



## Freedom™ Pump Set

With the Hands-free, Concealable  
Single or Double  
Breast Pump Collection System



## User Manual

**IMPORTANT**  
READ THIS MANUAL PRIOR TO USE

This Freemie Freedom Breast Pump and Hands-free, Concealable Collection System is a single user, reusable system that you may use throughout the first year of your baby's life, and beyond. This manual contains important information for the proper sanitization, use and care of your Freemie Freedom system. Please visit our website, [www.Freemie.com](http://www.Freemie.com), for customer service and all your spare parts needs.

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

## **READ ALL INSTRUCTIONS**

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## **Indications for use:**

The Freemie Breast Pump Collection System is intended to be used in conjunction with an approved powered breast pump for the purpose of expressing human milk. The Freemie Freedom Electric Breast Pump is intended to express breast milk from the breast of lactating women.

# pump the freemie way

## pump efficiently

### Single or double pumping

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



## pump and relax

### Home

Simultaneously pump or passively collect milk while breastfeeding to catch and store every precious drop.

### Work

Pump discreetly at your work station without ever undressing.

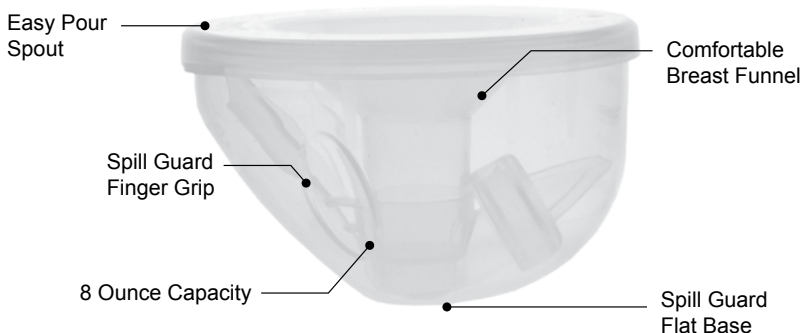
### Travel

Travel with Freemie to express milk on the go whenever a private place can't be found.

## pump while bonding

Freemie can be used to pump milk while breastfeeding. Place baby on one breast and Freemie on the other.

Not made with BPA,  
DEHP, or natural  
rubber latex



### Important Notice

If you have any concerns about your health, or experience any pain while nursing or using any breast pump, consult your health care or lactation professional immediately. Dr. Dao, Dao Health and Freemie User Manual do not give medical or lactation advice, or make diagnoses.



## Important Safety Instructions

### **WARNING:**

**USE ONLY WITH FREEMIE COMPATIBLE PUMPS. USE WITH UNAPPROVED PUMPS MAY CAUSE INJURY TO YOU OR DAMAGE YOUR PUMP. MISUSE MAY VOID WARRANTY.**

### **Do**

- Use Freemie only with compatible pumps.
- Keep Freemie in an upright position while pumping.
- Transfer milk to a proper storage container right after pumping.
- Use Freemie when you must express milk discreetly and hands-free underneath normal clothing.
- 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.
- Use with a bra or manually hold in place.
- Keep out of reach of infants and children. Freemie has small parts that can be a choking hazards.
- 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.

### **Do Not**

- Do not bend forward or recline while using Freemie, and avoid excessive movement. This could cause leakage, loss of suction, and milk to flow into tubing.
- Do not overfill Freemie cups, as this may cause milk to flow into the tubing. You may hear a faint bubbling sound as the Freemie is filling. There is a risk of overfilling if you are hearing impaired or use Freemie in a noisy environment.
- Do not use Freemie if you must watch your milk ejection reflex or manually massage your breasts while pumping to ensure that they are completely empty.
- Do not share. Freemie is a personal use item.
- Do not use Freemie in any situation that may be unsafe should you become drowsy or distracted during milk expression.
- 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 put Freemie components in the dishwasher or steam sterilize.



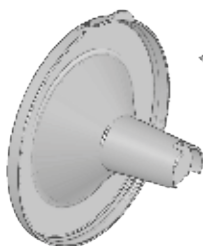
## Freemie Breast Pump Collection System

Two cup assemblies included with each  
Freemie Breast Pump Collection System.

