

Zomee ZF-FP

Zomee Fit Wearable Breast Pump Instruction Manual

Model: ZF-FP

INTRODUCTION

Thank you for choosing the Zomee Fit Wearable Breast Pump. This manual provides essential information for the safe and effective use of your breast pump. Please read all instructions carefully before first use and retain for future reference.

COMPONENTS OVERVIEW

The Zomee Fit Wearable Breast Pump set includes all necessary components for convenient and efficient pumping.

- Pump Motors (x2)
- Milk Collection Cups (x2, 5 oz capacity each)
- Silicone Diaphragms (x2)
- Valves (x2)
- Breast Shields (x2, 25mm)
- Shield Inserts (x2 sets: 21mm, 17mm)
- USB-C Charging Cables (x2)
- Cleaning Brush
- Fanny Pack with Diaper Changing Pad

How the Zomee Fit Compares

	Zomee Fit	Other Brands
Storage Capacity	6 oz & 7 oz	6 oz
Max Suction	-260mmHG	-245mmHG
Weight	.58 lbs	.76-1 lbs
Sizing Options Included	3 Flange Sizes	1-2 Flange Sizes
USB Chargers Included	2	1
Digital Screen	✓ Yes	✗ No
2-Phase "Premie Mode"	✓ Yes	✗ No
Silicone Breast Shields	✓ Yes	✗ No
Perfect Fit Promise™	✓ Yes	✗ No

Image: All components included in the Zomee Fit Wearable Breast Pump package, including two pump motors, collection cups, various shield inserts, charging cables, and a cleaning brush.

SETUP

1. Charging the Pump

Before first use, fully charge both pump motors using the provided USB-C cables. A full charge typically takes approximately one hour and provides over two hours of battery life.

2. Flange Sizing

Proper flange sizing is crucial for comfort and milk expression efficiency. Use the included nipple ruler to determine your correct size. The kit includes 25mm breast shields and additional 21mm and 17mm shield inserts for a customized fit.



Image: Nipple ruler with various sizes (15mm, 17mm, 21mm, 25mm) to help users select the correct breast shield insert for optimal comfort and pumping.

3. Assembly

1. Install the silicone diaphragm and valve into the breast shield body.
2. Place the breast shield body into the pump motor.
3. Rotate the storage container clockwise onto the breast shield body until secure.
4. Assemble the appropriate breast shield insert (if needed) into the breast shield body.

HOW TO USE?

1



Install the silicone diaphragm and valve into the breast shield body.

2



Put Breast shield body into the pump motor

3



Rotate the storage container clock wise into the breast shield body.

4



Assemble the breast shield into the breast shield body

Image: A visual guide demonstrating the four steps to assemble the Zomee Fit breast pump, including installing the diaphragm and valve, attaching the breast shield to the motor, securing the collection cup, and inserting the correct flange.

OPERATING INSTRUCTIONS

1. Powering On/Off

To power on, long press the ON/OFF button. The pump will start in a pause state. To power off, long press the ON/OFF button again. The pump automatically shuts off after 30 minutes of continuous use.

2. Modes and Adjustments

The Zomee Fit offers 9 levels of suction for each mode, allowing for personalized comfort and efficiency. Use the '+' and '-' buttons to adjust suction levels. The pump goes up to 100 cycles per minute.

- **Stimulation Mode:** Indicated by a wavy icon. This mode uses weaker, quicker, and consistent movements to initiate milk flow.
- **Expression Mode:** Indicated by two drop icons. This mode uses slower, deeper, and consistent

sucks for efficient milk extraction.

- **Two-Phase Mode (Combo Mode):** Mimics a baby's feeding pattern with initial weaker/quicker sucks followed by deeper/stronger pulls. This mode helps achieve a second letdown.
- **Nipple Correction Mode:** Indicated by a breast icon. This mode is designed for mothers with flat or inverted nipples. It draws the nipple out for 10 seconds, holds it in place, and then releases, with increasing suction levels over three cycles.



