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Manufactured for
Fridababy LLC. Miami, FL 33137 USA

100-LBL-0006V1

frida

2-in-1 Manual + Silicone Suction Breast Pump

USER MANUAL



A pump that goes with your flow

Our DualSwap™ system combines the best of both worlds - manual pumping and silicone suction - so you're ready for every quick hit, on the go, middle of the night milk moment.

BEFORE FIRST USE:

Please read all instructions, clean, sanitize, and properly assemble your pump before use. Keep this manual for future reference.

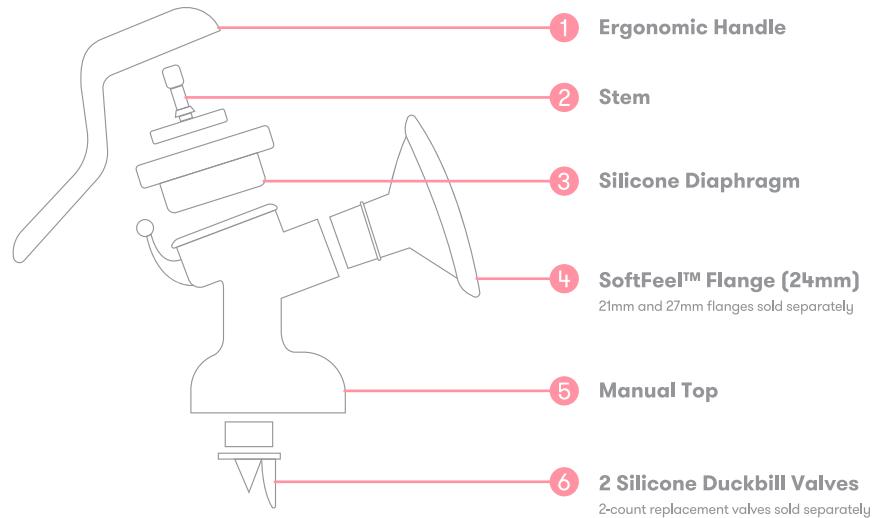
INTENDED USE:

For lactating women to express and collect breastmilk from their breasts for feeding to a baby.

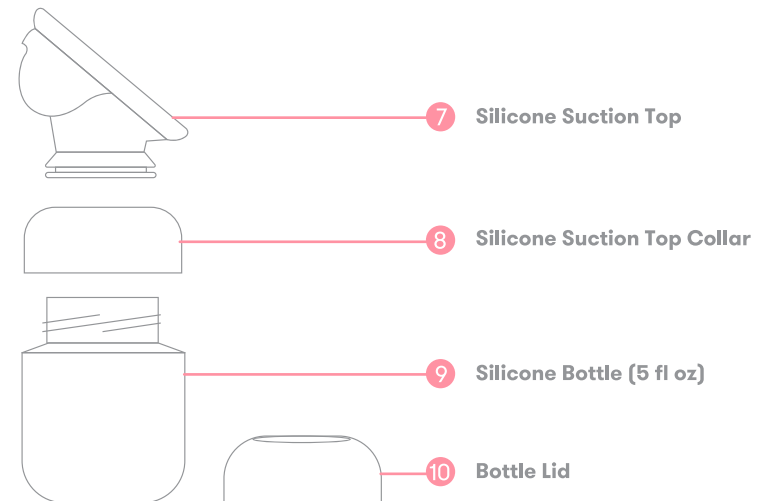
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Contents



Contents



SAVE THESE INSTRUCTIONS

WARNING

- Do not pump if you are pregnant, as it may induce labor. If you are pregnant and breastfeeding at the same time, consult your physician before use.
- If infected with Human Immunodeficiency Virus (HIV), Hepatitis B, or Hepatitis C, pumping will not eliminate or reduce the risk of transmission to your baby through your breastmilk.
- All parts that come into contact with breast milk or your breast should be washed and sanitized before first use and at least once daily after your pumping sessions. If any pump cleaning wipes are used during the day, the pump must still be washed following the instructions in this manual. Pump cleaning wipes are not a replacement for daily washing.
- Keep out of reach of children. Small parts may create a choking hazard if swallowed by a child.
- Do not share the breast pump with anyone. It is a single-user product, and sharing may present a health risk.
- Use this product only for its intended use and as described in this manual.
- If you experience excessive discomfort or pain during or after using the breast pump, discontinue use and consult with a licensed medical professional before resuming use.

