

In the US: Before you make a claim under this warranty, or for additional information, call Medela Customer Service at 800-435-8316, 815-363-1166. You may also contact Medela at customer.service@medela.com.

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medela 

Freestyle[®]

Breastpump

 Instructions



Congratulations!

Soon you'll know why Freestyle® is the perfect pump for you. Designed for busy moms, Freestyle is everything you could ask for in a breastpump:

- Double electric to save you time.
- Small & lightweight for convenience.
- 2-Phase Expression® technology for proven performance (see below for more info).
- Hands-free option (included) to suit your preference.
- Rechargeable battery power for true mobility.
- An attractive tote bag to carry it all with you.



Visit www.medela.com to learn more.

You're going to love Freestyle with 2-Phase Expression technology. Why? It all starts with how babies nurse.

Babies nurse in two phases:

1. Fast and light sucking to start your milk flowing.
2. Slower, deeper sucking to get as much milk as quickly as possible.

2-Phase Expression technology - found in Freestyle - is Medela's exclusive research-based technology that closely mimics how babies nurse:

- The **Stimulation Phase** (phase 1) is a rapid pumping rhythm to get your milk flowing.
- The **Expression Phase** (phase 2) is a slower pumping rhythm for gentle and efficient milk removal.

The combination of these two phases leads to more milk in less time (when pumping at Maximum Comfort Vacuum™ - see page 8).

Medela is committed to serving you. If you have any questions, please call Customer Service at 800-435-8316.

Table of Contents

Parts Guide	2-3
Important Safeguards	4
How to Assemble & Use Freestyle.....	5
First time use	5
Assembling the pump.....	5-6
Basic controls & LCD.....	6
Using Freestyle	7-8
For single pumping	7
For double pumping.....	7-8
Using the memory	9-10
Using the timer	10
Hands-free & mobile pumping.....	11
Hands-free setup	11-12
Bra clasp adapters	13
Using the belt for mobility	13
Using battery power	14-15
Enjoying your freedom	15

Health & Safety	16
Hygiene	16
Cleaning.....	16
Storing breastmilk.....	17-18
Troubleshooting.....	19-20
Low or no suction	19
Battery problems	19
Other concerns	20
Display error messages	20-21
Warranty	22
Accessories	23-25

Freestyle® Parts

Item	Part No.	Item	Part No.
a. Tubing	8007232	k. Ice pack	8117010
b. SoftFit™ breastshield (2).....	67246	l. 5 oz (150 mL) BPA-free breastmilk bottles (4).....	8117012
c. Breastshield spare parts assembly.....	67061	m. Slow flow wide base nipple (1)	8207060
includes: breastshield body (c1), membrane (c2), back cap (c3)		n. Solid lids (4).....	8107183
d. Support belt & extension	3007341	o. Wide base nipple collar (1).....	2001485
e. Hands-free straps	6007126	p. Travel cap (1).....	2001686
includes: (2) top straps and (2) bottom straps		q. Rechargeable battery.....	9197010
f. Bra adapters A (hook & eye) (2)	8107148	r. Power cord / charger	9207047
g. Bra adapters B (universal) (2).....	8107149	s. Freestyle vehicle lighter adapter- 12 volt (sold separately).....	67153
h. Wrist strap.....	3007342		
i. Tote bag	3007340		
j. Cooler bag	3007304		

Ordering Parts

If your retailer does not carry the parts you need, you can call 800-435-8316 and order with VISA, MasterCard, American Express or Discover. In other countries than the U.S., contact your local distributor. Visit www.medela.com for a distributor listing.

IMPORTANT SAFEGUARDS

WARNING! This is designed to be a single user product. Use of breastpumps by anyone other than the original owner presents health and performance risks and voids the product warranty.

It is important to read all instructions before inserting the battery. When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER to reduce the risk of electrocution:

1. Always unplug electrical products 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 if it has fallen into water. Unplug immediately.