SILICONE BREAST SHIELDS ALLOW MOMS TO GET SUPERIOR
comfort and a secure fit to allow you to pump more efficiently

Preemie mode too help increase milk supply and remove clogged ducts

lightweight and compact while pumping

leak proof for more flexibility

SAFE & EASY TO CLEAN

Image: Detailed view of the Zomee Fit pump's control panel, showing icons for battery power, vacuum up/down, ON/OFF, and mode switch (Stimulation, Expression, Preemie mode).

3. Recommended Pumping Settings

1. Start on **Stimulation Mode**.
2. After two minutes, switch to **Expression Mode** and stay on this mode for 8-10 minutes.
3. If a second letdown is desired, switch to **Two-Phase Mode** for the next 8-10 minutes.
4. Slowly increase the suction level to one you are most comfortable with. Avoid cranking up the suction too quickly to prevent nipple trauma.

4. Sensor Feature

The Zomee Fit pump includes a sensor that detects when the milk collection cup is reaching its maximum capacity (customizable to 4, 5, or 6 ounces) and will automatically stop the pump to prevent overflow.

- **Customizing Sensor:** Press the ON/OFF button and the '+' button simultaneously. Choose between L1 (4 ounces), L2 (5 ounces), or L3 (6 ounces).
- **Sensor Settings:** Hold down the mode button to turn the sensor ON/OFF.
- **Recommendation:** Limit activity while using the sensor feature. White bras and undergarments can sometimes affect the sensor's accuracy.

Your browser does not support the video tag.

Video: An official Zomee video demonstrating how to use the Zomee Fit Wearable Electric Breast Pump, including powering on, switching modes (stimulation, expression, two-phase, nipple correction), adjusting suction, and using the sensor feature.

MAINTENANCE

Cleaning

All Zomee Fit components are made with BPA + Phthalate-free materials and are safe and easy to clean. The anti-backflow system ensures a hygienic pumping experience.

- Disassemble all parts after each use.
- Wash all milk-contacting parts (collection cups, breast shields, diaphragms, valves) with warm soapy water.
- Use the provided cleaning brush to reach small areas.
- Rinse thoroughly with clean water.
- All parts are dishwasher safe.
- Allow parts to air dry completely before reassembling or storing to prevent moisture buildup.

TROUBLESHOOTING

- **Leaking:** If the collection cup is overfilled or tilted significantly, milk may leak. Ensure the cup is not overfilled (max 5 oz) and maintain an upright position during pumping.
- **Low Suction:** Check that all parts are correctly assembled and sealed. Ensure the silicone diaphragm and valve are properly seated.
- **Parts Not Drying:** Due to the shape of the collection cups, they may take longer to dry. Consider using a drying rack or a baby bottle sterilizer with a drying cycle.
- **Noise Level:** While designed to be discreet, the pump is not completely silent. The noise level is generally low but may be audible in quiet environments.
- **Battery Issues:** Ensure the pump is fully charged. If battery life is significantly reduced, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	ZF-FP
Product Dimensions	6 x 5 x 5 inches
Item Weight	4.63 Pounds (2.1 Kilograms)
Material Type	Silicone (BPA + Phthalate-free)
Color	Black
Storage Capacity	5 oz per cup (customizable sensor for 4, 5, or 6 oz)
Max Suction	-260mmHg
Battery Life	2+ hours per charge
Charging Time	Approx. 1 hour for full charge
Pumping Modes	Stimulation, Expression, Two-Phase, Nipple Correction (9 levels each)
Dishwasher Safe	Yes

WARRANTY

All Zomee breast pump parts and accessories are made with the highest quality. The Zomee Fit model comes with a **2-year warranty**. For any issues, please contact Zomee customer service.

SUPPORT

For further assistance or inquiries, please visit the [Zomee Store on Amazon](#) or contact Zomee customer service directly. Our dedicated support team is available to help with any product-related questions.