

- Charging is also possible when the breast pump is disassembled


See **chapter 8.2** for detailed cleaning guidance.

- Correct placement of the breast shield , membrane, container, etc. is essential for the breast pump to form a proper vacuum


The breast pump is not ready for use.

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10. Expressing your breast milk


**WARNING**

- Before you remove the pump unit from your breast, always switch off the breast pump to release the vacuum.
- Do not continue pumping for more than 5 minutes at a time if you do not succeed in expressing any milk. Try to express at another time during the day.

**CAUTION**


To avoid health risks and reduce the risk of injury:

- Milk expression should not be uncomfortable. Very powerful vacuum, misaligned nipple or incorrect breast shield size can cause trauma to the nipple/breast and decrease milk output. Adjust the breast shield size (see **chapter 7**) and vacuum as needed.
- Monitoring milk level during pumping to ensure overflow does not occur. Before pumping, please make sure the pump is pressed tightly on your breast without a gap.
- If you experience pain during pumping, break the seal between the breast and the breast shield with your finger and remove the breast pump from your breast.

**Information**

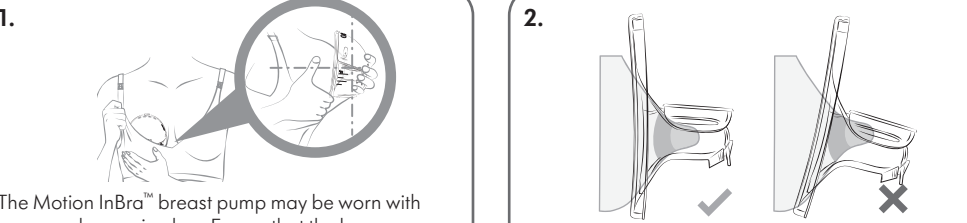
- **Stimulation phase** is a fast pumping mode to stimulate milk flow.
- **Expression phase** is a slower pumping mode for gentle and efficient milk removal.
- **Maximum Comfort Vacuum (MCV)** is the highest vacuum setting where pumping still feels comfortable. This is different for every mother and will result in the most efficient milk expression.
- When in Expression phase, increase the vacuum with the + button until pumping feels slightly uncomfortable (not painful). Then decrease the vacuum with one press of the – button. This is your MCV level.
- When the On/Off/Pause button is pressed for the first time, the breast pump automatically starts in Stimulation Phase at Level 1 for 1 minute. It then transitions to Expression Phase at Level 2 and continues operating for 29 minutes before shutting off automatically. If any operations are performed during this time, the corresponding settings will be applied. Each time the breast pump enters the Stimulation Phase, it will automatically switch to the Expression Phase after 1 minute.

10.1 Operating your breast pump



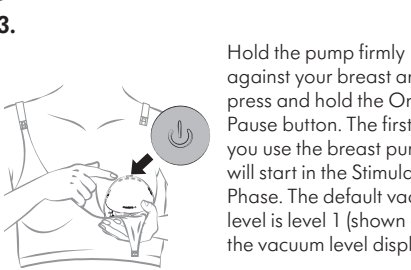
1.

The Motion InBra™ breast pump may be worn with your regular nursing bra. Ensure that the bra you are wearing supports the breast pumps securely in place while avoiding excessive compression on your breast. Try loosening the bra strap or switching to a more stretchy bra if you experience discomfort.



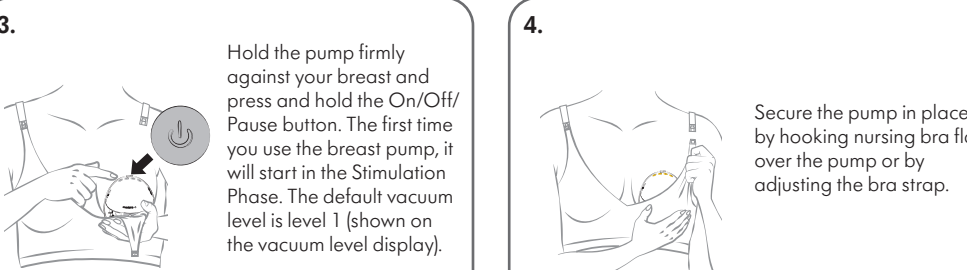
2.

Position the pump on your breast. Ensure that your nipple is centered in the breast shield tunnel.



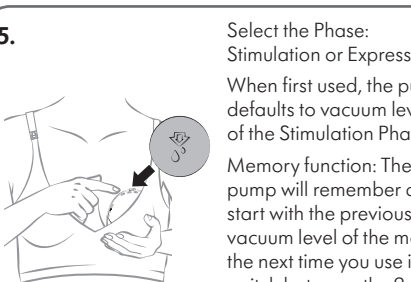
3.

