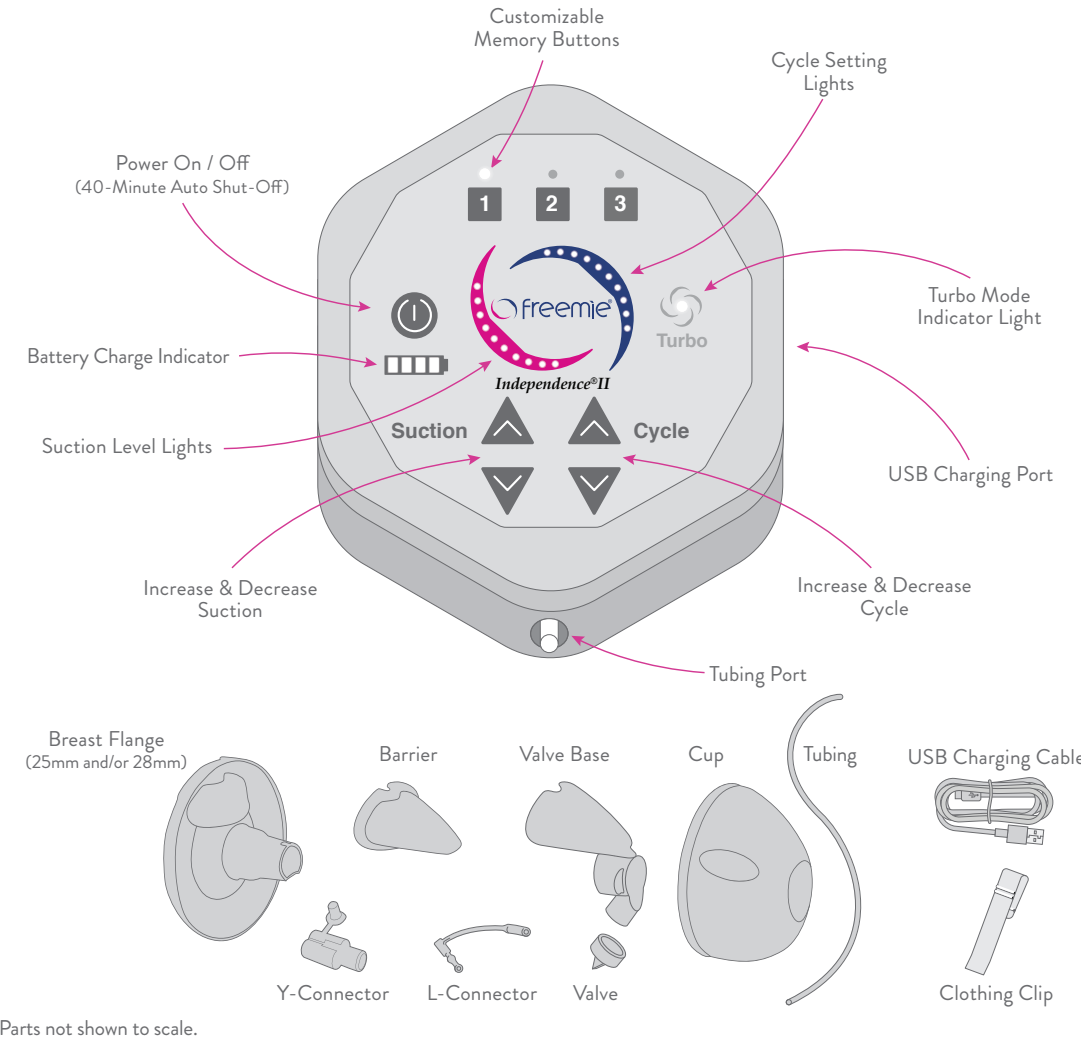
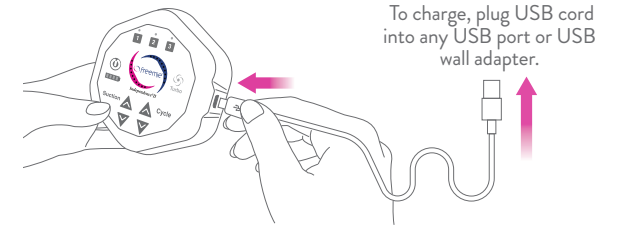


Get to Know Your Freemie



1 Charge Your Pump

Before first use, charge battery **2-3 hours** to optimize battery life. A full charge will provide approximately 2 1/2 hours of operation.



