
- Parts should float freely.
- Carefully remove from water and be sure to wash and dry parts after boiling.

### DO NOT Boil These Parts



Duckbill Valve



Barrier



Tubing



Y Connector

- **DO NOT** boil or steam these parts. Hand wash only.
- Hand wash valve and barrier using plenty of hot water and liquid dishwashing soap, then rinse clean with hot water for 10 - 15 seconds. Allow parts to cool and dry completely before use.

## Regular Cleaning After Each Use

Do not steam or boil tubing, barriers or valves, as it will cause damage. Do not put any Freemie components in dishwasher or steam sterilizer, as it can cause parts to warp and leak. 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.

Dry parts completely and leave parts disassembled

1. Disassemble and wash all components that come into contact with breast milk (Cup, Breast Funnel, Valve, Valve Base, Barrier).
2. Hand wash parts using plenty of warm water and liquid dishwashing soap, then rinse clean with hot water for 10 to 15 seconds. Allow part to cool and dry completely before use.
3. Treat all parts with special care. Avoid abrasives and excessive heat.

Inspect the Closed System Barrier for rips or tears prior to each use. Rips or tears will cause the Closed System Barrier to not function properly, possibly causing damage to your pump. If the barrier has been compromised replace prior to pumping.

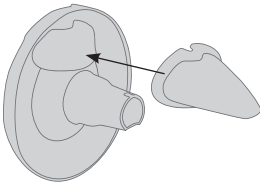
4. Clean and dry as soon as possible after each use.
5. When not in use, store parts un-assembled and out of reach from infants and children.
6. Do not store assembled Freemie parts in refrigerator, parts may become loose or leak.

# Assembling Freemie Cups

Always wash hands prior to assembling Freemie cups. All parts must be completely dry, correctly positioned, and pressed securely together.

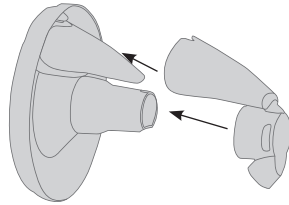
Inspect the device before each use for signs of wear or damage and replace parts if signs of wear are noted.

## Step 1



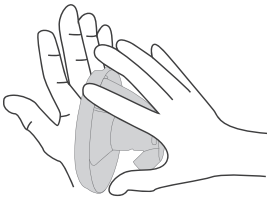
Place Barrier onto funnel mounting ridge and against cone surface.

## Step 2



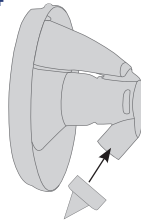
Align Valve Base with Barrier and Funnel and push together.

## Step 3



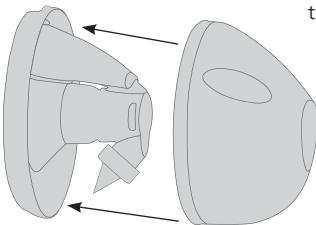
Press Breast Funnel and Valve Base firmly together.

## Step 4



Place Valve onto Valve Base.

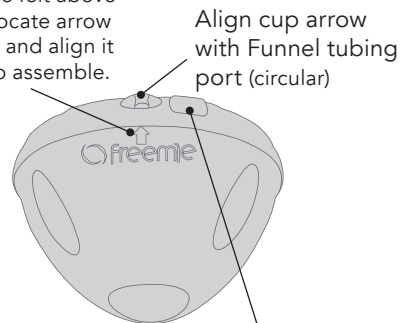
## Step 5



Align Cup arrow with Funnel tubing port, seat cup rim into outer ring of funnel, and snap together. You should feel a crisp 'snap,' and then assembly is secure.

### Cup arrow

Note: Arrow on cup is difficult to see but can be felt above Freemie logo. Locate arrow with your finger, and align it to tubing port to assemble.