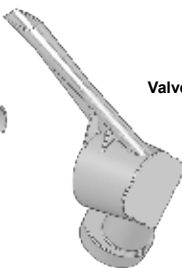


### Parts included:

**Breast  
Funnel**



**Valve Base**

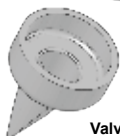


**Natural Shape Cup**



#### **Deluxe includes:**

- (2) 25mm Breast Funnels
- (2) 28mm Breast Funnels
- (2) Valve Bases
- (3) Valves
- (2) Natural Shape Cups



**Valve**

#### **Standard includes:**

- (2) Breast Funnels - size indicated on box
- (2) Valve Bases
- (3) Valves
- (2) Natural Shape Cups

Additional funnel sizes and spare parts  
available at [www.Freemie.com](http://www.Freemie.com). See  
page 18 for Spare Parts list.

## #FG022

## Freedom Connection Kit



**T Connector**  
(2)



**Short tube**  
(1)



**Filter**  
(2) 1 + spare



**Pressure Reducer**  
(1)



**Freemie Tubing**  
(4) 24"



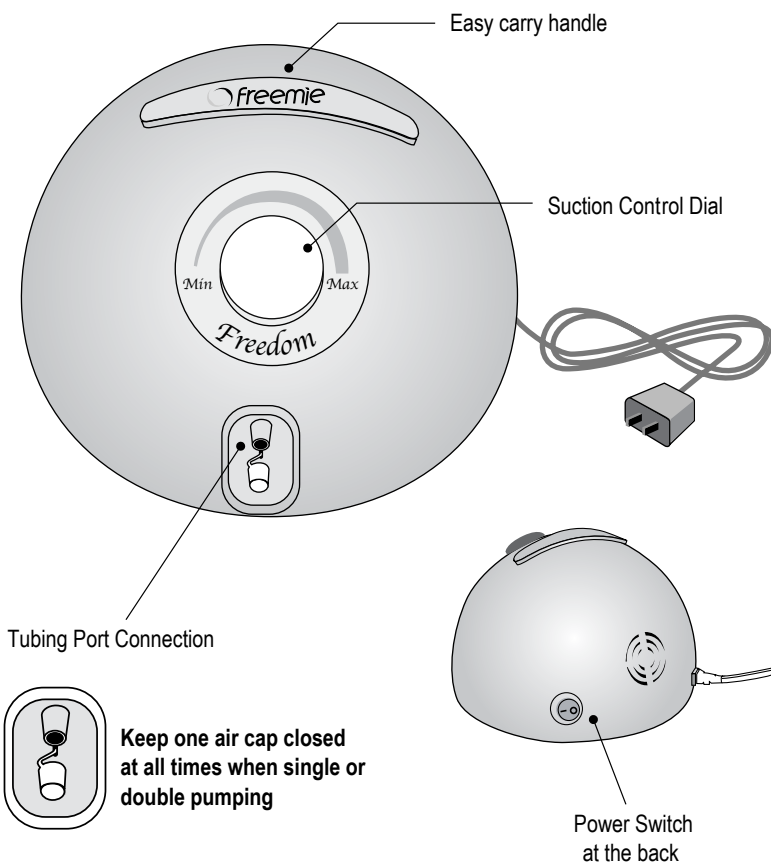
**Pump Tubing**  
(1) 32" (80cm)

## Freedom Double Electric Pump

One Double Electric Pump included with  
Freemie Freedom Set.



### Pump Features:





## Warning

### **READ ALL INSTRUCTIONS BEFORE USING:**

When using electrical products, basic safety precaution always should be followed.

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

1. ALWAYS UNPLUG THIS PRODUCT IMMEDIATELY AFTER USING.
2. DO NOT USE WHILE BATHING.
3. DO NOT PLACE OR STORE PRODUCT WHERE IT CAN FALL OR BE PULLED INTO A TUB OR SINK.
4. DO NOT PLACE IN OR DROP INTO WATER OR OTHER LIQUID.
5. DO NOT REACH FOR A PRODUCT THAT HAS FALLEN INTO WATER. UNPLUG THE PRODUCT IMMEDIATELY.