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

1. A product should never be left unattended when plugged into an electric outlet.
2. Close supervision is necessary when this product is used by, on, or near children or invalids.

3. Use the product only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.
4. 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.
5. Keep the cord away from heated surfaces.
6. Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
7. If the suction feels uncomfortable or painful, decrease the suction level. If this doesn't help, turn product off and remove from your breast. Consult your healthcare professional.
8. Plug the power cord into the Freestyle breastpump first and then into the wall socket.
9. This product is a personal care item and should not be shared among mothers.
10. Use with the appropriate supplied Medela power cord and/or battery pack supplied with the Freestyle breastpump.
11. Never use while sleeping or when drowsy.
12. Wash the appropriate pump kit parts before each use.
13. Use of the product while operating a motor vehicle is not recommended.

SAVE THESE INSTRUCTIONS

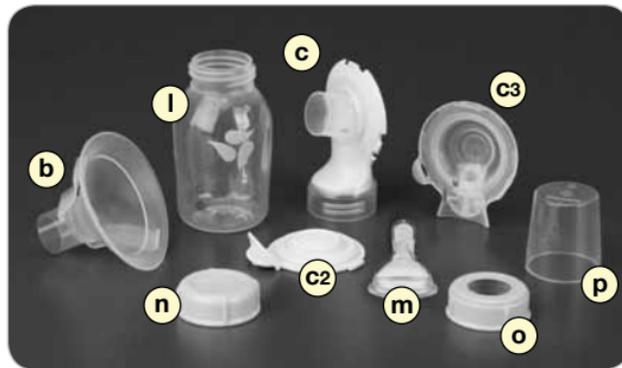
How to Assemble and Use Freestyle®

First time use

Before using Freestyle for the first time, sanitize the pump kit in boiling water for 10 minutes.

Disassemble all the parts that come into contact with the breast and breastmilk:

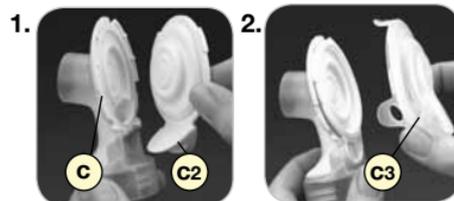
- b. SoftFit™ breastshields (2)
- c. Breastshield bodies (2)
- c2. Membranes (2)
- c3. Back caps (2)
- l. Bottles (4)
- m. Slow flow wide base nipple (1)
- n. Solid lids (4)
- o. Wide base nipple collar (1)
- p. Travel cap (1)



Tip: It is not required to clean tubing prior to first use.

Assembling the pump kit

1. Insert pale yellow membrane (c2) into clear breastshield body (c). If placed properly, ridges will align.
2. Snap clear back cap (c3) onto breastshield body (c) enclosing membrane (c2). Make sure all 3 tabs are snapped in place.



3. Screw bottle into base.
4. Push SoftFit™ breastshield into breastshield body.
5. Connect tubing to the breastshields and the pump (see picture for placement).



Basic controls and display

- a. On/off (standby mode) button
- b. Vacuum increase
- c. Vacuum decrease
- d. Let-down button/timer reset button
- e. Memory button
- f. Timer display
- g. Stimulation phase indicator
- h. Expression phase indicator
- i. Memory “on” indicator
- j. Battery status indicator
- k. AC power indicator



Using Freestyle®

Freestyle offers a single or double pumping experience.

For single pumping:

1. Follow pump kit assembly instructions (pages 5-6) using one breastshield.
2. Plug one tube into the back of breastshield assembly.
3. Plug unused end into center tubing dock.

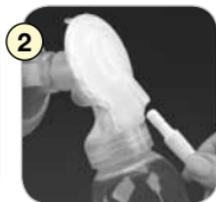
Tip: To switch from double pumping to single pumping, simply unplug tube from the side you wish to stop pumping from and place open tube into tubing dock.

For double pumping:

Follow pump kit assembly instructions (pages 5-6) using **two** breastshields.