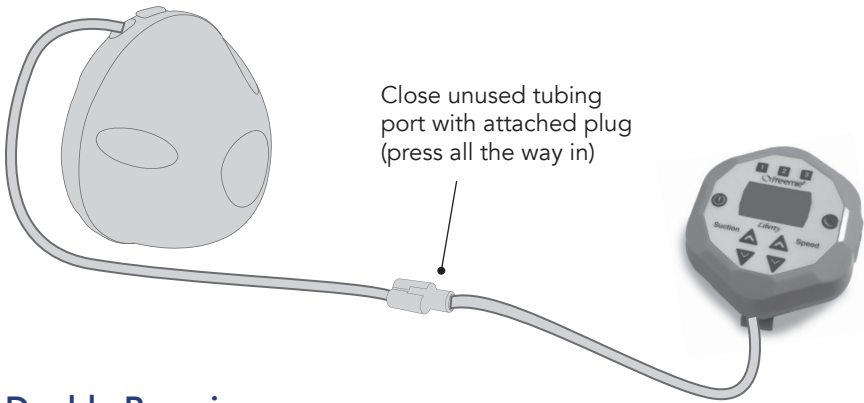
Align cup arrow with Funnel tubing port (circular)

Note: Do not align arrow with pour spout (egg-shaped)

# Connecting to Your Freemie Liberty/Independence Pump

## Single Pumping

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



## Double Pumping



**AVOID SETUP FRUSTRATION BEFORE PLACING THE FREEMIE CUPS IN YOUR BRA:**

After the cups are assembled and connected to the pump, turn on pump, and observe the tongue-shaped barrier inside each cup. If all parts are assembled securely and correctly, you will be able to observe movement or compression in the tongue-shaped barrier when the pump is running. At the highest suction settings, the barrier will collapse and curl with each cycle, similar to the movement of your baby's tongue while sucking. If there is no movement in one or both cups, re-check the assembly and all tubing connections.

# Attaching and Removing Your Clothing Clip

## To Attach

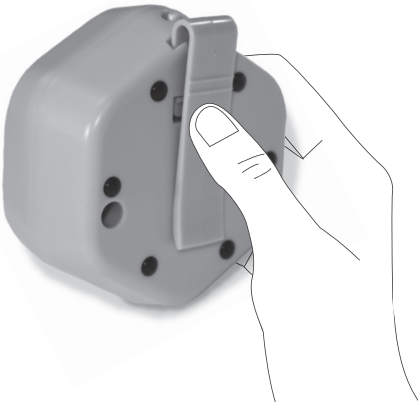
Slide clip into slot in bottom of pump and snap into place. Clip will 'click' into place when secure, and is designed to wiggle a little.



Use clothing clip to attach pump to clothing, pocket, belt, purse, etc.  
**NOTE:** Clip is only intended for relatively stable use. THIS IS NOT A SPORTS CLIP. Be careful you don't drop your pump!



## To Remove



- 1** With gentle pressure just below ribs, slide clip down (towards pump) to disengage latch.
- 2** Press clip slowly towards the base of the pump and carefully begin to slide upward to disengage from catch.
- 3** Slide clip away from pump (out of slot).

## Positioning Within Your Bra

### Finding The Ideal Bra Fit For You

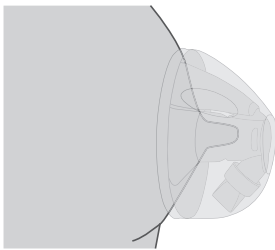
When getting started with your new Freemie hands free pump, be aware that bra fit is critical to the proper use of this device because your bra must now do the job that your hands would be required to do with a traditional pump.

1. Before choosing a bra, pump with your new Freemie Mobile pump system using your hands to hold the Cups in place. Consider how much pressure you normally apply against your breasts to pump and observe the optimal position and orientation of the cups on each of your breasts. (Note most women are not perfectly symmetrical, and improper positioning or pressure on one or both breasts may result in low output. This may happen with traditional or hands free pumping systems if you do not spend the necessary time to figure out how to make the pump work well and effectively for you, on each of your breasts). This needed pressure may be different when your breasts are engorged versus when they are empty. To achieve the same pressure and sensation with the Freemie Cups in your bra, it may be necessary to adjust your bra or try different bras to get the best fit for you. A sports bra works well for many women.
2. Be sure your bra keeps the Freemie cups in an upright position and does not allow the device to slip around, sag downward, or tilt off to the side during use as a loss of suction may occur.
3. Place Freemie inside your bra with the Breast Funnel opening centered over the nipple.
4. Make sure you achieve a good seal between Freemie's funnels and your skin.

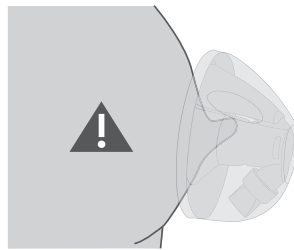
### Correct Nipple Position & Funnel Sizing

Ensure nipple is centered in the Breast Funnel and not bent or pinched off. If the tip of the nipple hurts while expressing, check that the nipple is in the center of the funnel.