**WARNING:** To reduce the risk of burns, electrocution, fire, or injury to persons

1. THIS PRODUCT SHOULD NEVER BE LEFT UNATTENDED WHEN PLUGGED IN.
2. PLACE PUMP MORE THAN 8 INCHES (20CM) AWAY FROM THE WALL.
3. CLOSE SUPERVISION IS NECESSARY WHEN THIS PRODUCT IS USED NEAR INFANTS OR CHILDREN.
4. USE THIS PRODUCT ONLY FOR ITS INTENDED USE AS DESCRIBED IN THIS MANUAL.
5. 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, DROPPED INTO WATER, OR IF ANY PARTS ARE BROKEN.
6. KEEP THE CORD AWAY FROM HEATED SURFACES.
7. NEVER USE WHILE SLEEPING OR DROWSY.
8. DO NOT USE OUTDOORS OR OPERATE WHERE AEROSOL SPRAY PRODUCTS ARE BEING USED OR WHERE OXYGEN IS BEING ADMINISTERED.
9. THE POWER CORD SHOULD BE UNPLUGGED FROM THE OUTLET WHEN NOT IN USE.
10. DO NOT REMODEL THE DEVICE.

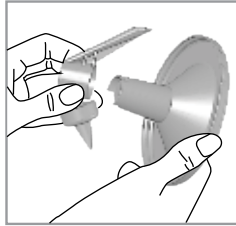


## Preparing Freemie for First Use

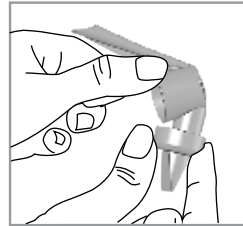
Disassemble and clean Freemie prior to first use. Some parts must be boiled initially.



Unsnap cup from funnel



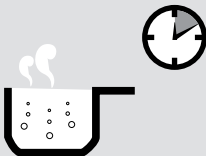
Pull valve base off funnel



Remove valve from valve base

### Sanitize Parts

**Boil these parts  
for 10 minutes  
to sanitize**



- Do not let parts sit on the bottom of the boiling pot. Parts should float freely.
- Remove from water and allow to dry completely.

**! Parts must be thoroughly dry before use.**

**Do NOT boil  
these parts**



**Do NOT wash  
filter or get wet!**

- Hand wash valve in hot, soapy water and rinse. Allow parts to cool and dry completely before use.

**! Do not boil, steam sterilize, or dishwasher any Freemie components. Doing so may cause warpage.**

- Quick Connector can be washed by hand when necessary.



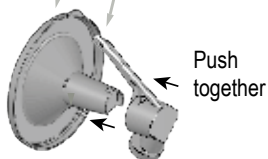
## Assembling Freemie Cups

Always wash hands prior to assembling Freemie. All parts must be completely dry, correctly positioned, and secure.

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

**1**

Keep stem aligned with tubing port



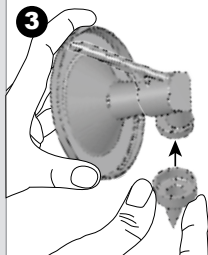
**2**

Push Breast Funnel and Valve Base firmly together



**3**

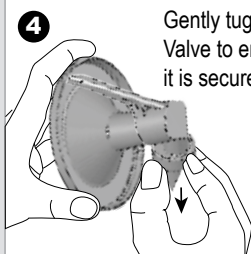
Place Valve onto Valve Base



**IMPORTANT:**  
\*See below for proper valve positioning

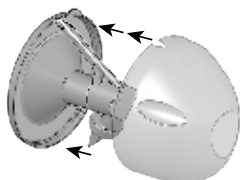
**4**

Gently tug on Valve to ensure it is secure



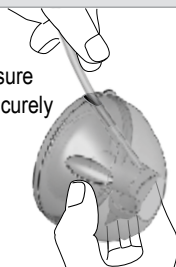
**5**

Align ports and snap together



**6**

Push to ensure tubing is securely in port



### Proper Valve Positioning:



Incorrect assembly of the valve will cause milk to back up into tubing.



