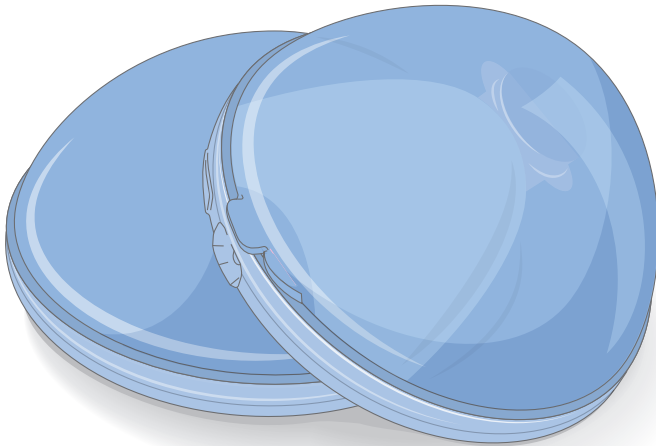


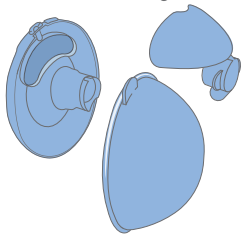
freemjie[®]
SlimFit6
Hands-Free Ultra Discreet Collection Cups

Quick Start Guide

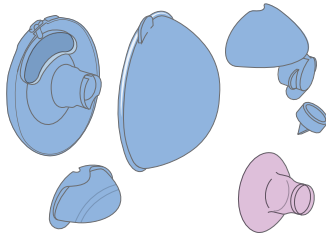


1 Clean Your Parts

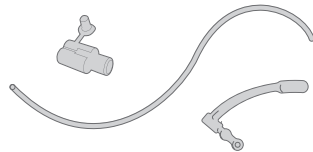
Prior to First Use: Boil these parts in large uncovered pots for 10 minutes while stirring.



After Each Use: Clean these parts with hot soapy water and rinse well.



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



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

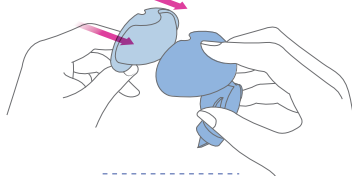
- To avoid damage or malfunction **DO NOT** use abrasives, brushes, UV or steam sterilization on any Freemie Cup parts.
- Assemble dry parts just before use, and leave parts disassembled in between use.

2 Put Cups Together

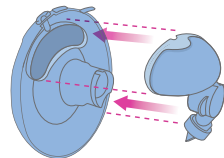
Incorrect assembly may cause poor suction or malfunction.



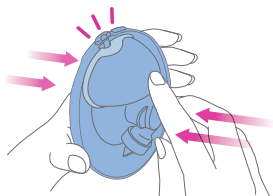
1: Place Valve onto Valve Base.



2: Insert Barrier into Valve Base.

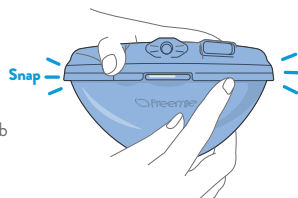
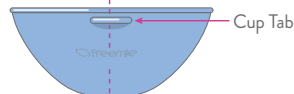
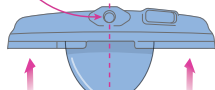


3: Press assembled Valve Base onto Flange...



... and press together firmly.

Tubing Port (round hole)

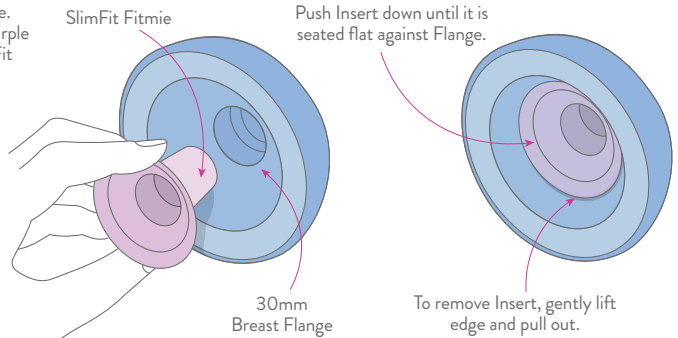


4: Align Cup Tab with Flange Tubing Port and press together until you hear the Cup “snap” closed.

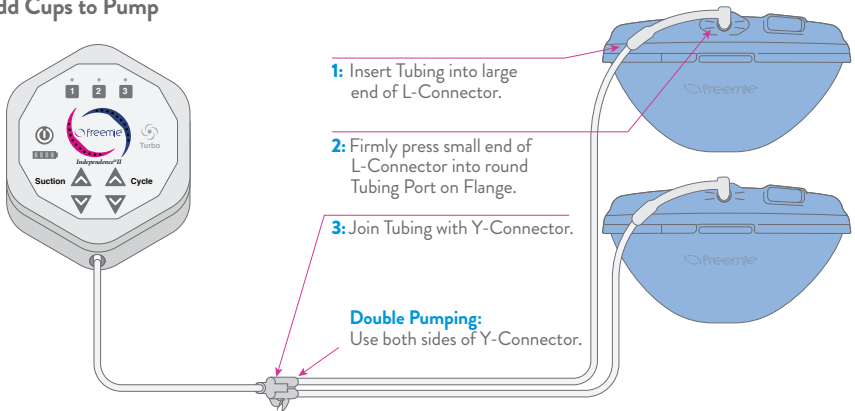
3 Add SlimFit Fitmie Inserts

SlimFit6 Cups come with 2 sets of Inserts to add to the 30mm hard Breast Flange. Size down with the 25mm or 28mm purple SlimFit Fitmie Inserts. Review Flange Fit section to make sure you are using the correct size.