2 Clean Your Parts

Prior to Use: Boil these parts in large uncovered pots for 10 minutes while stirring.

After each use: Clean these parts with hot soapy water and rinse well.

Tubing parts do not come into contact with milk and need not be cleaned between use.

Note: See digital User Manual for complete use and care instructions.

- To avoid damage or malfunction DO NOT use abrasives, brushes, UV or steam sterilization on any Freemie Cup parts.
- Assemble dry parts just before use, and leave parts disassembled in between use.

3 Put Cups Together

1: Place Barrier onto Flange.

2: Press Valve onto Valve Base.

3: Guide Valve Base over Barrier ...

4: Align Cup Arrow with Tubing Port and snap closed.

5: Listen for the "snap" to ensure Cup closed.

Incorrect assembly may cause poor suction or malfunction.

Parts not shown to scale.

4 Add Cups to Pump

1: Insert Tubing into large end of L-Connector.

2: Firmly press small end of L-Connector into round Tubing Port on Flange.

3: Join Tubing with Y-Connector.

Double Pumping: Use both sides of Y-Connector.

Single Pumping: Remove one Tube and cap one side.

Cap

5 Test Before Use

Prior to placing Cups in your bra:

- Turn on pump.
- Set SUCTION Setting (pink lights) to 10.
- Set CYCLE Setting (blue lights) to 10.
- Barrier inside Cup collapses and releases when assembly is correct.

Resting Barrier

Collapsed Barrier

If Barrier does not move, reassemble Cups and check all Tubing connections.

6 Ready to Pump

Place Cups in your bra

- Bra fit is critical for proper use. Enough pressure is needed to seal the Flange against the breast while too much pressure may cause low output.
- Before choosing a bra, pump by holding the Cups in place with your hands. Then try several of your bras to find one that most closely holds the Cups like your hands.
- It may be necessary to adjust your bra to find the best fit for you. A sports bra or stretchy nursing bra can work well.

Tubing and pour spout should be upright at the 12 o'clock position.

Center Flange opening over the nipple.

7 Pump Controls

Suction Setting
Pink Indicator Lights:
1=Low
10=Strong

Cycle Setting
Blue Indicator Lights:
1=Fast
10=Slow

Turbo: Slowest suction and release cycle (press Cycle up one time after 10).

3 Customizable Memory Settings
Press and hold the numbered buttons to save your 3 favorite settings.

Minimum Setting

Maximum Setting

You may find it helpful to start with a weaker Suction and faster Cycle to trigger the **Stimulation Phase** and adjust to a stronger Suction and slower Cycle as you move into the **Expression Phase**.

8 After Pumping

- Turn the pump off.
- Pull tubing from the tops of the Cups to disconnect.
- Carefully remove Cups from your bra.

Cups may be set flat before transferring milk to storage.

Pour Spout

Practice with water first.

freemie® Independence II

Hands-Free Wearable Breast Pump

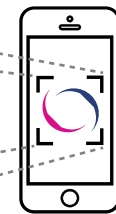
freemie® fitmie®

Spare parts and Fitmie inserts available at www.freemie.com

Freemie Independence II Standard System includes size 25mm Breast Flanges.

Freemie Independence II Deluxe System includes sizes 25mm and 28mm Breast Flanges.

Scan code to read User Manual.

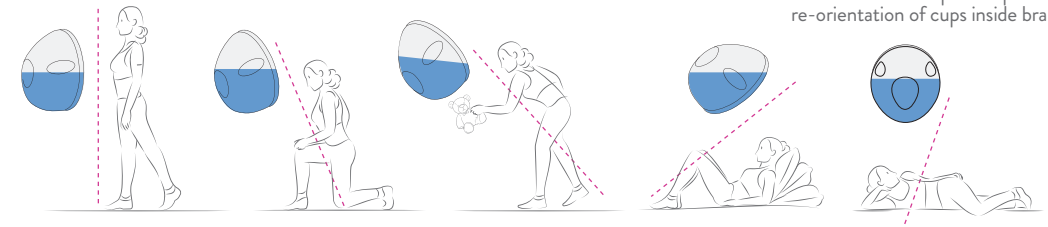


Visit www.freemie.com

Pumping Positions

A range of pumping positions are possible with Freemie. Mind the pour spout!