**Correct**



Valve is turned to proper alignment, and is on straight and pushed tightly on to valve base



**Wrong**



Valve is not turned to the proper alignment.



**Wrong**



Valve on base crooked or "tilted."



## Positioning Within Your Bra

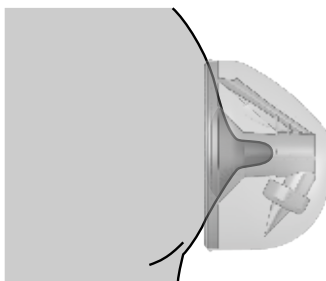
### The Perfect Bra Fit



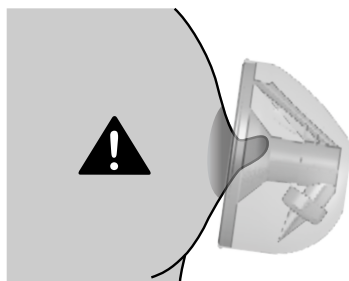
**Bra fit is critical to the proper use of this device.**

1. Before choosing a bra, pump with the Freemie using your hands to hold in place. Consider how much pressure you normally apply against your breasts to pump. This pressure may be different when your breasts are engorged versus when they are empty. To achieve the same pressure and sensation with the Freemie 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 some women.
2. Your bra must keep the Freemie cups in an upright position and not allow the device to slip around, sag downward, or tilt off to the side during use.
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 and your skin.

**Correct Position**



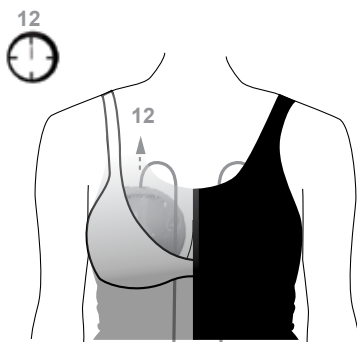
**Incorrect Position**



**Ensure nipple is centered in the Breast Funnel and not bent or pinched off.**

## The 12 O'clock Position

When connected to a pump tubing must be in the 12 o'clock position.



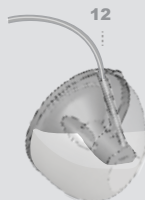
Let tubing hang down underneath your shirt.

Tubing may be cut to a desired length in order to conceal it under normal clothing.