**Correct Position**



**Incorrect Position**





# Positioning Within Your Bra Continued

## Check Breast Funnel Fit

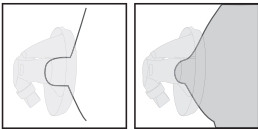
Turn on the pump and check the following points:

- Is the nipple rubbing or sticking against the side?
- Does the base of the nipple blanch during the expression session?
- Does it feel painful?

If the answer is 'yes' to any of the above, a different size funnel may be needed. With properly fitted breast funnels, the nipple moves in and out of the funnel freely. The areolar tissue should move only a little and there should be no pain. See our sizing guides at [www.freemie.com](http://www.freemie.com). **Note** you may need a different size funnel for each breast for an optimal pumping experience.

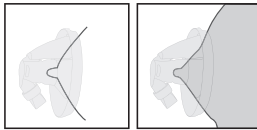
You need a different size if the provided funnels are too big or too small.

### Too Small



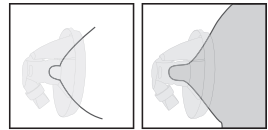
**Funnel is too small** for the nipple to move freely in and out of funnel causing rubbing or chafing.

### Too Large

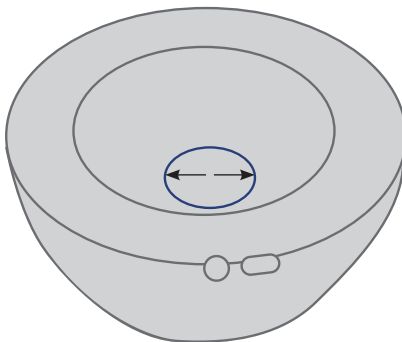


**Funnel is too big** allowing too much breast and areolar tissue to be drawn into funnel.

### Correct Size



**Funnel is correct size.** Additionally, enough pressure needs to be applied to create a good seal without compressing or obstructing milk ducts. Bra fit is critical to allow comfortable and effective pumping.



**Internal Diameter** is measured across the opening



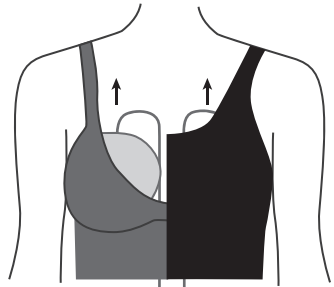
25mm  
28mm

DAO Health cannot help you determine your correct funnel size by email or phone. If you have questions about how to find the right breast funnel size for you, please consult with your lactation professional.

## Positioning Within Your Bra Continued

### Tubing Port Should Be In The 12 O'Clock Position

When connected to a pump, tubing port and pour spout must be in the 12 o'clock position.



#### Correct

When filling with milk, keep in the upright position.

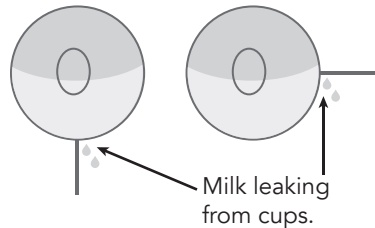


Tubing in 12 o'clock position.



#### Incorrect

Placement at any other position can cause milk to flow out of cups while you are pumping.

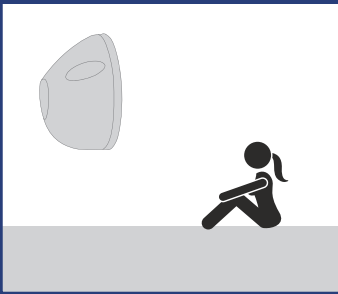


Milk leaking from cups.

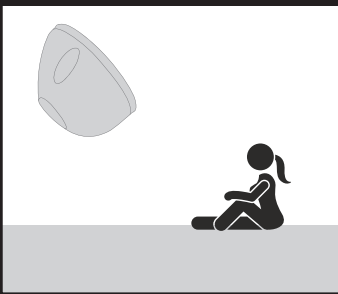
## Before Pumping With Freemie Breast Pump System

Pump with Freemie Cups in an upright position, such as sitting or standing. You may pump in any of these positions. The position of the cups relative to the horizon is important, as your milk needs to flow downhill in the funnel.