Hold the pump firmly against your breast and press and hold the On/Off/Pause button. The first time you use the breast pump, it will start in the Stimulation Phase. The default vacuum level is level 1 (shown on the vacuum level display).



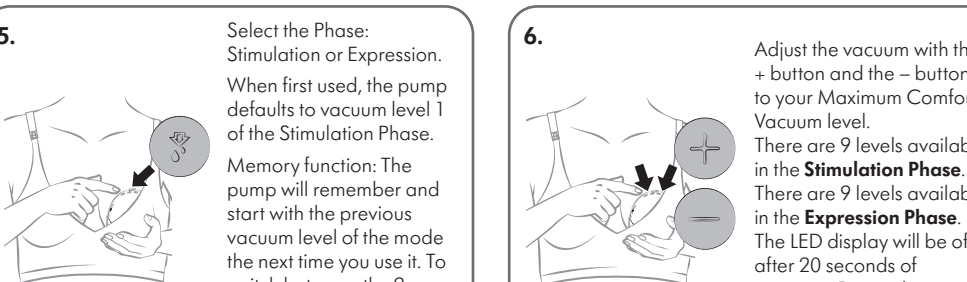
4.

Secure the pump in place by hooking nursing bra flap over the pump or by adjusting the bra strap.



5.

Select the Phase: Stimulation or Expression. When first used, the pump defaults to vacuum level 1 of the Stimulation Phase. Memory function: The pump will remember and start with the previous vacuum level of the mode the next time you use it. To switch between the 2 Phases, press and release the let down button.




6.

Adjust the vacuum with the + button and the – button to your Maximum Comfort Vacuum level. There are 9 levels available in the **Stimulation Phase**. There are 9 levels available in the **Expression Phase**. The LED display will be off after 20 seconds of inactivity. Press a button to turn it back on.

Tip: Higher vacuum pressure does not always mean more milk. Excessive pressure on your nipple can reduce milk production. Always make sure you are pumping at a comfortable level. If you don't feel any milk flow, check that the pump is assembled correctly.


10.2 Realigning the nipple or switching the side

In both Stimulation and Expression Phases the breast pump can be paused. This allows you to readjust yourself or your pumping set, or attend to your surroundings. For pausing, press the On/Off/Pause button while the breast pump is running. The pumping operation stops and the running time display is flashing. To resume pumping, press the On/Off/Pause button again.


**Information**

The pump is not designed to be used while lying down or sleeping. However, you can slightly lean forward or backward during your pumping session. We recommend the user stop the pumping session once the expressed milk volume of the container approaches 150 ml to avoid overflow. After finishing the milk collection, please pour the newly expressed milk into other milk collectors with caps or milk storage bags in time.

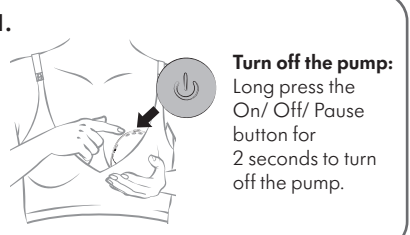
11. Handling of breast milk

**WARNING**

- The pumping set is designed to collect milk only. If you need to feed the baby or store the expressed breast milk, please use a bottle or container for storage.

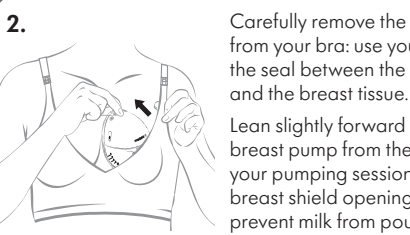
**Information**

Do not use the container for milk storage or transportation as it is not designed for this purpose.



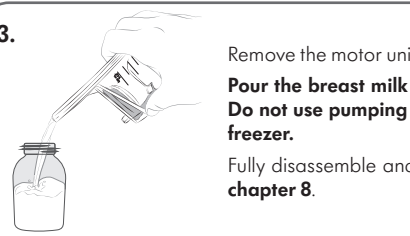
1.

Turn off the pump: Long press the On/ Off/ Pause button for 2 seconds to turn off the pump.



2.

Carefully remove the breast pump from your bra: use your finger to break the seal between the breast shield and the breast tissue. Lean slightly forward to remove the breast pump from the breast after your pumping session, then keep the breast shield opening side up to prevent milk from pouring over.



3.

Remove the motor unit before pouring the milk out of the pumping set. **Pour the breast milk through the pouring hole into a bottle or container for storage. Do not use pumping set to store milk. Do not store the pumping set in the fridge and freezer.** Fully disassemble and clean after each use and disinfect once per day as described in **chapter 8**.

