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› YOUHA Closed System Breast Milk Collection Cups User Manual

YOUHA CUP-28

YOUHA Closed System Breast Milk Collection Cups User Manual

Model: CUP-28

INTRODUCTION

The YOUHA Closed System Breast Milk Collection Cups offer a discreet and convenient solution for expressing breast milk. Designed for hands-free use, these cups allow you to pump while engaging in various activities, providing flexibility for mothers. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your YOUHA Express Cups.



Image: YOUHA Closed System Breast Milk Collection Cups, 28mm, shown in their product packaging.

PRODUCT COMPONENTS

Your YOUHA Express Cups package includes the following components:

- 2 x Express Collection Cups (28mm flange size)
- 2 x Silicone Diaphragms
- 2 x Valve Bases
- 2 x Duckbill Valves
- 1 x Y-shape Tubing
- 1 x Tubing Adapter



Image: An exploded view illustrating all individual components of the YOUHA Express Cup for easy identification and assembly.

SETUP AND ASSEMBLY

1. **Clean and Sanitize:** Before first use and after each subsequent use, disassemble all parts and wash them thoroughly with warm soapy water. Rinse well and sterilize according to your preferred method (e.g., boiling, steam sterilizer). Ensure all parts are completely dry before assembly.
2. **Assemble Valve:** Insert the duckbill valve firmly into the valve base. Ensure it is securely seated to prevent loss of suction.
3. **Attach Diaphragm:** Place the silicone diaphragm onto the top of the collection cup, ensuring the edges are sealed tightly around the rim.
4. **Connect Valve Base:** Attach the assembled valve base to the bottom opening of the collection cup.
5. **Connect Tubing:** Connect the Y-shape tubing to the ports on top of both collection cups. Use the tubing adapter if

connecting to a single pump port.

6. **Connect to Pump:** Attach the free end of the tubing to your compatible breast pump.

Compatibility

The YOUHA Express Cups are designed to be compatible with a range of electric breast pumps. These include, but are not limited to, certain models from Medela, Spectra, AVENT, Ameda, Evenflo, Ardo, Lansinoh, and Hygeia. They are also compatible with all YOUHA pumps.

- ✓ Medela Lactina , Symphony, Pump in Style Advance Sonata, Freestyle, Swing Maxi, Swing
- ✓ Spectra S1, S2, M1, 9+, 9S
- ✓ Ameda Mya, Finesse, Purely Yours, Purely Yours Ultra
- ✓ Philips AVENT Double Electric
- ✓ Evenflo Advanced
- ✓ Ardo Calypso
- ✓ Lansinoh Smartpump
- ✓ Hygeia Enjoye



YOUHA



Spectra 9 Plus



Spectra S1



Spectra S2



Pump in Style



Medela Swing



Sonata



Symphony

Image: A visual guide displaying several compatible breast pump models and brands that can be used with YOUHA Express Cups.

OPERATING INSTRUCTIONS

Wearing the Cups

1. Ensure the cups are fully assembled and connected to your pump.
2. Center your nipple within the flange opening of each cup.
3. Place the cups inside your nursing bra or a supportive pumping bra. The bra should hold the cups firmly against your breast to create a seal and maintain suction.