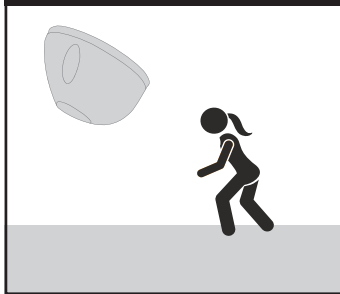
### Optimal



### Okay



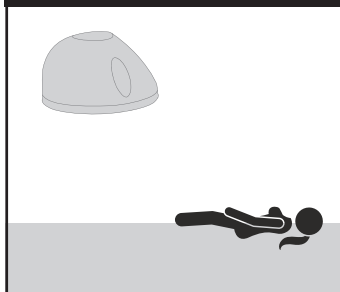
### May cause milk to spill



### May cause milk to spill

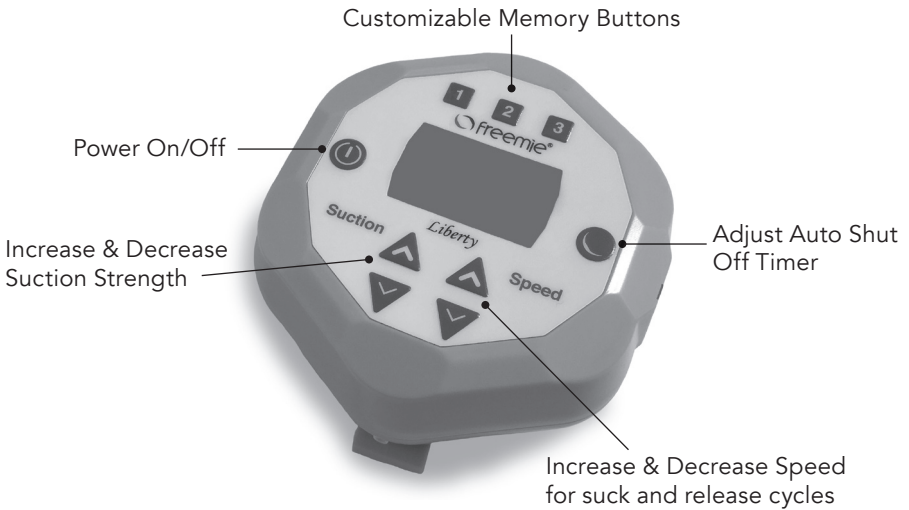


### Incorrect

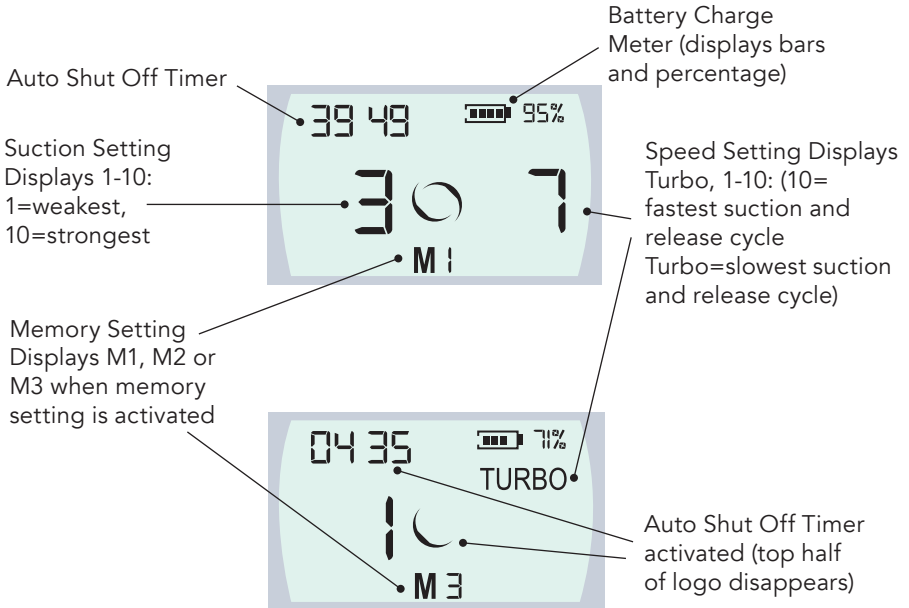


**Note:** Depending on the shape and orientation of your breasts, you may be able to comfortably pump in a wide variety of positions.