Before you start single or double pumping, make sure the breastshields, membranes and breastshield bodies are completely dry.

1. Center the assembled breastshields over your nipples.
2. Press the on/off  button to start pumping. Freestyle will start in stimulation phase, indicated on the display as shown.
3. Adjust the vacuum to your comfort level while pumping by pressing the increase (+) or decrease (-) button. Holding down these buttons will adjust vacuum more rapidly. After two minutes, the stimulation phase will automatically change to the expression phase, indicated on the display as shown.



- If you let-down (your milk starts to flow) sooner than two minutes, you may pump more efficiently by pressing the let-down  button at that time, manually changing it to expression phase (phase 2).

If you have not let down within two minutes it will automatically change into the expression phase. Once in expression phase, push the let-down button again to go back to stimulation phase (phase 1).

Tip: Some moms prefer going back and forth between Stimulation and Expression to achieve a second let-down throughout a pumping session. You can do this by pressing the let-down button.

- Once in the expression phase, set your Maximum Comfort Vacuum™. Maximum Comfort Vacuum is the highest vacuum you can use and still feel comfortable.

To find your Maximum Comfort Vacuum: increase vacuum until pumping feels slightly uncomfortable (never painful), then decrease slightly.

Research has shown that you will pump more efficiently - get more milk in less time - when pumping at Maximum Comfort Vacuum in the expression phase.

Tip: When increasing or decreasing vacuum, the vacuum level will appear on the display screen (“L1” indicates the lowest level and “L9” indicates the highest level). This can help you identify the vacuum level that’s right for you, and can also help you remember and easily set your Maximum Comfort Vacuum.

- When finished, turn pump off. The display remains on for a few seconds after turning the pump off.



Using the Memory

Once you've identified a pumping pattern that's comfortable and effective for you, it's easy to program Freestyle to repeat your personal pumping pattern without having to reset it every time you pump.

Setting the memory allows you to duplicate:

- Length of stimulation phase (up to 2 minutes).
- One vacuum level in stimulation phase.
- One vacuum level in expression phase.

To set the memory during a pumping session:

1. Follow the usage instructions on page 7 making sure to:
 - a. Set the vacuum level in the stimulation phase to your comfort.
 - b. Press the let-down button when your milk starts to flow.
 - c. Set the vacuum level in the expression phase to your Maximum Comfort Vacuum (see page 8).
2. Press the memory button for three seconds, until the display flashes. The memory symbol will appear on the display as shown.
3. Finish pumping session.
4. Turn off.



5. At your next pumping session, turn the pump on and press the memory button (do not hold more than 3 seconds). The pattern you set previously will automatically occur. If you hold down the memory button for more than 3 seconds, you will override your previous memory setting.

Tips for using the memory:

- You can still adjust time in stimulation phase and vacuum levels with the memory on. This will not change the pattern in your memory unless you press and hold the memory button for 3 seconds to reset.
- If you're in expression phase with the memory on, you can still press the let-down  button to go back to stimulation phase. If you do this, you'll stay in stimulation phase until you press the memory button or for up to 2 minutes.
- It's common for your vacuum comfort levels to change throughout your pumping experience. If you find that your initial memory setting is not as effective or comfortable, try resetting the memory according to the above instructions.

Using the Timer

The timer automatically starts when the pump is turned on. If for any reason you want to restart the timer during a pumping session, press the let-down  button and hold for 3 seconds. This will restart the timer.