WARNING

- Do not microwave breastmilk as it may cause severe burns to the baby. Microwaving may also change the composition of breastmilk.
- Inspect product for signs of damage or wear. Do not use if the product is defective.
- Only use Frida parts with this breast pump.
- In case of any performance issues, refer to the troubleshooting section of the manual.

Care + Cleaning

Cleaning pump parts can feel like a 9 to 5 but it's what will keep your pump running in tit-top shape. Sanitize all parts before first use. Parts should be washed and dried after each use if possible. If pumping away from the home and wipes are used, wash parts thoroughly and sanitize once you are able on your pumping day.

1. DISASSEMBLE

If using Manual mode:

- Unscrew the manual top from the silicone bottle.
- Remove the valve using the easy-pull tab.
- Gently twist and pull the SoftFeel™ Flange from the manual top.
- Carefully detach the handle, stem, and diaphragm.

Care + Cleaning

If using Silicone suction mode:

- Unscrew the silicone suction top from the silicone bottle.
- Carefully detach the silicone suction top from the collar.

2. WASH

Hand Wash:

- Rinse the disassembled parts to remove residual breastmilk.
- Using a mild dishwashing soap, soak parts in warm, soapy water.
- Scrub parts with a soft-bristle brush dedicated to baby feeding equipment.
- Rinse thoroughly under cool water to remove all soap suds.

Dishwash:

- Place small parts in a closed-top basket to prevent loss.
- Place all parts on the top rack of the dishwasher.
- Using a mild detergent, run the dishwasher using hot water and a heated drying cycle.

Care + Cleaning

3. SANITIZE

- Submerge the washed parts in water and bring to a boil. Reduce the heat and allow the parts to simmer for 5 minutes.
- Alternatively, use a baby bottle sterilizer according to the manufacturer's instructions.
- Using tongs, carefully remove the parts from the water or sterilizer.

4. DRY

- Allow all parts to air-dry on a clean, unused dish towel or drying rack.

CLEANING TIPS

- Do not use abrasive cleaners or solvents, which can damage the pump's parts.
- Avoid cleaning with antibacterial soaps, which can leave a residue and affect the integrity of silicone components.
- Avoid drying parts with a cloth towel, which can cause lint to accumulate.

Care + Cleaning

REGULAR MAINTENANCE

- Inspect your breast pump regularly for any changes in texture, color, or integrity.
- Silicone components should be checked for stickiness or cracks, which can indicate a need for replacement.
- Replace any parts that come in contact with breastmilk every 4 to 6 months.

Assembly

Follow these simple steps to set your pump up for [suck]cess.



Manual mode



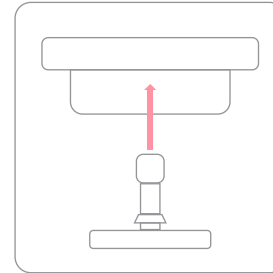
Silicone suction mode



Breastmilk storage

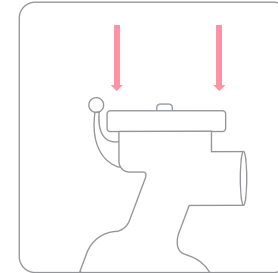
Assembly

If using Manual mode:



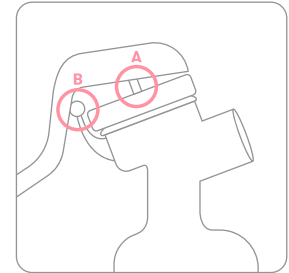
Step 1

Push the stem (2) up through the diaphragm (3).



Step 2

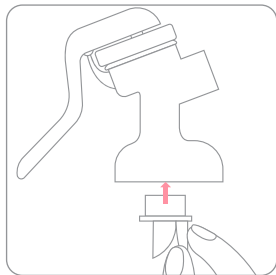
Attach the diaphragm and stem to the manual top (5), pressing down to ensure a tight seal.



Step 3

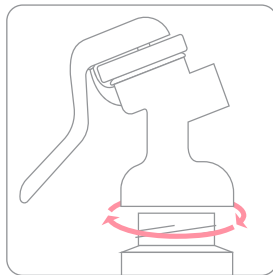
- A** Hook the handle (1) onto the stem.
- B** Press the back of the handle onto the manual top, clicking it into place.