## Freemie Liberty Pump Controls

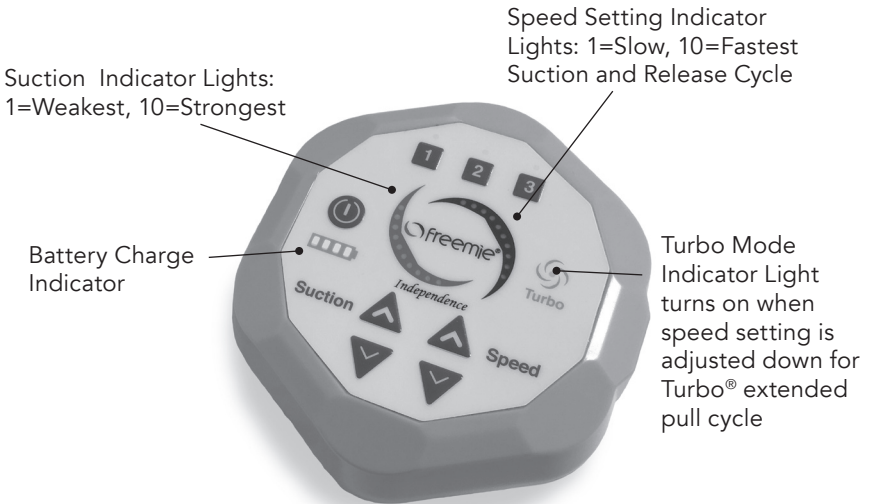
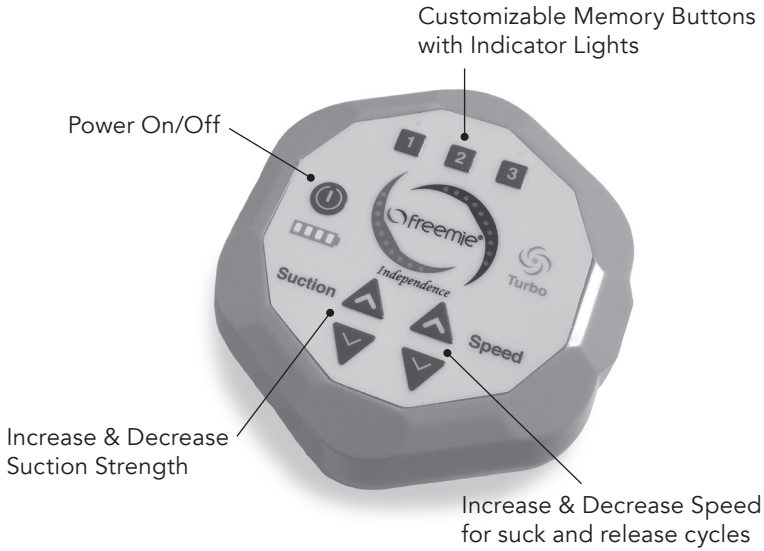


## Freemie Liberty Pump Display Indicators



You may find it helpful to start with a higher speed and weaker suction to trigger the stimulation phase and adjust to a lower speed and stronger suction as you move into the expression phase