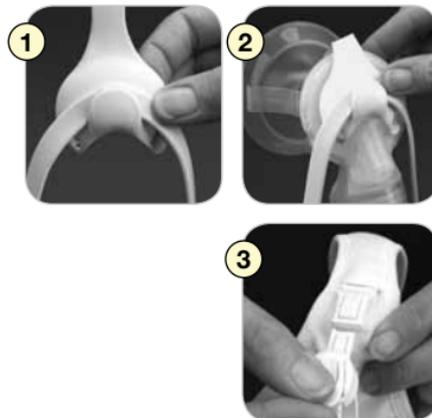
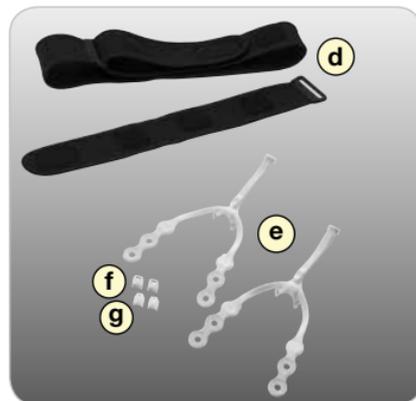
Hands-Free & Mobile Pumping

Freestyle® comes with accessories that enable you to be hands-free while pumping. The belt and belt extension (d), hands-free straps (e), and bra adapters (f) and (g) can be used together to achieve a truly hands-free pumping experience.

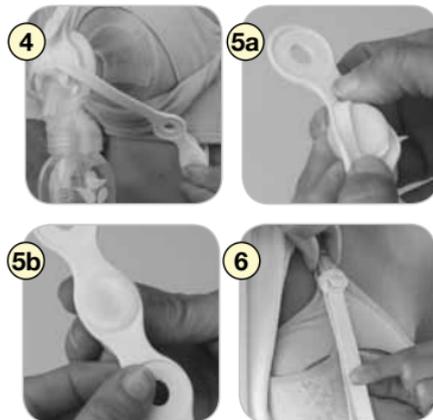
The following pages will explain how you can use the hands-free pumping accessories to achieve the level of freedom you desire. Now it is easier to read a book, care for other children and move around while pumping. For a step by step instructional video on how to use the hands-free accessories, please visit www.medela.com.

Hands-Free Setup

1. Connect hands-free top strap to hands-free bottom strap by sliding bottom strap into top strap clip.
2. Snap hands-free strap assembly onto back of each breastshield body. Be sure that the hands-free assembly snaps into the breastshield body and is secure.
3. Open your bra flap and insert clasp into your bra, using bra adapters (A or B) if necessary (see page 13).



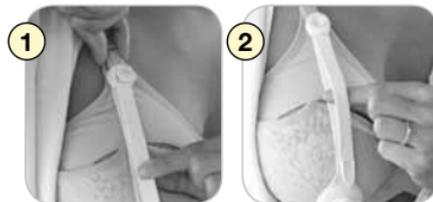
4. Attach bottom clips to bra band until secure fit is achieved. Be sure the nursing bra flap is not trapped under the breastshield.
5. If necessary, adjust the fit by moving the bottom strap clips to a different strap setting (a). The strap is flexible and can be pulled to remove and reinsert the clip (b). Be sure the round part of the clip sits on the side of the strap with the round indentation. After you move the clip, repeat step 4.
6. Adjust length of top strap by pulling down on the loose end. Close clasp when complete. (For more detail, read below, "To adjust the top straps").
7. Repeat strap assembly with the other breastshield.
8. Attach tubing as before (see page 7). You are now ready to pump hands-free.



To help you set up, you can also view an instructional video online at www.medela.com

To adjust the top straps:

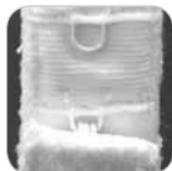
1. Tighten: Open clasp and pull down on front strap until desired length. Snap clasp into locked position when complete.
2. Loosen: Open clasp and pull down on back part of strap until desired length. Snap clasp back into locked position.



Bra Clasp Adapters

The hands-free straps were designed to work with most top flap nursing bras (see below). Refer to the pictures below to determine which bra adapter to use.

Tip: Medela seamless and comfort nursing bras and the Medela nursing camisole do not require adapters. See page 23 for more information about Medela intimate apparel.