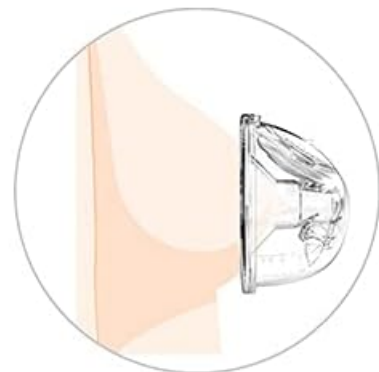
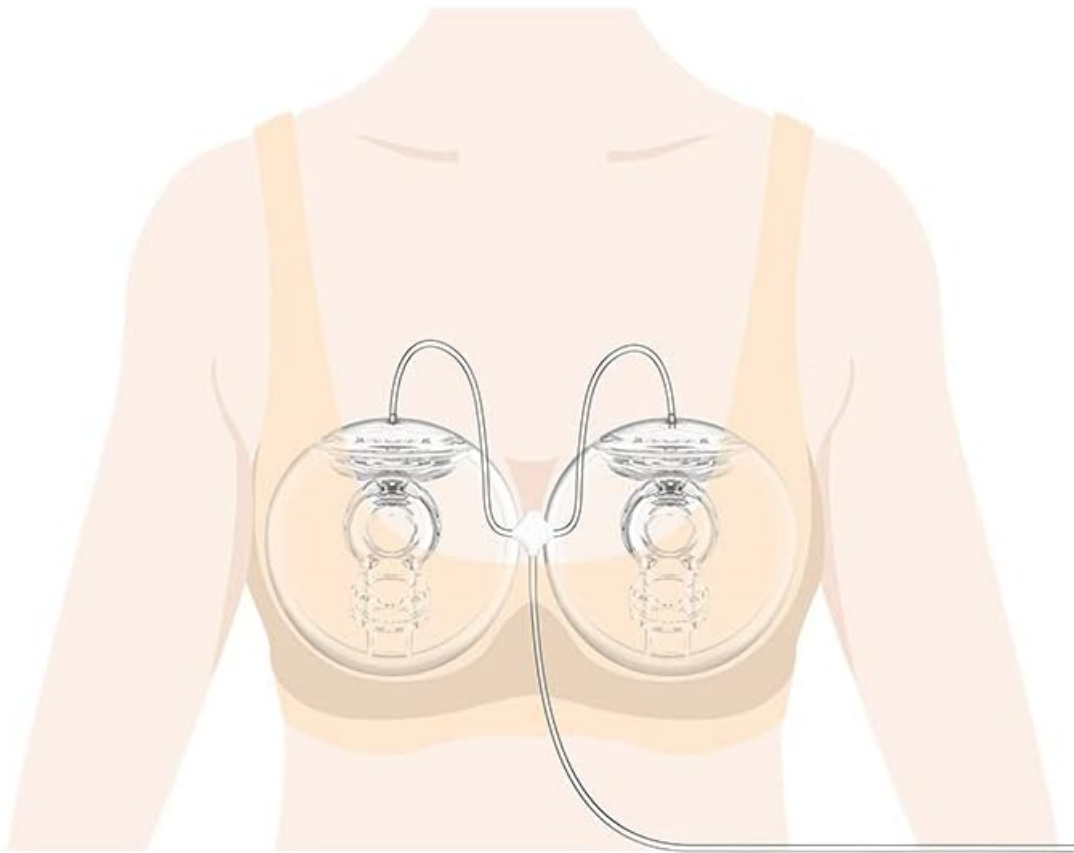


Image: A diagram showing the correct way to position the collection cups within a bra for optimal fit and suction, contrasting with an incorrect placement.

Pumping Process

1. Turn on your breast pump and adjust the suction level to a comfortable setting.
2. Pump for your desired duration or until milk flow significantly slows. Each cup can collect up to 8 ounces (approximately 240 ml) of breast milk.

3. When finished, turn off the pump and carefully remove the cups from your bra.
4. To empty, detach the valve base and pour the collected milk into a storage bottle or bag. The valve base can also serve as a pour spout.

Recommended Pumping Positions

For optimal performance and to prevent leaks, maintain an upright or slightly forward-leaning posture while pumping. Avoid lying back or on your side, as this may cause milk to leak from the cups.

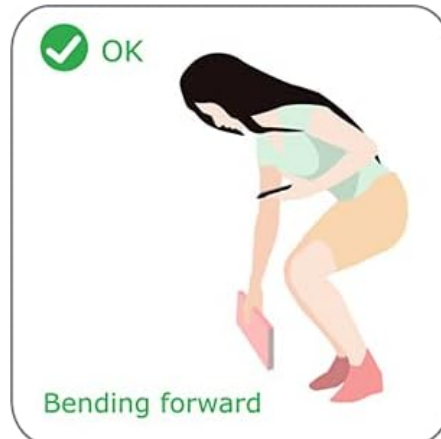
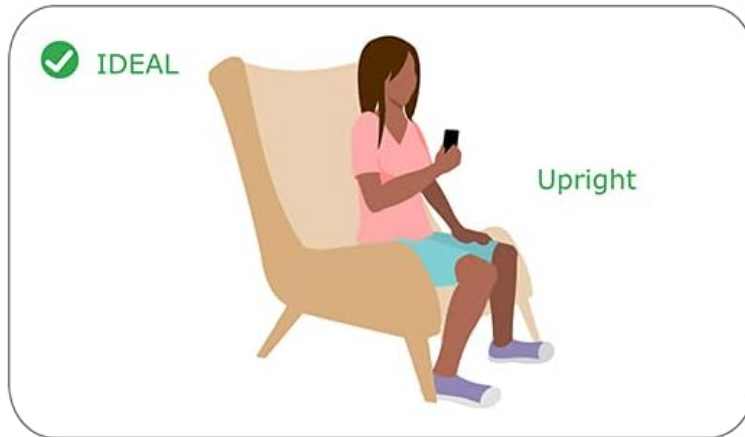