### Correct

When filling with milk, keep in the upright position

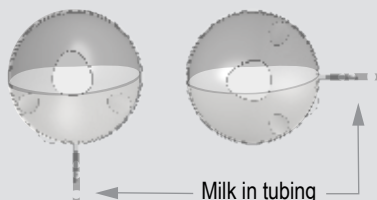


Tubing in 12 o'clock position



### Incorrect

Placement at any other position can cause milk to flow into tubing

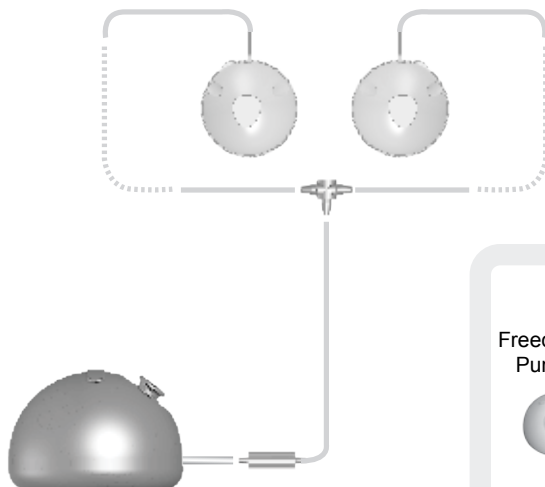




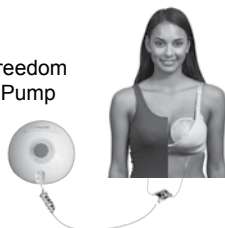
## Connecting to Your Freedom Pump



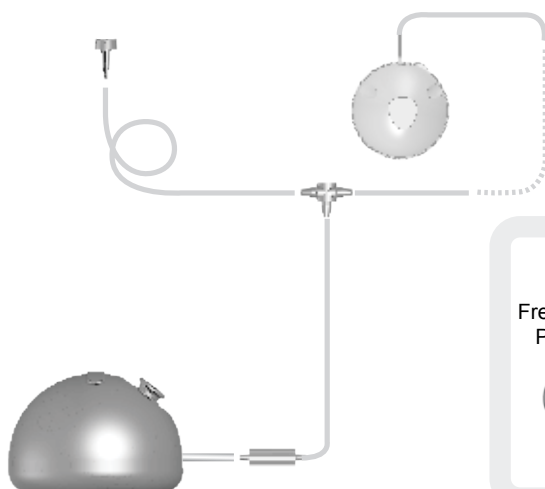
### Double Pumping



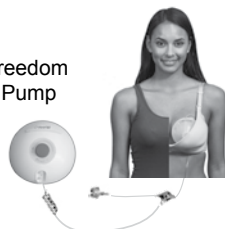
Freedom  
Pump



### Single Pumping



Freedom  
Pump



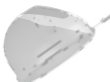


## Pumping with Freemie

### Adjusting your pump and sitting upright

- 1 Adjust pump to low, turn power on, and slowly increase vacuum until you feel a comfortable suction.
- 2 If you turn up vacuum to MAX and do not feel any suction, stop pumping and check all connections to ensure they are secure.
- 3 As with any new pump, expect a period of adjustment to the hands-free and fully concealed pumping experience.
- 4 Pump with Freemie in an upright position, such as sitting or standing.



| ✓ Correct                                                                                                           | ✗ Incorrect                                                                                                     | ✗ Incorrect                                                                                                |
|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <b>Do sit or stand upright</b><br> | <b>Do not bend forward</b><br> | <b>Do not recline</b><br> |

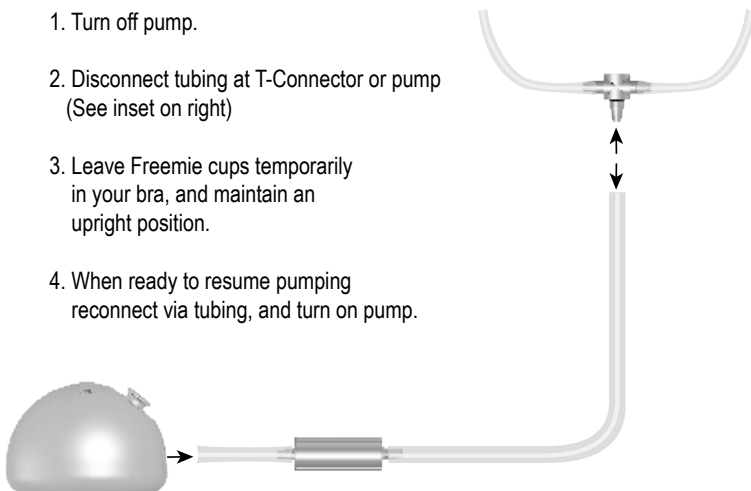
- 5 Each Freemie holds 8 ounces of milk.

NOTE: When device is full, turn off pump immediately and pull tubing from Freemie while still wearing in bra. (see page 13, When Your Are Done Pumping)

- 6 If you regularly produce more than 8 ounces at a time, stop pumping when Freemie is full and empty device. (See page 13, When Your Are Done Pumping) Alternatively, if you have a second Freemie set, switch out full Freemie cups with empty cups to minimize pumping interruptions.

## When you are interrupted

1. Turn off pump.
2. Disconnect tubing at T-Connector or pump  
(See inset on right)
3. Leave Freemie cups temporarily in your bra, and maintain an upright position.
4. When ready to resume pumping reconnect via tubing, and turn on pump.



### Important

- Bending over or reclining during use, or overfilling may cause leaking, loss of suction, or milk to flow into tubing.
- Empty Freemie when full and remove immediately after pumping.
- If milk flows into tubing immediately turn off pump and disconnect from pump. See tubing care on page 15 for cleaning instructions.
- See Troubleshooting sections on pages 15 - 16 for additional tips.