Use adapter A



Use adapter B



No adapter needed

Bra Adapters



A

Hook & Eye



B

Universal

Using the Belt for Mobility

1. Hold buckle in right hand.
2. Wrap belt around waist, Velcro facing away from the body.
3. If you would like a longer belt, add the extension piece. Slide belt through buckle and attach Velcro to achieve a secure fit.
4. Slide clip at rear of pump into the slot that is sewn into the belt.
5. Reposition the belt so that pump is where you find it most accessible.
6. Make sure the pump is securely fastened onto belt before becoming mobile.

Tip: It is easiest to put on the belt and attach the pump before connecting the tubing.



Using Battery Power

Before using for the first time:

When opening your new pump, you'll find the battery inside the top portion of the plastic tray that contains the pump.

1. Open the battery compartment by sliding the back panel of the pump down and removing.
2. Please make sure to insert the battery correctly into the pump. The “**↓This side down↓**” message on the battery should be oriented down, toward the inside bottom of the battery compartment. Make sure that the gold contacts on the battery are adjacent to the gold contacts inside the battery compartment. The pull tab should be facing up, toward you, allowing for convenient removal should the battery need to be replaced.

Tip: The pump will not operate on battery power if the battery is inserted improperly. When oriented properly the battery will easily slide into the battery compartment. Do not force.

3. Close the battery compartment.
4. Prior to first use, charge the battery for 24 hours. If necessary, the pump can be used during this period with the power cord only. The pump will display the **bAtt** message while the pump is in the initial charging mode. For best results, allow the pump to initially charge uninterrupted for 24 hours. After the 24-hour initial charge, subsequent charges will take approximately four hours. You should not need to remove the battery unless replacing.

Tip: If the initial charging mode is interrupted (pump is unplugged/battery is used) or if the pump battery is removed and reinserted, the **bAtt** display message will flash, indicating the pump needs to complete the charging cycle (18-24 hours) prior to battery use.



After the initial charge:

- The battery will charge every time it is plugged in. The battery **does not** charge when the pump is in use and plugged in. Flashing **bAtt** and battery icon flashing with moving bars indicates the battery is charging. The battery does not need to be completely drained before recharging. When the battery is fully charged, it will provide approximately 3 hours of pumping time. The Medela **12 volt Vehicle Lighter Adapter** is another option for charging Freestyle (item #67153 sold separately).
- When the pump is switched on, the battery indicator on the display will show how much battery power is left. If the battery symbol starts to flash showing just one bar, there is only enough power left for approximately one 20-minute pumping session.

Tip: When charging, the battery symbol should appear on the Display screen. If it does not, refer to the troubleshooting section on page 19.

CAUTION - The battery used in this device may present a risk of fire or chemical burn if mistreated. Do not disassemble, heat above 60 °C or incinerate. Replace battery with Medela part number 9197010 only. Use of another battery may present a risk of fire or explosion.

Do not store in extreme heat or cold. When storing the battery for a limited length of time, store within the following temperature range: -4 °F to 140 °F (-20 °C to 60 °C). When storing the units for an extended time, store within the following temperature range: 32 °F to 77 °F (0 °C to 25 °C).

Dispose of used battery promptly. Keep away from children. Do not disassemble and do not dispose of in fire.

Enjoying your new freedom

Freestyle® is designed for the active mom and its unique design allows her to do other things while pumping – like reading, talking on the phone, checking email or caring for other children. To get the most out of the Freestyle experience, we encourage moms to **move with care** while pumping with Freestyle.

Health & Safety

Hygiene

Wash hands before touching breasts or bottles and avoid touching the inside of containers or lids.

Cleaning

Follow these cleaning instructions unless you are told otherwise by your healthcare professional.

After each use:

1. Disassemble and wash all parts of your pump kit that come into contact with the breast and breastmilk (breastshield, breastshield body, back cap, membrane, bottles and bottle caps) in warm, soapy water. All parts in the pump kit are dishwasher safe (top rack only). **It is not recommended to sanitize SoftFit™ breastshields using Quick Clean™ Micro-Steam™ bags.**
2. Rinse in clear water.
3. Air-dry on clean towel and cover parts when not in use.