# Freemie Independence Pump Controls



## Pumping with Your Freemie Mobile Pump System

- Power On/Off:** Turn on pump by pressing Power button. Turn off pump by pressing Power button again.  
**NOTE:** charging can take up to three and a half hours depending on current charge. Pump may be used while charging.  
**NOTE:** A fully charged battery (meter reads 100% on LCD or 4 bars on LED display) should provide approximately two and a half hours of operation time.
- Whenever the pump is turned on, the pump starts at low suction (setting 1) and fastest speed (setting 10).
- Suction level and Speed** can be adjusted. Press arrow up or arrow down keys to change suction level or speed.
- Suction levels and Speeds** can be adjusted to your preference:  
**Note:** Slowly increase until you feel a comfortable suction.  
**Note:** If you turn up suction to max (10) and do not feel any suction, stop pumping and check all connections to ensure they are secure.  
**Warning:** If you feel excessive suction (more than usual), check your barrier for rips or tears. If the barrier is damaged, stop and replace prior to pumping.
  - To increase the cycle Speed (shorten the suck and release time), press Speed arrow up key
  - To decrease the cycle Speed (lengthen the suction and release time), press Speed arrow down key  
**Note:** If at any time the suction is uncomfortable or causes pain, press the suction arrow down key to lower the suction level one level at a time until you reach a comfortable level or turn off pump.
- Turbo®:** Turbo® mode is Freemie's proprietary extended suck and release cycle. Turbo® mode provides an extended pull at any suction level, allowing you more versatility with your pump settings. Press the Speed arrow down key until "Turbo" is displayed on the LCD screen on the Liberty model pump, or the indicator light turns on, on the Independence model.
- Multi-Mode Memory:** To program your current suction and speed setting into one of the memory buttons, press and hold one of the multi-mode memory buttons (labeled 1, 2 or 3 on the pump) and hold for at least 3 seconds. The Liberty's LCD display will display the memory button that was programmed. These settings can be recalled by pressing and quickly releasing the memory button. Indicator lights will appear above the memory button selected on the Independence.
- Auto Shut Off Timer** (Feature not available on Independence model):  
When the pump is turned on, the timer starts at 40 minutes and counts down to 0. At 0 the pump turns off automatically. If you wish to pump more than 40 minutes, simply turn the pump on again. The Liberty pump can be programmed to turn off in 5 minute increments by pressing the Auto Shut Off Timer key. When the half moon button is first pressed, 5 minutes will display and begin counting down to shutoff. If pressed again quickly (one or more times, within 2 seconds), the program time will increase by 5 minutes each time the button is pushed, to a maximum of 40 minutes.

- As with any new pump, expect a period of adjustment to the hands free and fully concealed pumping experience. After a few days using your new mobile Freemie pump, review the instructions for bra and funnel fit to evaluate any needed adjustments. Consider what items in your wardrobe work well and make you comfortable while pumping. You may also find that other people are more comfortable in your presence while you are pumping with your clothes on, when compared to alternatives.

Each Freemie Cup holds 8 ounces (240 mL) of breast milk.

NOTE: When the Freemie Cups are full, turn off pump and pull tubing from Freemie Cups while still wearing Freemie Cups in your bra. (See below, When You Are Done Pumping)

If you produce more than 8 ounces (240 mL) per breast, stop pumping when the Freemie Cups are full and empty each cup. If you have a second Freemie Collection Set that is compatible with Freemie's mobile pump system, switch out full Freemie Cups with empty Freemie Cups to minimize pumping interruptions.

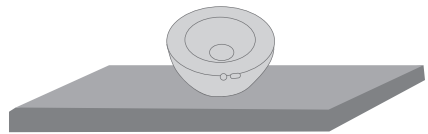
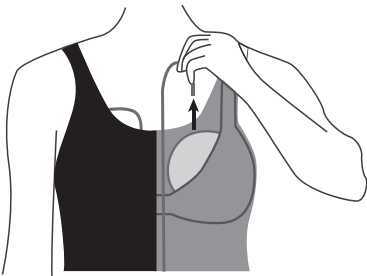
## Stop the pump

To stop the pump, shut it off or break the suction by inserting your fingers between the funnels and your breasts if necessary. If you experience pain in your breast or nipple, even if you think the pump is not the source of the pain, consult your health care or lactation specialist.

## Disconnecting and Transferring Milk

### When you are done pumping

- Turn off pump.
- Leave Freemie in your bra and gently pull the tubing from the device.
- Carefully remove cups from your bra.
- Freemie cups may be set flat on a table until ready to transfer to a storage container.



## Pouring Milk into a Container

**Practice with water first to achieve successful transfers without spilling - it's easy!** Handle a full Freemie cup with care. Milk that has not passed through the valve and into the cup can spill out of the Breast Funnel.



Use pour spout for transferring milk into storage containers.



Fully disassemble and clean immediately after transferring milk to get ready for next use. (Refer to page 12)

## Proper Storage of Breast Milk

### How long can I store breast milk?

| Location  | Temperature                           | Duration    | Comments   |
|---|---------------------------------------|-------------|--|
| Countertop, table   | Room temperature (up to 77°F or 25°C) | 6-8 hours   | Containers should be cover and kept as cool as possible; covering the container with a cool towel may keep milk cooler.  |
| Insulated cooler bag                                      | 5-39°F or -15-4°C                     | 24 hours    | Keep ice packs in contact with milk containers at all times, limit opening cooler bag.   |
| Refrigerator  | 39°F or 4°C                           | 5 days      | Store milk in the back of the main body of the refrigerator.   |
| <b>Freezer</b>  |                                       |             |  |
| Freezer compartment of a refrigerator                     | 5°F or -15°C                          | 2 weeks     | Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality. |
| Freezer compartment of a refrigerator with separate doors | 0°F or -18°C                          | 3-6 months  |  |
| Chest or upright deep freezer                             | -4°F or -20°C                         | 6-12 months |  |