Assembly



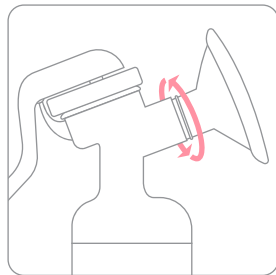
Step 4

Insert the valve (6) using the easy pull tab and press down evenly to ensure a secure fit.



Step 5

Screw the assembled manual top onto the silicone bottle (9).

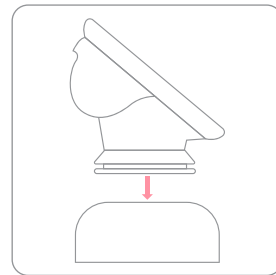


Step 6

Gently twist the SoftFeel™ Flange (4) into the opening. Our flange can be rotated 360° for a personalized fit based on what feels most comfortable.

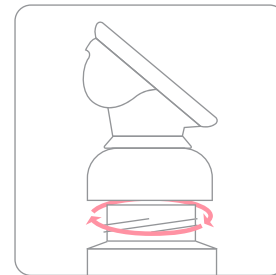
Assembly

If using Silicone suction mode:



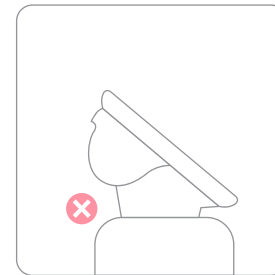
Step 1

Attach the silicone suction top (7) to the collar (8), ensuring that the silicone wraps above and below the collar.



Step 2

Screw the assembled silicone suction top + collar onto the silicone bottle.



Incorrect

If yours looks like this, gently pull the silicone top up until it pops into place. There should be no visible gaps around the collar.

Pumping

Whether you're building your stash while baby is latched or pumping on the go, make the most of every sesh with your 2-in-1 pump.

Before use:

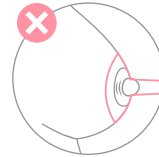
- Wash hands thoroughly with soap and water.
- Before first use and once daily, disassemble breast pump parts and sanitize. Routinely wash and air-dry parts after each use – see Care + Cleaning.
- Ensure the breast pump is assembled correctly for the desired mode, using clean and dry parts – see Assembly.
- Get comfortable and gently massage your breasts and/or use a warm compress to encourage milk flow.

Tip: Try the Frida Hot + Cold Breast Relief Packs or Frida Milk Flowing Massage Stick (each sold separately).

IF USING MANUAL MODE FOR CONVENIENT AND EFFICIENT MILK EXPRESSION:

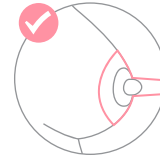
1. Place the SoftFeel™ Flange on your breast, centering it over your nipple.
2. Gently press the handle to ensure proper flange placement and fit.

Pumping



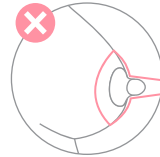
Too small

Your nipple rubs against the sides of the flange tunnel, causing friction.
Try our 27mm SoftFeel™ Flange (sold separately).



Correct fit

Your nipple moves freely in the center of the flange tunnel.



Too large

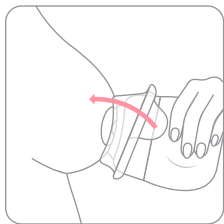
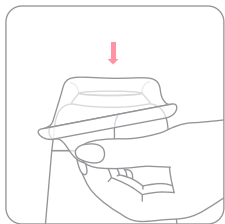
Your areola is being pulled into the flange tunnel causing discomfort.
Try our 21mm SoftFeel™ Flange (sold separately).

3. Pull on the handle to begin pumping. Start with quick, short pumps to stimulate the let-down reflex. Note that let-down can usually take a few minutes. Once milk starts to flow, transition to a slower, more regular pattern.
4. Ensure that breastmilk is dripping into the silicone bottle and adjust suction as needed to maintain comfort and efficiency.
5. When finished, carefully break the seal of the flange with your finger to avoid discomfort and remove the pump from your breast.