Tip: Make sure all parts are completely dry before re-assembling.

IMPORTANT: Do not wash the pump or power cord. Use a damp (not wet) cloth to wipe down the pump body if necessary. Do not sterilize piece parts in autoclave.

Tip: As an alternative to soap and water, use Quick Clean wipes or Quick Clean Micro-Steam bags for easy, convenient cleaning. See page 24 for more information.



Storing Breastmilk

Check with your hospital for specific storage instructions.

When freezing, do not fill containers more than 3/4 full to allow space for expansion.

Label containers with the date of pumping.

Freshly Expressed Breastmilk Storage Guidelines <i>(For Healthy Term Babies)</i>				
Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Freezer	Thawed Breastmilk
4–6 hours at 66–78 °F (19–26 °C)	24 hours at 59 °F (15 °C)	3–8 days at 39 °F or lower (4 °C)	6–12 months 0–4 °F (-18–-20 °C)	use within 24 hrs

Reference: www.BreastmilkGuidelines.com

Defrosting:

- Thaw milk overnight in the refrigerator, or hold the bottle under warm running water to quickly thaw. You can also place the sealed container in a bowl of warm water for 20 minutes to bring it to body temperature.
- Thawed milk is safe in the refrigerator for 24 hours. Do not refreeze.

Caution:

- Do not thaw frozen breastmilk in a microwave or in a pan of boiling water.
- Never microwave breastmilk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. Microwaving can also change the composition of breastmilk.
- If adding expressed breastmilk to container of already frozen breastmilk, make sure to add a lesser amount than the already frozen amount.

Troubleshooting

If there is low or no suction:

- Make sure the breastshield pumping kit (breastshields, membranes and breastshield bodies) are assembled correctly and the back cap is firmly attached at all three connection points.
- Make sure the breastshield forms a complete seal around the breast.
- Make sure the tubing ends are securely attached into the pump and breastshield assemblies. There should be a slight click when the tubing connection is properly made.
- Take care not to kink the tubing.
- If single pumping, make sure the unused tube is securely connected to the tubing dock.
- Make sure breastshield bodies, back caps and membranes are completely clean and dry prior to pumping.
- Make sure yellow membrane is not folded over between the breastshield body and clear back cap.

Battery problems:

- If there is low suction when using battery power:
Check the battery symbol on the Display. If low, connect pump to power cord and plug in to charge battery.
- If the battery does not charge (no battery symbol appears when plugged in):
*Verify that the battery is inserted properly into the battery compartment.
Refer to page 14 to make sure battery is inserted properly.*
- If the battery icon is flashing:
See “Display error messages” on pages 20-21.

Other concerns:

■ Moisture in tubing:

Cleaning the tube is not necessary as milk will not come into contact with it. However, if you decide to wash the tubing and there is residual water left over from cleaning, it is okay to operate the pump. To avoid getting moisture into tubing, make sure breastshield assemblies are dry before use. To remove moisture in tubing, allow pump to run 1-2 minutes with tubing attached prior to pumping.

■ Traveling outside of the U.S.:

When traveling outside of the U.S., you have three options:

1. Use the power cord that came with Freestyle in conjunction with the proper travel adapter for the relevant country (available at many electronic or travel stores).
2. Use battery power.
3. Use optional 12 volt Vehicle Lighter Adapter (sold separately see page 25).

■ Discomfort:

If you experience discomfort while pumping, contact a breastfeeding specialist.

Display messages:

■ “Err” accompanied by 3 beeps (pump may or may not work):

This indicates a problem with the pump’s hardware. Call Medela Customer Service at 800-435-8316.

■ Power cord symbol flashing and pump does not turn on:

This indicates a problem with the voltage and/or power supply. First, make sure to use the appropriate Medela power cord that came with the pump. If this does not solve the problem, call Medela Customer Service at 800-435-8316.