Source: Proper Handling and Storage of Human Milk, cdc.gov



## How do I thaw and use stored breast milk?

- Always make sure to check the date on the milk's container before using. Do not use undated milk, or milk that has been stored too long.
- Thaw frozen milk in the refrigerator or under cool, running water.
- Heat the milk under warm, running water and gently swirl the container to mix the milk.
- If warm water is not available, heat a pan of water on the stove. Once the water is warm, not boiling, remove the pan from the stove and place the milk container in the pan. Never warm the milk container directly on the stove.
- Never microwave breast milk because microwaves can cause dangerous hot spots that could burn you or a baby.
- Always test the temperature of the milk on the inside of your wrist before feeding it to a baby. The milk should feel warm, not hot.
- After thawing, milk should be stored in the refrigerator for no more than 24 hours.
- Never refreeze thawed milk. Throw away previously frozen milk that is not used within 24 hours.

## Troubleshooting Tips

### Breasts Not Emptying - Review Positioning Within Your Bra, Pages 16-18

- Always center Breast Funnel over nipple. If the Breast Funnel is off the center of the nipple you may impede milk release, experience loss of suction, or prevent the complete emptying of the breast.
- Try adjusting the position of Freemie. Comfortably position your body to help create the best seal between Freemie and your skin. Experiment with your body position by sitting up straighter, leaning forward a little, or pulling your shoulders back.
- The Breast Funnels come in the standard 25mm and 28mm. Visit [www.Freemie.com](http://www.Freemie.com) for the latest in sizing options and accessories.  
**Note:** If you require a funnel diameter or depth that we do not currently offer, then unfortunately we do not recommend the Freemie system as your full time pump.
- If problems emptying your breasts persist, consult your lactation professional.

## Troubleshooting Tips Continued

### Loss of Suction - Review Assembling Freemie Cups, Pages 13-14

- Make sure pump is turned on, motor is running, and suction level is turned up to your regular setting.
- Make sure that parts are correctly assembled and fit together as snugly as possible, and that connection to the pump is secure. (see pages 12 and 13)
- If the fit between the valve base and funnel is loose, try replacing the valve base with a new valve base.
- If suction is diminished, try replacing the duckbill valve with a new duckbill valve.
- Make sure tubing is not kinked or pinched. Make sure tubing is pushed securely into its port on the breast funnel. (see page 14)
- Make sure Breast Funnel is securely pressed against breast creating a seal around nipple, and is properly seated in bra. Check that no bra material or tubing is between the device and your skin. The device should not be tilting upward, downward, or to the side. (see pages 18 and 19)
- Make sure nipple is not bent or pinched inside the Breast Funnel. (see page 16)
- Try a tighter fitting bra to ensure that the bra is able to support and maintain an adequate seal and hold Freemie in an upright position. Consider trying a sports bra. (see page 16)
- When single pumping, be sure Y-connector plug is on securely inserted into open port. (see page 14)
- Ensure barrier is properly assembled.
- If pump lights are on, but no vibration is detected from pump even at highest suction settings, contact customer service.

### Milk in Tubing

- Ensure that all parts are firmly assembled and that barrier is not damaged.

# Warranty & Specifications

## Warnings

**Note:** The Freemie mobile breast pumps are Personal Use Items, and cannot be returned once opened.

The Freemie Liberty/Independence Pump mechanism is guaranteed against defects in materials and workmanship for a period of one year of normal use from the date of purchase, with proof of purchase. Normal use is defined as up to three 20 minute pumping sessions per day for one year. Other parts and accessories of the Liberty/Independence Pump and The Freemie Closed System Collection Cups are guaranteed against defects in materials and workmanship for a period of 60 days. Warranty can only be claimed in the country of purchase through authorized Freemie distributors. Warranty does not cover misuse, abuse or excessive wear and tear. Spare parts are available at [www.freemie.com](http://www.freemie.com). Plastic parts do wear out with regular use, so plan ahead to avoid disruptions to your pumping routine. In the event of a verifiable defect that is not the result of misuse, abuse, excessive wear and tear or alteration, Dao Health will replace or repair this product at Dao Health's discretion. Returns will not be accepted without a return merchandise authorization, which must be obtained from Dao Health's customer service. All shipping costs are the responsibility of the shipper.