Image: A series of illustrations demonstrating different body positions during pumping, highlighting which postures are ideal, acceptable, or may lead to leaks.

MAINTENANCE AND CLEANING

Proper cleaning and maintenance are crucial for hygiene and the longevity of your YOUHA Express Cups.

1. **Disassembly:** After each use, completely disassemble all parts of the collection cups.
2. **Washing:** Wash all disassembled parts in warm water with a mild dish soap. Use a soft brush to clean hard-to-reach areas.
3. **Rinsing:** Rinse all components thoroughly under running water to remove any soap residue.
4. **Sterilization:** Sterilize parts regularly. This can be done by boiling them in water for 5 minutes, using a steam sterilizer, or a dishwasher (top rack only, if dishwasher safe). Refer to your sterilizer's instructions for specific guidance.
5. **Drying:** Allow all parts to air dry completely on a clean drying rack or a clean paper towel. Do not use cloth towels, as they may leave lint.

6. **Storage:** Store clean and dry components in a clean, covered container until next use.

Note: The tubing should not be washed unless milk or condensation enters it. If washing is necessary, ensure it is completely dry before reattaching to the pump to prevent mold growth.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Decreased milk output	Improper flange fit, weak suction, worn parts, incorrect pump settings.	Ensure nipple is centered in flange. Check all connections for secure fit. Inspect duckbill valves and diaphragms for tears or wear; replace if necessary. Adjust pump suction to a comfortable, effective level.
Milk leaking from cups	Cups not sealed properly, incorrect body posture, overfilling.	Ensure cups are held firmly against the breast by a supportive bra. Maintain an upright or slightly forward-leaning position. Do not overfill cups beyond the 8 oz capacity. Check for cracks or damage to the cups.
No or weak suction	Loose connections, damaged diaphragm or valve, tubing issues.	Verify all parts are assembled correctly and securely. Check tubing for kinks or damage. Ensure the silicone diaphragm is fully sealed. Inspect duckbill valves for proper seating and any damage.
Duckbill valve not sealing	Improper insertion, wear and tear.	Ensure the duckbill valve is pushed firmly and completely into the valve base. If the valve appears stretched or damaged, replace it.

SPECIFICATIONS

- **Model Number:** CUP-28
- **Flange Size:** 28 mm (standard)
- **Material:** Bisphenol A (BPA) free, Diethylhexyl phthalate (DEHP) free
- **Capacity:** Up to 8 ounces (approx. 240 ml) per cup
- **Package Dimensions:** 6.65 x 4.84 x 4.84 inches
- **Package Weight:** 13.4 ounces
- **Manufacturer:** YOUHA
- **First Available:** September 11, 2020

IMPORTANT SAFETY INFORMATION

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a healthcare professional for any health concerns or before using new products, especially during pregnancy or lactation.

SUPPORT AND WARRANTY

For any questions regarding the use of your YOUHA Breast Milk Collection Cups or if you encounter any problems, please contact YOUHA Customer Service through Amazon or via email. YOUHA is committed to providing support for its products.

Warranty Information

YOUHA offers a replacement service for the unit motor of breast pumps within one year from the purchase date. Consumable accessories, such as the collection cups and their components, are replaceable at no cost within 3 months of purchase. Please retain your proof of purchase for warranty claims.

For further assistance, visit the [YOUHA Store on Amazon](#).

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question