

**mee
mee**

Mealtimes will never be this easy.
Mee Mee Easy Expression
**Manual
Breast Pump**



**Mom's
Milk
Matters**

Breastfed is well-fed.

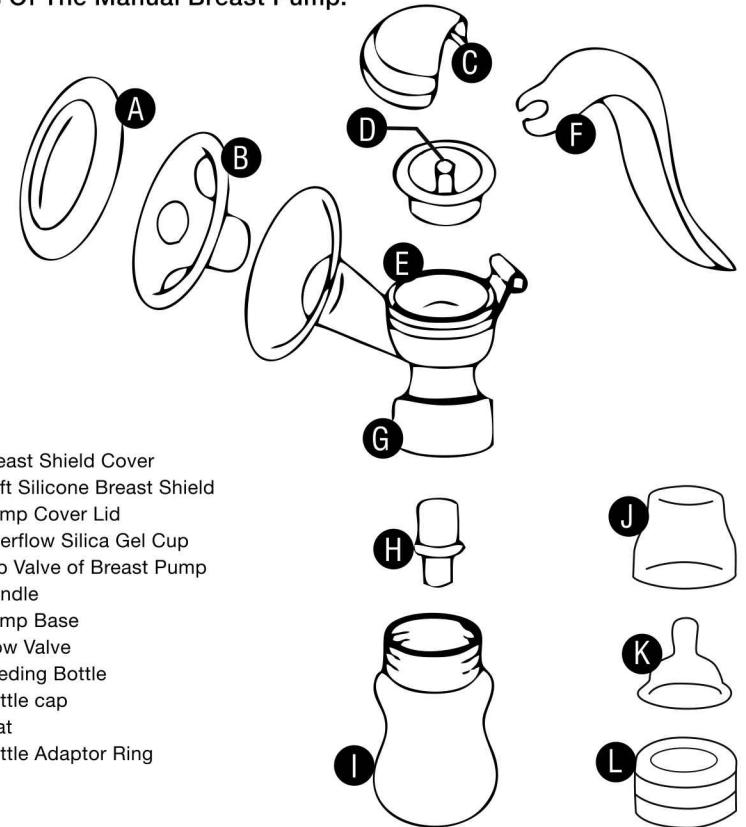
About us:

We believe that parenting today is the most challenging job in the world. Mee Mee aims to make this journey more enjoyable and less stressful for the parents. It does so by making well-designed, quality products that help you navigate every step of parenthood.

We strive to provide you with nothing but the best for your baby by creating premium quality products with Indian and international certifications from the past 10 years. With all the responsibility that motherhood brings, Mee Mee understands the needs to make life a little bit easy for the modern mom. After lots of research and active participation of mothers all over India, we have developed a range of breast pumps that suit everyone's needs.

Each product of our wide portfolio tries to deliver on one promise: to ensure that you experience 'The joy of parenting'.

Parts Of The Manual Breast Pump:



- A. Breast Shield Cover
- B. Soft Silicone Breast Shield
- C. Pump Cover Lid
- D. Overflow Silica Gel Cup
- E. Top Valve of Breast Pump
- F. Handle
- G. Pump Base
- H. Flow Valve
- I. Feeding Bottle
- J. Bottle cap
- K. Teat
- L. Bottle Adaptor Ring

How To Assemble The Breast Pump:

Step 1:

Insert the valve firmly below the main funnel.



Step 2:

Fix the main funnel on the bottle by turning it gently as illustrated. This ensures the milk gets directly stored in the bottle while you are expressing.



Step 3:

Fix the silicone cover on top of the funnel & fix the handle as illustrated. This handle has to be moved back & forth while expressing.



Step 4:

Fix the soft silicone shield firmly over the funnel. This silicone shield protects the sensitive skin of the breast from redness & rashes.



Step 5:

Attach the lid tightly over the funnel as illustrated.



How To Use:

1. Sit in a chair or your bed with ample of back support. Ensure you are comfortable before you start expressing.
2. Place the double valve funnel next to the breast. The soft silicone shield should fully cover the nipple & areola region.
3. Hold the bottle with one hand and squeeze the handle repeatedly with the other hand to express milk. The first few squeezing motions massage and stimulate your mammary glands. Initially, the milk flow could be slow and will gradually increase in few minutes. It is advisable to pump both breasts alternately for better milk flow & expressing ease.
4. In case of any discomfort, release the pressure built by removing the pump and try to express from the other breast more easily.
5. After sufficient milk has been expressed, replace the double valve with the teat and bottle cover to feed your baby.

Instructions For Storing The Milk In The Fridge:

- Before refrigerating, ensure the bottle is not completely filled till the brim. Leave it a little empty to allow the milk to expand.
- Avoid storing the feeding bottle in the side door of the fridge.
- To preserve the nutrients and minerals of the milk, thaw the frozen milk bottles/bag in the fridge overnight or set the temperature at 40° C while using a bottle warmer.
- Avoid defrosting or warming the milk in an oven or microwave.

How To Store Breast Milk:

You can store the milk in milk bottles while expressing or use Mee Mee milk storage bags that can be stored in the freezer.

Room temperature	Up to 4 hours	Avoid storing milk in hot water.
Refrigerator	Up to 72 hours	
Freezer	Up to 3 months	

*Dependent on weather conditions, refrigerator capacity and storage method.

Care:

- **Before and after use:** Dismantle the pump and wash all parts like silicone shield, extraction bottle, teat and pump parts that come in contact with the milk with warm water and Mee Mee Liquid Cleanser. Sterilise the parts with the help of Mee Mee Steam Steriliser.

Important to Remember:

- This product must be kept out of reach of children
- This product is designed for single-person usage only. Please do not share so as to prevent the spread of any infection or disease
- Please store the pump in a cool, dry place
- Please consult your doctor if you are unable to pump milk even with engorgement of breast and experience continued pain and discomfort

The manual information can be modified without prior notice
Mee Mee has the interpretation right for all information

Please read the instructions carefully. Keep this instruction manual for future reference.

A Quality Product from

mee moms
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