Good Pumping Positions

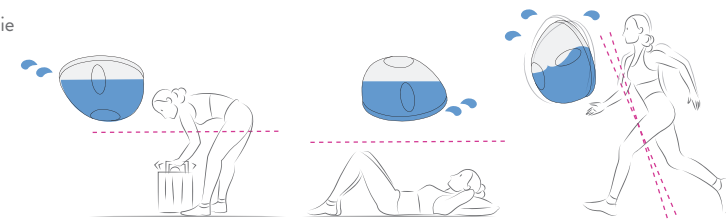


Advanced Technique: Requires re-orientation of cups inside bra.

Poor Pumping Positions

Freedom of movement with Freemie depends on:

- How Cups are oriented on your breasts
- Security of Cups in your bra
- Amount of milk in Cups
- How much Cups are jostled

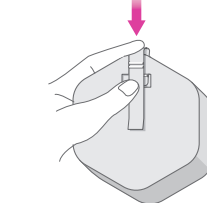


Clothing Clip

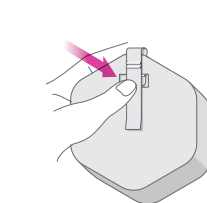
Pump comes assembled with Clothing Clip and is intended to move a bit when worn. Not intended for vigorous activity like running.

Remove Clip

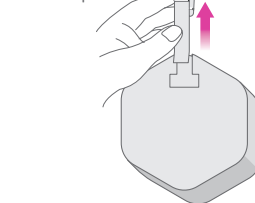
Push Down



Push In



Push Up



Finding Your Best Flange Fit

Finding the best Breast Flange fit cannot simply be done by measuring your nipples because some nipples stretch more than others under suction. You can estimate your size, but some trial and error may be needed for you to optimize your comfort and milk output.

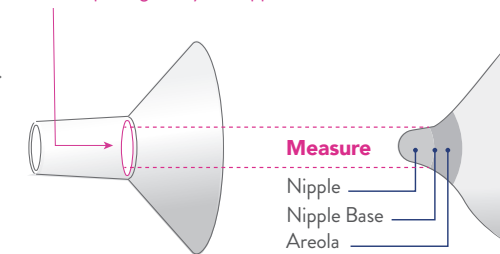
Experiment to find the right fit and keep in mind:

- You may need a different size than the Flanges provided.
- You may need a different size for each nipple because no one is perfectly symmetrical.
- You may prefer higher suction, making Flange comfort crucial.
- Your nipple may expand in diameter and length while pumping and may change over time, so keep all of your sizes.

Comfort is key!

It may take a few tries to find what works.

The Breast Flange size is measured across the opening that your nipple fits into.



Choosing Another Size

Use a ruler or coin diameters to estimate your **erect nipple base** size, and review the Flange fit details below. Choose the nearest size Flanges or Fitmie inserts that are slightly larger than your nipples.



Dime: 17.91 mm



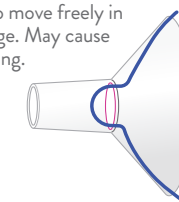
Quarter: 24.26 mm



Half Dollar: 30.61 mm

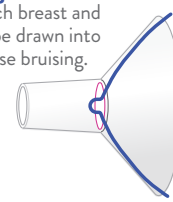
Flange is too small

for the nipple to move freely in and out of Flange. May cause rubbing or chafing.



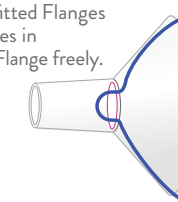
Flange is too big

allowing too much breast and areola tissue to be drawn into Flange. May cause bruising.



Flange is correct size

With properly fitted Flanges the nipple moves in and out of the Flange freely.



Important: Your bra needs to apply enough pressure to create a good seal on your skin so that air does not leak in and reduce suction. Too much pressure can pinch or obstruct ducts and reduce your milk output.

freemie® Independence II

Hands-Free Wearable Breast Pump

Quick Start Guide

Independence II Standard and Deluxe Systems