### **Stop the pump**

by shutting it off or breaking the suction

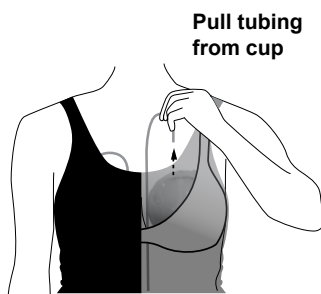
**if you experience pain in your breast or nipple, even if you think the pump is not the source of the pain.**



## Disconnecting and Transferring Milk

### When you are done pumping

1. Turn off pump.
2. Leave Freemie in your bra and gently pull the tubing from the device.
3. Carefully remove cups from your bra.



4. Freemie cups may be set flat on a table until ready to transfer to a storage container.



5. When Freemie cups are full, do not lay flat on back unless tubing is disconnected.

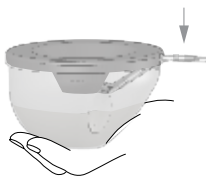


Incorrect

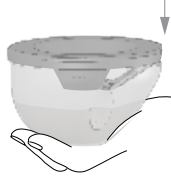


Correct

Milk in tubing



Tubing removed



## Pouring milk into a container



**Practice with water first to achieve successful transfers.**

Handle a full Freemie cup with care. **Milk can spill out of the Breast Funnel.**

Removal of tubing creates pour spout for transferring milk into storage containers.



Pour quickly with Breast Funnel side up as pictured.

Fully disassemble and clean after each use.

## Cleaning

1. Disassemble and wash all components that come into contact with breast milk (cup, breast funnel, valve, valve base).
2. Handwashing in hot soapy water is recommended. Rinse thoroughly.



**Do not steam or boil tubing or valves, as it will cause damage.**

**Do not put any of Freemie components in dishwasher.**

**Do not steam sterilize, as it will cause warpage.**

3. Treat all parts with special care. Avoid abrasives and excessive heat.
4. Clean as soon as possible after each use.
5. When not in use, store parts out of reach from infants and children.



**Dry parts completely before safely storing.**



## Caring for Your Freemie System

### Tubing Care

Inspect tubing for breast milk after each pumping session. Soiled tubing that cannot be cleaned should be replaced. Tubing cleaning options are listed below:

1. If breast milk gets into tubing, rinse thoroughly in hot water. Shake excess water from tubing. Wipe with a clean, soft towel and allow to air dry completely while hanging vertically.
2. Rinse tubing with isopropyl alcohol. Hang tubing vertically. Air dry completely.  
**Caution:** Be certain alcohol has completely evaporated before using.
3. If unable to thoroughly clean tubing, cut off any soiled portion of the tubing, or replace it. (see Ordering Parts, page 18)
4.  **Do not clean tubing in dishwasher, microwave steam bag, or by boiling.**

### Troubleshooting Tips

#### Breast Not Emptying

- 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. (see page 8)
- 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, 28mm, and 32mm funnels. If you need a larger or smaller Breast Funnel, visit [Freemie.com](http://Freemie.com) to order the right size Freemie for you.
- Each Freemie holds up to 8 ounces of milk. If you pump more than this at one time, you need to empty and clean the device to continue pumping. (see page 14)
- If problems emptying your breasts persist, consult your lactation professional.



## Troubleshooting

### Loss of Suction

- Make sure all parts are completely dry before assembling.
- Make sure that parts are correctly assembled and fit together as snugly as possible, and that connection to the pump is secure. (see pages 7 and 10)
- 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.
- Pushing in the tubing too tight may loosen the valve base fit with the funnel and cause loss of suction.
- Make sure tubing is not kinked or pinched. Make sure tubing is pushed securely into its port on the valve base. (see page 7)
- 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 9 -11)
- Make sure nipple is not bent or pinched inside the Breast Funnel. (see page 8)
- 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 8)
- Check if the switch on the pump is turned on.
- Be sure air cap is on securely to close one port on the pump at all times. (see page 4)
- Check if the fuse on the pump has become disconnected. Replace fuse.
- Check that the filter is not clogged (filter turns pink if milk gets into filter). Replace filter.

