

haakaa MHK062-UK

haakaa Manual Breast Pump (4oz/100ml) Instruction Manual

Brand: haakaa

Model: MHK062-UK

1. INTRODUCTION AND OVERVIEW

The haakaa Manual Breast Pump is designed for efficient and comfortable milk expression and collection. This patented, all-in-one silicone pump utilizes natural suction to draw out milk, making it an ideal tool for collecting let-down milk while breastfeeding or for discreet pumping on the go. It is a cord-free, assembly-free, and easy-to-clean solution for mothers.



Image: The haakaa Manual Breast Pump, a single-piece silicone device, shown with its packaging.

2. PRODUCT COMPONENTS

- 1 x haakaa Manual Breast Pump (4oz/100ml)

3. SAFETY INFORMATION AND WARNINGS

- This product is made from 100% food-grade silicone, free from BPA, PVC, and phthalates.
- Regularly check the product condition. Replace if any signs of damage are observed.
- Do not store near sharp objects.
- Use only soft bristle brushes or sponges for cleaning to avoid scratching the surface.

- Exposure to certain detergents may cause the silicone to appear cloudy.
- This product is not a toy.
- Use this product only for its intended purpose.
- Store in a cool, dry place away from direct sunlight.
- Adult supervision is required during use.
- If you experience pain or are unable to express milk, consult a medical professional or lactation consultant.

4. SETUP AND FIRST USE

Before first use and after each use, it is strongly recommended to clean and sterilize your haakaa Manual Breast Pump.

1. Wash the pump in hot soapy water.
2. Sterilize by boiling in water for 2-3 minutes.
3. Ensure the pump is completely dry before storage or next use.

5. OPERATING INSTRUCTIONS

The haakaa Manual Breast Pump uses natural suction to collect breast milk. It can be used for active expression or passive let-down collection.

Method One: General Suction

1. Squeeze the base of the pump to create a vacuum.
2. Place the flange over your nipple, ensuring it is centered in the neck of the pump.
3. Release the base to apply suction.
4. Apply gentle pressure and squeeze until you feel suction and milk flow begins.

ADJUSTABLE SUCTION

METHOD ONE (For General Suction)



1. Squeeze the bottom of the pump.



2. Attach the pump to your nipple.



3. Apply gentle pressure and squeeze until you feel suction.

METHOD TWO (For Stronger Suction)



1. Invert the flange and place the pump on your breast.



2. Squeeze the pump to release any trapped air.



3. Gently fold back the flange and release.

***Moms should continuously adjust the suction to find their desired level of comfort.**

Image: Visual guide for applying the pump using general suction.

Method Two: Stronger Suction

1. Invert the flange and place the pump on your breast.
2. Squeeze the base to release any trapped air.
3. Gently fold back the flange and release to create stronger suction.

Note: Continuously adjust the suction to find your desired level of comfort. Ensure your nipple is centered and not touching the silicone walls.

ADJUSTABLE SUCTION

METHOD ONE (For General Suction)



1. Squeeze the bottom of the pump.



2. Attach the pump to your nipple.



3. Apply gentle pressure and squeeze until you feel suction.

METHOD TWO (For Stronger Suction)



1. Invert the flange and place the pump on your breast.



2. Squeeze the pump to release any trapped air.



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***Moms should continuously adjust the suction to find their desired level of comfort.**

Image: Visual guide for applying the pump using stronger suction.

Collecting Let-down Milk

Attach the haakaa pump to one breast while your baby nurses on the other. The natural let-down reflex will cause milk to flow into the pump, preventing waste. You can also use a nursing bra or pump strap to secure the pump.

BOOSTS SUPPLY, HELPS RELIEVE ENGORGEMENT



Image: A mother collecting milk with the haakaa pump on one breast while her baby nurses on the other.

Optimizing Milk Expression

- The best time to express milk is often first thing in the morning when milk-producing hormones are naturally higher.
- Alternatively, express 30 minutes to 1 hour after feeding your baby.
- Using a warm compress or taking a warm shower can help encourage let-down.
- Gentle breast massage can also stimulate milk flow.

The Handy Silicone Breast Pump & Cap Set in 5 Simple Steps



1. Place the Flange
over your nipple,
ensuring it's centered
in the neck of the pump.



2. Squeeze the Base
then release to
apply suction.



3. Fold Back the Flange
if wants
stronger suction.



4. Wear a Nursing Bra
or use pump strap to
secure pump when
catch let-down.



5. Wash
in hot soapy water
and boil to sterilize.

***CAUTION:** If you are unable to express milk, or if you feel pain while doing so, please see your medical professional or a lactation consultant.

Image: Tips for optimizing milk expression, including timing and massage techniques.

6. CLEANING AND MAINTENANCE

Proper cleaning and maintenance ensure the longevity and hygiene of your haakaa Manual Breast Pump.

- Wash immediately after each use with hot soapy water.
- Sterilize by boiling in water for 2-3 minutes. The item is also dishwasher safe.
- Use only soft bristle brushes or soft sponges to clean to prevent scratching.
- Store in a cool, dry place, avoiding direct sunlight.

Addressing Odor or Cloudiness

Silicone is an absorbent material and may absorb smells or become cloudy over time due to food/liquid exposure or detergent. To address this:

1. Make a paste of baking soda and water.
2. Rub it all over the silicone pump.
3. Soak the pump in a 50-50 mixture of white vinegar and hot water for 30-60 minutes.
4. After soaking, thoroughly clean the silicone with warm soapy water or sterilize it by boiling for 2-3 minutes.