For information on storing and thawing your breast milk, visit www.medela.com

12. Maintenance and care

Short-term storage

Do not expose the breast pump to direct sunlight. Store the breast pump and its accessories in a safe, clean, dry place away from children.

Long-term storage

Charge the breast pump before long-term storage and every three month to prevent the battery from being damaged and to prolong the life of the breast pump. Store it out of direct sunlight to avoid discoloration. Before storing them, clean the container, breast shield, membrane, insert and the motor unit (see **Chapter 8**).

13. Troubleshooting

Problem	Solution
Pump does not work	<ul style="list-style-type: none">• If the let-down has not yet occurred, consider leaving the pump on breast for a longer period of time to observe for possible delayed let-down. Note: Initial milk let-down time is unique for each person and varies by many factors.• Check nipple alignment, pause the pump, and remove it from the breast. Realign the pump as described in chapter 10.2.• You may not have the correct Breast shield or insert size (see chapter 7. Select the correct size of the breast shield and insert).
Milk does not flow	<p>Pause the pump and remove it from the breast. Center your nipple in the tunnel of the breast shield and position the pump against your breast (see chapter 7. Select the correct size of the breast shield and insert).</p>
Need to realign	<p>Pause the pump and remove it from the breast. Center your nipple in the tunnel of the breast shield and position the pump against your breast (see chapter 7. Select the correct size of the breast shield and insert).</p>
Feel discomfort while pumping	<ul style="list-style-type: none">• If you're experiencing an excessive discomfort try the following:<ul style="list-style-type: none">• Tighten the bra to ensure that the breast pump is held firmly against the breast• Reduce the vacuum strength• Realign the breast pump• You may be pumping for too long• You may not have the correct breast shield size• Stop pumping and consult a doctor or lactation specialist (see chapter 7. Select the correct size of the breast shield and insert)
Decreased (low) pump suction	<ul style="list-style-type: none">• The pump has 9 vacuum levels. Press the increase button to increase the vacuum.• Check the condition of the washable parts. They should be replaced after three months of use.• If this does not work, try the following:<ol style="list-style-type: none">1. Check the connections between all the washable parts to make sure they are secure.2. Visually inspect all washable parts and replace if damaged.3. Check that the power is on.4. Press the pump firmly against the breast.
Stop pumping	<p>The breast pump will automatically stop pumping after 30 minutes. Briefly press the On/Off/Pause button to pause the breast pump. Press again to resume pumping.</p>
Pump does not stop pumping	<ul style="list-style-type: none">• Press the On/Off/Pause button.• If the problem persists, break the seal by inserting a finger between your breast and the breast shield. Then press the On/Off/Pause button to turn off the pump.
Pump or Charger gets wet (immersed in water).	<ul style="list-style-type: none">• Dry the pump off immediately. Place the breast pump upright with the charger port down and suction controls up, and let it air dry overnight. Do not use the pump or charger within 24 hours.• Contact Customer Care.
Pump is not charging.	<ul style="list-style-type: none">• Ensure the USB Type-C cable with standard charger (not included) is fully plugged into the pump charging port.
Error code "E1"	<p>Type C inlet has detected input voltage higher than 6.5V and less than 24V. Replace with a suitable adaptor that has a rated output voltage of DC 5V for charging.</p>

If you have not resolved the problem with your breast pump or you have further questions, please contact Medela Customer Service. For contact data visit www.medela.com. Under "Country" choose your country.

14. Warranty

The breast pump contains no user serviceable parts inside. Opening or tampering with this device will void the warranty. Find information on the international warranty on www.medela.com/ewarranty.

15. Disposal


Disposal of your breast pump

At the end of its operating life, separate all the parts of your breast pump. Breast shield and container are made of plastic. Insert and membrane are made of silicone. You may follow separate collection according to local collection and recycling systems.

Motor unit and power adaptor, including USB-A to USB-C cable (electronic equipment) may contain hazardous substances and are not allowed to dispose of together with unsorted municipal waste. The integrated battery must not be removed for disposal. If the battery should leak, the breast pump must be disposed of. Electrical and electronic products (EEE) are indicated with the following symbol:
























In the European Union, United Kingdom and Switzerland the manufacturer or its vendor must take back EEE waste equipment, other countries may have similar collection and recycling systems. This appliance contains batteries that are non-replaceable and must not be removed for disposal.

**NOTICE**

Dispose of 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. Dispose of waste batteries or battery packs in accordance with national environmental regulations.

16. Meaning of symbols

The following tables explain the meaning of the symbols found on the product parts and its packaging.