■ Battery message “bAtt” is displayed: 

This indicates the pump is in initial charging mode or the pump battery was removed and reinserted. The pump will need to go through a complete charging cycle (18-24 hours) prior to use. For best results, allow the pump to charge plugged in and uninterrupted for 24 hours. You should not need to remove the battery unless replacing.

■ Battery symbol (outline and one bar) flashing: 

This indicates low battery power. Connect the pump to the power cord and plug in to charge the battery. Note: A fully charged battery, if removed from pump, will cause the battery symbol to flash when re-inserted. Recharge for 24 hours to reset flashing battery symbol.

■ Battery symbol (outline only) flashing and pump does not turn on: 

This indicates a problem with the battery.

- First, connect the pump to the power cord and plug in until battery is fully charged.
- If this does not work, disconnect the power cord and remove the battery for at least 10 seconds. Reinsert the battery, connect the power cord, and plug in for a full charging cycle (this may take up to 24 hours).
- If this does not work, replace with a new battery (call Medela Customer Service at 800-435-8316).

Freestyle® Breastpump Warranty

WARNING! This is designed to be a single user product. Use of breastpumps by anyone other than the original owner presents health and performance risks and voids the product warranty.

This product is warranted by Medela, Inc. to the original retail purchaser to be free from defects in material and workmanship for the period of 1 year for pump mechanism and rechargeable battery (90 days for other parts and accessories) from the date of purchase. In the event of a defect, Medela will repair or, at Medela's option, replace this product, without charge for such replacement parts or labor. Purchaser shall bear all expense for returning this product to Medela. This warranty does not apply to any product used commercially or which has been subjected to misuse, abuse or alteration.

ANY AND ALL IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY, ARE LIMITED TO A DURATION OF 3 YEARS FROM DATE OF PURCHASE. SOME AREAS DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE OR IN YOUR COUNTRY.

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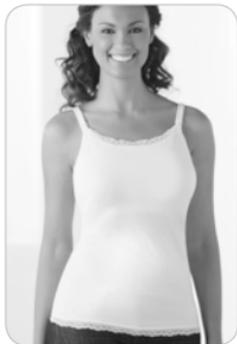
Additional Medela Products for Use with Freestyle®

Intimate Apparel

Seamless Nursing Bras

Optimal everyday support

- Smooth, natural appearance with seamless stretch lace cups.
- Easy nursing with one-hand release clasp.
- Conforms to different stages of breast fullness throughout the day.
- Drop cups enhance skin-to-skin contact with baby.



Nursing Camisole

Moderate everyday support

- Luxurious fabric for comfort and breathability.
- Available in sizes S, M, L, XL in white and black.



Breastmilk Bottles

- Compatible with Medela breastpumps to pump, store and feed with the same bottle.
- Designed for long-term storage, Medela breastmilk bottles retain breastmilk's beneficial properties.
- Available in 5 oz and 8 oz.

Cleaning



Quick Clean™ Wipes

- Hygienic wipes are proven safe and effective for cleaning pumps, breastshields, and more.
- Unscented, alcohol and bleach free.

Quick Clean Micro-Steam™ Bags

- Great for breastpump accessories, breastshields*, breastmilk bottles, nipples, pacifiers and cups.
- Steam cleaning eliminates 99.9% of most common bacteria.

* It is not recommended to clean SoftFit™ breastshields with Quick Clean Micro-Steam bags.

Accessories

PersonalFit™ Breastshields

- Personalized breastshield size for maximum comfort and pumping efficiency.
- Allows for optimal milk removal.



Our size range ensures that you will find the right fit:



(provided with Medela breastpumps)

For more information on all Medela products, visit medela.com or call 800-435-8316.

Freestyle® Accessories



12 Volt Vehicle Lighter Adapter #67153

- Convenient power option for Freestyle.
- Sold separately.



Freestyle Spare Parts Kit #67061

- An extra set of breastshield connectors so you can always have clean parts on-hand.
- Sold separately.