**Note:** Failure to use and maintain the Barrier in good condition may cause damage to your pump and will void your warranty. If milk flows into the tubing, turn off the pump immediately. Refer to the user manual for instructions on cleaning or replacing tubing, replace Barrier. Failure to turn off the pump when milk gets in the tubing will cause damage to your pump.

## Disposal

The pump unit and power adapter must not be disposed of with normal household waste, but should be taken to a collection point for recycling electric and electronic equipment.

## Specifications

|  |   |
|--|---|
| Medical Device                         | CISPR 11, Group 1, Class B                            |
| Protection Type                        | Class 11 a  |
| Power Adapter                          | Input: 100-240V~50/60Hz 0.2A<br>Output: 5V DC, 1000mA |
| Liberty/Independence Pump              | 5V DC 5 – 500 mA                                      |
| Battery Capacity and Type              | 2200mAh, 3.7V, 8.14Wh Polymer Li-Ion                  |
| Pump Weight                            | 0.55 lbs  |
| Temperature/ Humidity Range: Operation | 50°F - 104°F (10°C - 40°C) / 25-95%                   |
| Temperature/ Humidity Range: Storage   | 32°F - 122°F (0°C - 50°C) / 30-70%                    |
| Temperature/ Humidity Range: Charging  | 50°F - 113°F (10°C - 45°C) / 30-70%                   |
| Water and Dust Protection Class        | IP22  |

# EMC Guidance

## Warnings

- This pump may have problems operating when it is used near household items that emit electromagnetic waves, such as small appliances and television or video equipment. Do not operate pump near other electronic equipment.
- Static electricity can damage your pump.
- Virtually all electronic equipment, portable and mobile RF communications equipment can affect medical electrical equipment.
- Do not stack units as EMC emissions can result.

## FCC Part 15





This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**Warning:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate incidental radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, this device does not contain any WiFi, bluetooth, NFC or other transmitters or receivers, but there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna of the affected equipment.
- Increase the separation between this equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the affected receiver is connected.
- Consult the dealer of the affected equipment or an experienced radio/TV/ electronics technician for help.

## Symbols on the Pump

| ON THE PUMP MOTOR UNIT  |  |   |                          |
|---|--|---|--------------------------|
| Symbol  | Meaning  | Symbol  | Meaning                  |
|  | Do not dispose of pump or voltage adapter with household waste |  | Serial Number            |
|  | Refer to the operating instructions and warnings               |  | Application part type BF |

## Spare Parts & Customer Service

Available on our website [www.freemie.com](http://www.freemie.com)  
Freemie Liberty Pump with Closed System Collection Cups

| Part # | Part Name                         | Picture     |
|--------|-----------------------------------|-------------|
| FG063  | Closed System Collection Cups Set | See Website |
| FG067  | Closed System Connection Kit      | See Website |
| FG068  | Closed System Cups Spare Parts    | See Website |
| FG069  | 25mm Closed System Breast Funnel  | See Website |
| FG070  | 28mm Closed System Breast Funnel  | See Website |
| FG071  | Closed System Valve Base          | See Website |
| FG072  | Closed System Barrier             | See Website |
| FG073  | Closed System Duckbill            | See Website |
| FG074  | Clothing Clip                     | See Website |
| FG075  | Power Adapter Kit                 | See Website |
| FG057  | 15, 16mm Fitmie Accessories       | See Website |
| FG058  | 17, 18mm Fitmie Accessories       | See Website |
| FG059  | 19, 20mm Fitmie Accessories       | See Website |
| FG060  | 21, 22mm Fitmie Accessories       | See Website |
| FG061  | 23, 24mm Fitmie Accessories       | See Website |
| FG062  | 25, 26mm Fitmie Accessories       | See Website |
| FG064  | 21mm Fitmie Accessories           | See Website |
| FG065  | 22mm Fitmie Accessories           | See Website |



For help with your Freemie product visit us at [www.freemie.com](http://www.freemie.com)  
Customer Service (916) 339-7388  
Monday - Friday, 9:00am - 5:00pm PST