Why am I only collecting a small amount of breastmilk? Am I not using the Haakaa correctly?

It can be normal in the early days to produce small amounts of colostrum, however about **3-5 days** after birth, your milk will transition into mature milk. Your milk supply should regulate about **6-12 weeks** and thereafter your milk production works on a supply-and-demand basis. The more often you nurse or pump, the more signals your body receives to make more milk. It is important to stay well fuelled and hydrated and create a calm environment for pumping.

Our pumps use continuous suction to draw your milk out, so it's important to ensure the pump is securely in place with strong, comfortable suction. Pumping first thing in the morning is often most effective, as your body's milk-producing hormones are naturally higher after a night of rest. **Using a warm compress** (for example, a warm flannel) or **taking a warm shower** can help you relax and encourage let-down. **Gentle breast massage** or **using our breast massager** can also help stimulate milk flow and support better milk expression.



Image: Steps for deep cleaning the silicone pump to remove odors or cloudiness.

7. TROUBLESHOOTING

Pain or Low Milk Collection

If you experience pain or collect only a small amount of milk, the suction strength might be too strong or too weak.

Adjust the suction by squeezing more or less air from the base, or by folding the flange back for stronger suction. Ensure your nipple is centered in the flange and not touching the silicone walls.

Is the 100ml/4 oz. Haakaa suitable for those with larger breasts or a high milk supply?

Choosing a Haakaa pump size is related to **your milk supply levels**, NOT breast size, so our 100ml/4 oz. pumps can absolutely be suitable for mums with larger breasts! What matters is how much milk you tend to produce - if you have a faster flow or greater supply, we recommend using a larger capacity pump such as our Gen 2 150ml/5 oz. or the Gen 3 range. All of our pumps have the **same shape and flange size**.

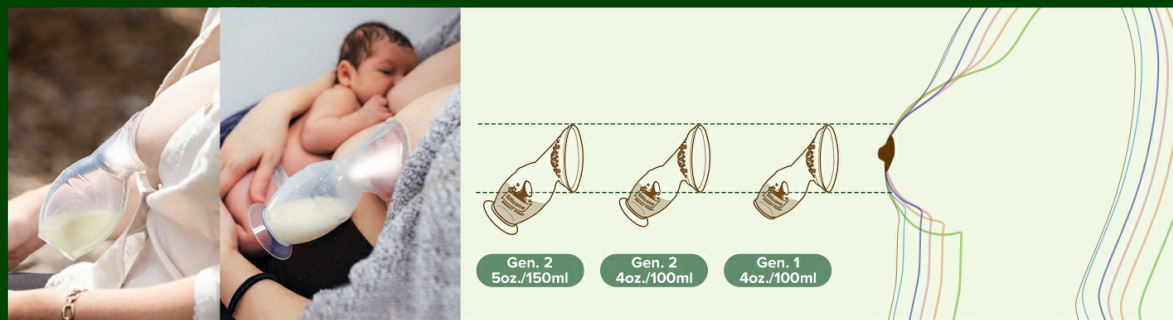


Image: Visual guidance on adjusting pump suction and ensuring proper nipple alignment to prevent discomfort and maximize milk yield.

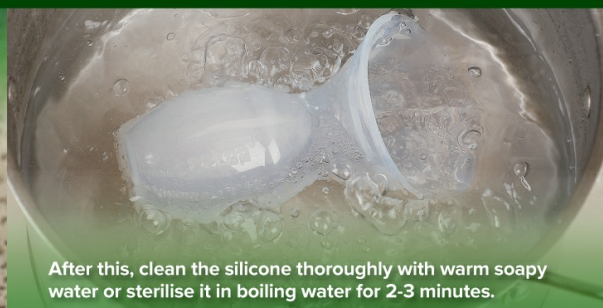
Choosing the Right Size/Capacity

The 4oz/100ml haakaa pump is suitable for most users. However, if you have a faster milk flow or higher supply, consider a larger capacity pump like the Gen 2 150ml/5oz or Gen 3 range. All haakaa pumps share the same shape and flange size.

Why does my Haakaa have a strong smell of plastic? Is there any way to get rid of the smell?

Our Haakaa pumps are made of 100% food-grade silicone, which is a **very safe, tasteless and odourless material**. However, silicone is an absorbent material, and it is common for it to absorb smells, colours, and/or become cloudy. This can happen during cleaning, usage or storage of the products. Any food or liquid with a strong smell or colour may influence the silicone but it won't leach anything out and it is incredibly safe to use!

If your silicone has absorbed a smell, we recommend making a paste of baking soda and water, rubbing it all over the silicone, and then soaking it in a 50-50 mixture of white vinegar and hot water for about 30-60min.



After this, clean the silicone thoroughly with warm soapy water or sterilise it in boiling water for 2-3 minutes.

Image: A visual comparison of different haakaa pump generations and capacities to help users choose the appropriate model based on milk supply.

8. SPECIFICATIONS

Brand Name	haakaa
Model Number	MHK062-UK
Operation Mode	Manual
Material Type	Silicone
Material Type Free	BPA, PVC, and Phthalate Free
Capacity	100ml (4oz)
Color	Clear

Product Dimensions	1.91 x 1.91 x 6.95 inches
Item Weight	3.2 Ounces
Dishwasher Safe	Yes

9. WARRANTY AND SUPPORT

For warranty information or product support, please contact haakaa customer service directly. If you received a damaged box or product, reach out for assistance.

Manufacturer: haakaa