### Milk in Tubing

- Always make sure device is placed in bra with tubing and pour spout at the 12 o'clock position. (see page 9)
- Incorrect assembly of the valve will cause milk to back up into tubing. See **Proper Valve Positioning**. (page 7)
- Avoid overfilling, empty when full, and remove immediately after pumping.
- Avoid excessive movement while pumping and only use in an upright position. (see page 11)
- Never place full device on flat surface without first removing tubing. (see page 13)
- If milk gets in tubing, see cleaning instructions. Replace tubing if you are unable to clean completely.
- Review your pump manual for pump cleaning instructions.
- Filter turns pink when milk gets into filter. Replace filter.

### Need to Stop or Break Suction

- Suction can be broken by stopping the pump or by inserting a finger between the breast and the breast funnel.
- Stop suction if you experience pain in your breast or nipple even if you think the pump is not the source of the pain.



## Warranty & Specifications

The Freemie Hands Free Concealable Breast Pump Collection System is guaranteed against defects in materials and workmanship for a period of 60 days from the date of purchase, with proof of purchase. In the event of a verifiable defect that is not the result of misuse, abuse 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:** The included pump filter must be used in the tubing assembly as shown in the user manual to keep milk out of the pump. Replace the filter as necessary. Failure to use and maintain the filter in good condition may cause damage to your pump and will void your warranty. If milk gets in the pump, or the pump begins making an abnormal noise, contact [customerservice@freemie.com](mailto:customerservice@freemie.com). If milk flows into the tubing, turn off the pump immediately. Refer to the user manual for instructions on cleaning or replacing tubing. Failure to turn off the pump when milk gets in the tubing will cause the filter to fail, and subsequently allow milk to cause damage to your pump.

### Specifications

Protection type: Class II a / Weight: 1.8kg

| Country        | Voltage | Frequency | Plug                                                                                | Rated Current | Fuse         |  |  |
|----------------|---------|-----------|-------------------------------------------------------------------------------------|---------------|--------------|--|--|
| Australia      | 240V    | 50Hz      |    | 95VA          | T1.6A L 250V |  |  |
| New Zealand    |         |           |   |               |              |  |  |
| Singapore      |         |           |                                                                                     |               |              |  |  |
| Malaysia       |         |           |                                                                                     |               |              |  |  |
| United Kingdom |         |           |                                                                                     |               |              |  |  |
| Philippines    | 220V    | 60Hz      |  | 73VA          |              |  |  |
| United States  | 120V    | 60Hz      |                                                                                     | 50VA          |              |  |  |
| Europe         | 220V    | 50Hz      |  | 73VA          |              |  |  |

### Environmental Conditions

Operating Temperature 10 - 40° C / Humidity 25 - 95% / Atmospheric Pressure 700 - 1060kPa  
Storage Temperature 0 - 50° C / Humidity 30 - 70kPa / Atmospheric Pressure 700 - 1060kPa



## Spare Parts & Customer Service

Available on our website [www.freemie.com](http://www.freemie.com)

### Freemie Breast Pump Collection System

| Part # | Part Name                               | Picture |
|--------|-----------------------------------------|---------|
| FG024  | 25mm Breast Funnel                      | Page 3  |
| FG025  | 28mm Breast Funnel                      | Page 3  |
| FG026  | 32mm Breast Funnel                      | Page 3  |
| FG027  | Natural Shape Cup                       | Page 3  |
| FG029  | Valve Base                              | Page 3  |
| FG030  | Valve                                   | Page 3  |
| FG045  | Filter (used with Freemie Freedom only) | Page 3  |

### Compatible Pump Connection Kits

| Part # | Part Name                              | Picture     |
|--------|----------------------------------------|-------------|
| FG022  | Freemie Freedom - Pump Connection Kit  | Page 3      |
| FG023  | Freemie Equality - Pump Connection Kit | See website |
| FG021  | Medela - Pump Connection Kit           | See website |
| FG021  | Hygeia - Pump Connection Kit           | See website |
| FG020  | Philips Avent - Pump Connection Kit    | See website |
| FG020  | Lucina - Pump Connection Kit           | See website |
| FG020  | Ameda - Pump Connection Kit            | See website |
| FG046  | NUK - Pump Connection Kit              | 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

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