	Indicates the manufacturer.		Indicates the authorized representative in the European Community / European Union.
	Indicates the importer.		Indicates the catalogue number.
	Indicates the serial number.		Indicates the batch code / lot number.
	Indicates the date of manufacture.		General safety alert symbol, points to information related to safety.
	Keep away from rain. Keep in dry conditions.		Keep away from sunlight.
	The packaging contains products intended to come in contact with food according to Regulation (EC) No 1935/2004.		Indicates that the contents of the transport package are fragile and the package shall be handled with care.
	Indicates that the package is capable of being recycled.		Indicates the material from which an item is made.
	Do not dispose of electric/electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).		Indicates the need for the user to consult the instructions for use.
	Defines a relative humidity range.		Defines a temperature range.
	Defines an atmospheric pressure range.		Indicates the degree of protection against ingress of foreign objects and moisture.
	Indicates direct current.		

Country specific

	Indicates compliance with the EU requirements for household and similar electric appliance.		Indicates that an item can technically be recycled according to the French AGEC law.
	Indicates that the device is UK conformity assessed.		The Regulatory Compliance Mark indicates the compliance with Australian EMC and radio transmission requirements.


References

- EN 60335-1: Safety of Household Appliance - Household Appliance Requirements.
- WEEE Directive - Waste from Electrical & Electronic Equipment - Directive 2012/19/EU
- Regulation (EC) No 765/2008 setting out requirements for accreditation and market surveillance relating to the marketing of products and repealing Regulation (EEC) No 339/93
- Restriction of Hazardous Substance (ROHS) - Directive 2011/65/EU
- EN IEC 55014-1: Electromagnetic Compatibility (Requirements for Household Appliance) - Emissions
- EN IEC 55014-2: Electromagnetic Compatibility - (Requirements for Household Appliances) - Immunity
- AS/NZS 60335.1: Safety of household and similar electrical appliances - Part 1 - General requirements
- AS/NZS CISPR 11 - EMC Australia
- GB4706.1: Household and similar electrical appliances- Safety- Part 1: General requirements
- GB4806.1: National Food Safety Standards - General Safety Requirements for food contact materials and products
- GB4806.7: National Food Safety Standards Food Contact Plastic Materials & Products
- GB4806.11: National Food Safety Standards Food Contact Silicone Rubber Materials & Products
- GB9685: National Food Safety Standard for Uses of Additives in Food Contact Materials
- GB/T 39560: Determination of certain substances in electronic and electrical products.

17. International regulations

17.1 Electromagnetic compatibility (EMC)

The Motion InBra™ breast pump complies with all requirements of the relevant standards [EN IEC 55014-1 and EN IEC 55014-2] and regulations with regard to electromagnetic emission and immunity to interference.

**WARNING**

- Portable wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies, RFID, other electrical equipment and also including peripherals such as antenna cables and external antennas can affect the electric breast pump and should be kept at a distance of at least 30 cm away from the breast pump including cables. Otherwise, degradation of the performance of this equipment could result.
- Use of USB cables other than those provided by the manufacturer of this device could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

**CAUTION**

- Using short-wave diathermy, microwave diathermy, or therapeutic ultrasound diathermy (all now referred to as diathermy) and electrocautery devices near this product may cause malfunction or lead to loss of performance, please do not use Medela Wearable Breast Pump near this equipment.

18. Technical specifications

Summary of important technical specifications

Power supply	DC 3.7 V / 1500mAh Rechargeable lithium battery
Power Requirements	Input: DC 5V 1A Power: 3W
Pump dimensions	135*115*76mm
Product use life	250 hours
Noise Level	≤45dB
Weight (with all accessories)	250g
Ingress protection Level	IP22
Vacuum performance:	Stimulation Phase: -80 to -160 (+/-20) mmHg Expression Phase: -80 to -280 (+/-20) mmHg
Cycle Speed	Stimulation Phase: 100 -120(+/-5) cpm Expression Phase: 35- 75(+/-5) cpm
Battery Charging time	About 150 minutes
Battery Usage Time	About 150 minutes
Type of protection against electric shock	Internally powered equipment

Materials touching skin or coming in contact with milk

- Breast shield: Polypropylene
- Container: PP/TPE (Polypropylene/Thermoplastic elastomer)
- Yellow membrane: Silicone
- Motor unit: ABS (Acrylonitrile Butadiene Styrene)
- Yellow buttons: Silicone
- Insert: Silicone

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

Recommended power adaptor specifications:

USB-A Power supply (not provided)
5V / 1A DC
Compliant with IEC 60335-1 standard and corresponding to the regional power source regulations.
USB-A to USB-C cable (provided) length : 1000mm

19. Travel or International Use

The Motion InBra™ breast pump can be internationally used but it must be used and stored in the environment specified in this user manual, and please make sure the input power of your power adapter is AC 100-240V 50/60 Hz and output power is DC 5V 1A, and please make sure you have a converter to convert to the proper voltage of the target country.