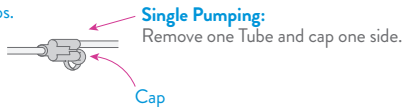
SlimFit Fitmie work only with SlimFit Cups and come in sizes 15mm - 28mm.



4 Add Cups to Pump



SlimFit6 Cups are compatible with Freemie Pumps.



5 Test Before Use

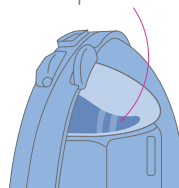
Prior to placing Cups in your bra:

- 1: Turn on pump.
- 2: Set pump to strongest setting.
- 3: Barrier inside Cup collapses and releases when assembly is correct.

Resting Barrier



Collapsed Barrier

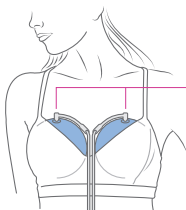


If Barrier does not move, reassemble Cups and check all Tubing connections.

6 Ready to Pump

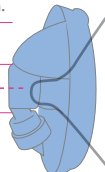
Place Cups in your bra:

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



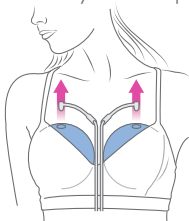
Tubing and pour spout should be upright at the 12 o'clock position.

Center Flange opening over the nipple.



7 After Pumping

- 1: Turn the pump off.
- 2: Pull Tubing from the tops of the Cups to disconnect.
- 3: Carefully remove Cups from your bra.



Cups may be set flat before transferring milk to storage.



When set flat, Cups may gently rock and then naturally balance.

Milk Transfer

Pour milk quickly and confidently into a storage bag or bottle of your choice.

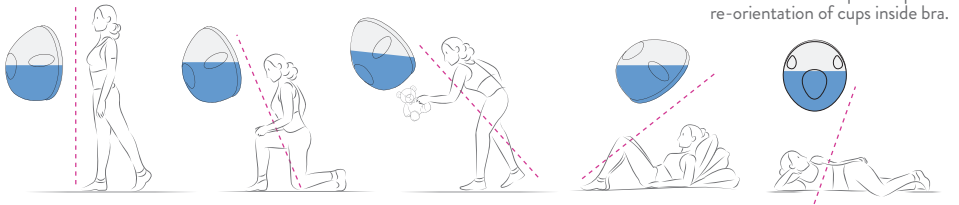


Practice with water first.

Pumping Positions

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

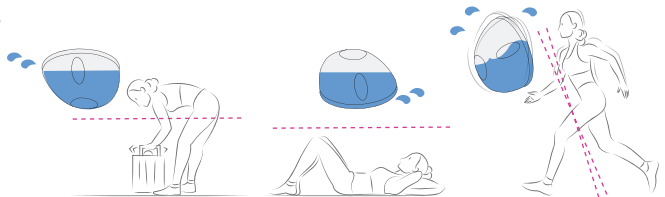
Good Pumping Positions



Poor Pumping Positions

Freedom of movement with Freemie depends on:

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



Finding Your Best Flange Fit

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

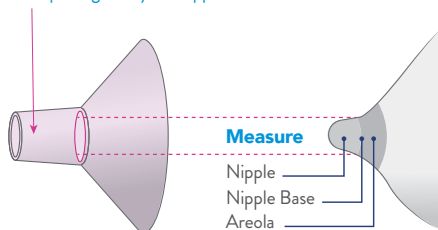
Experiment to find the right fit and keep in mind:

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

Comfort is key!

It may take a few tries to find what works.

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



Choosing Another Size

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

SlimFit Fitmie sizes (15mm - 28mm)
available at www.freemie.com.



Dime: **17.91 mm**



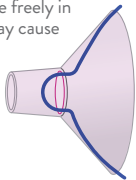
Quarter: **24.26 mm**



Half Dollar: **30.61 mm**

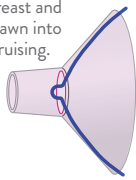
Flange is too small

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



Flange is too big

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



Flange is correct size

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



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

Need more depth? Try [Standard Cups](#).

freemie[®]
SlimFit6
Hands-Free Ultra Discreet Collection Cups

freemie[®] fitmie[®]

Spare parts and additional Freemie SlimFit Inserts
available at www.freemie.com

Scan code to read User Manual.



Visit www.freemie.com