Pumping

IF USING SILICONE SUCTION MODE TO CATCH LET-DOWN WHILE NURSING:

1. To achieve max suction, use the fold-back method of application. Before attaching the pump to your breast, pull down on the Fold & Flow™ Tabs and press straight down into the vessel until the silicone suction top folds over.
2. With the top folded, squeeze the silicone bottle and place it on your breast, ensuring your nipple is centered and not pressed against the sides.
3. Flip the silicone suction top back into position before releasing the bottle to create suction. You can adjust the pressure and angle until you find the most effective and comfortable position.



Pumping

4. Allow the pump to collect milk. It works without additional pumping action, so you can use it while feeding your baby on the other breast or when milk is leaking during your let-down.
5. When finished, carefully break the seal of the silicone suction top with your finger to avoid discomfort and remove the pump from your breast.

AFTER USE:

1. Remove the top from the bottle and replace with the bottle lid.
2. Store breastmilk according to the latest Academy of Breastfeeding Medicine guidance.
3. Disassemble, wash and sanitize pump parts as needed – see Care + Cleaning.

Troubleshooting Guide

Even pumping pros run into hiccups. Refer to these helpful tips or contact us anytime for help along your breastfeeding journey.

MANUAL MODE

Pump handle is difficult to press	The diaphragm may be misaligned. Check that the diaphragm is correctly assembled and tightly secured.
Pump produces noise while in use	Loose components may cause air leaks. Check that all parts are correctly assembled and tightly secured. Replace any damaged parts.
Difficulty assembling pump	Review the assembly instructions to confirm that all parts are accounted for, correctly oriented, and engaged.

MANUAL MODE [CONT'D.]

Experiencing discomfort	<p>Your 24mm SoftFeel™ Flange may be improperly placed, or you may need a different size flange. Ensure your nipple is centered in the flange and not rubbing against the sides. Consider trying a different flange size for a better fit.</p> <p>Frida 21mm and 27mm SoftFeel™ Flanges are sold separately.</p>
No milk is expressed	<p>This may be due to ineffective suction, improper positioning, or timing. Check your pump for any air leaks that might reduce suction. Make sure the flange is properly positioned on your breast, or try pumping at different times of day. Gently massage your breasts or use a warm compress to encourage milk flow.</p> <p>Tip: Try the Frida Hot + Cold Breast Relief Packs or Frida Milk Flowing Massage Stick (each sold separately).</p>

MANUAL MODE [CONT'D.]

Pump leaks while pumping

Check that all parts are assembled correctly and tightly secured. If your bottle is nearing capacity, consider transferring milk to another container to avoid overflow.

Air leaks from pump

Pump parts may need regular replacement. Inspect the pump for any visible damage and replace any cracked or worn-out components as needed.

SILICONE SUCTION MODE

Difficulty assembling the pump

Review the assembly instructions to confirm that all parts are accounted for, correctly oriented, and engaged.

Pump keeps falling off

If the silicone bottle is starting to reach max fill, regularly transfer breastmilk to another container to prevent weight from impacting suction. See insufficient suction troubleshooting tips.

SILICONE SUCTION MODE [CONT'D.]

Experiencing discomfort

Too much suction or incorrect positioning can cause discomfort. Gently squeeze the silicone bottle to release some suction until comfortable. Reposition the pump if it's pulling too much on the nipple or if it's angled uncomfortably.

Insufficient suction

Before attaching the pump to your breast, pull down on the Fold & Flow™ Tabs to fold the silicone suction top over. With the top folded over, squeeze the silicone bottle firmly to expel air and place on your breast, centering your nipple. Make sure the pump is fully pressed against your skin to create an airtight seal. Then flip the silicone suction top back into position and release the base to create suction. See page 7 for illustrations. Ensure your nipple and pump are dry for better suction.

MILK FLOW	
Not collecting much milk	Variations in milk supply, improper timing, or pump positioning can impact collection. Experiment with pumping at different times of day, ensuring you're relaxed and comfortable. Try pumping after a warm shower or bath. Make sure the pump is correctly positioned to maximize milk flow. Remember, the amount of breastmilk you produce can vary significantly due to various factors, including stress, hydration, and diet.
Milk flow decreases	Ensure you're regularly assessing and replacing pump parts as needed. Remember that many factors can impact your personal breastmilk production. Consider contacting a lactation consultant for breastfeeding guidance and support.

TECHNICAL DATA

Product Name: Frida 2-in-1 Manual + Silicone Suction Breast Pump

Model Number: 10000100

Made in: China

Dimensions: 200mm x 176mm x 100mm

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Patents: frida.com/pages/patents