

MHarbor MY-378

MHarbor MY-378 Wearable Breast Pump User Manual

Model: MY-378



1. INTRODUCTION

The MHarbor MY-378 Wearable Breast Pump is designed to provide a convenient and efficient milk expression experience. This compact and discreet all-in-one pump weighs approximately 262 grams, offering flexibility for use anytime, anywhere. Its design aims to mimic a baby's natural sucking action for comfortable and effective milk flow. This manual provides essential information for the safe and proper use, maintenance, and troubleshooting of your MHarbor MY-378 Wearable Breast Pump.

Beautiful & Hands-Free

Enjoy breastfeeding anytime



Figure 1.1: Hands-Free Pumping

This image depicts a woman comfortably using the MHarbor MY-378 hands-free breast pump while reading a book, demonstrating its discreet and portable nature.

2. SAFETY INFORMATION

Please read all instructions carefully before using the MHarbor MY-378 Wearable Breast Pump. Retain this manual for future reference.

- Ensure all components are clean and sterilized before first use and after each subsequent use.
- The breast pump is made from zero BPA food-grade silicone, ensuring safety for both mother and baby.
- Do not immerse the motor unit in water or other liquids.
- Keep out of reach of children.
- Do not use while bathing or showering.
- If you experience pain or discomfort during pumping, discontinue use and consult a healthcare professional.
- 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. This product is not a medical device.

3. PRODUCT OVERVIEW AND COMPONENTS

The MHarbor MY-378 Wearable Breast Pump consists of several key components designed for efficient and comfortable milk expression.



Figure 3.1: MHarbor MY-378 Wearable Breast Pump (Main Unit)


This image shows the complete MHarbor MY-378 wearable breast pump, highlighting its compact and ergonomic design. The clear collection cup and white motor unit with control buttons are visible.

Included Components:

- Electric Breast Pump Motor Unit
- Breast Flange (available in 19mm, 21mm, 24mm sizes)
- Milk Collection Cup
- Silicone Diaphragm
- Valve
- USB Type-C Charging Cable
- Milk Storage Bag (quantity may vary)
- Shoulder Harness (optional accessory for added security)

Four modes

Each mode has twelve levels of suction







	<h3>Massage Mode</h3> <p>This mode is faster than the breast pumping mode and has smaller suction power. During postpartum breastfeeding, breasts are prone to swelling, pain, lumps and other breast discomfort. Using this mode can alleviate the problem of breast swelling and pain.</p>		<h3>Breast pumping Mode</h3> <p>This mode is slower than the massage mode and has stronger suction power. It truly simulates the baby's sucking milk and more realistically stimulates the mother's milk production.</p>
	<h3>Frequency conversion</h3> <p>This mode is nine strong and one weak. In the early postpartum period, the lactation duct is not easy to open. It can stimulate the breasts and promote breast milk secretion by changing the strength.</p>		<h3>Automatic Mode</h3> <p>This mode is between massage mode and breast pumping mode. The suction is stable. The automatic mode will increase one gear every fifteen seconds and finally stay at the ninth gear. During the upshift process, press plus or minus to exit the upshift.</p>

Figure 3.2: Exploded View of Breast Pump Components

This image illustrates the "Split Structure" design of the MHarbor MY-378 breast pump, showing how the motor unit detaches from the milk collection cup and flange for easy assembly and cleaning.

4. SETUP AND ASSEMBLY

Follow these steps to assemble your MHarbor MY-378 Wearable Breast Pump before first use and after each cleaning.

1. **Clean and Sterilize:** Before initial use, wash all components that come into contact with breast milk (flange, valve, diaphragm, collection cup) with warm soapy water and sterilize according to manufacturer guidelines (e.g., boiling, steam sterilizer).
2. **Assemble Valve:** Ensure the silicone valve is securely attached to the bottom of the breast flange.
3. **Attach Diaphragm:** Place the silicone diaphragm onto the top of the breast flange, ensuring a tight seal.
4. **Connect Motor Unit:** Align the motor unit with the assembled flange and collection cup, then press firmly until it clicks into place. Ensure a secure connection to prevent air leakage.
5. **Charge Battery:** Before first use, fully charge the pump's internal battery using the provided USB Type-C cable. The charging port is located on the side of the motor unit.



Figure 4.1: Charging the MHarbor MY-378 Breast Pump

This image displays the MHarbor MY-378 breast pump with a visible Type-C charging port and an indicator showing the 1200mAh

5. OPERATING INSTRUCTIONS

The MHarbor MY-378 offers four distinct modes and twelve suction levels to customize your pumping experience.

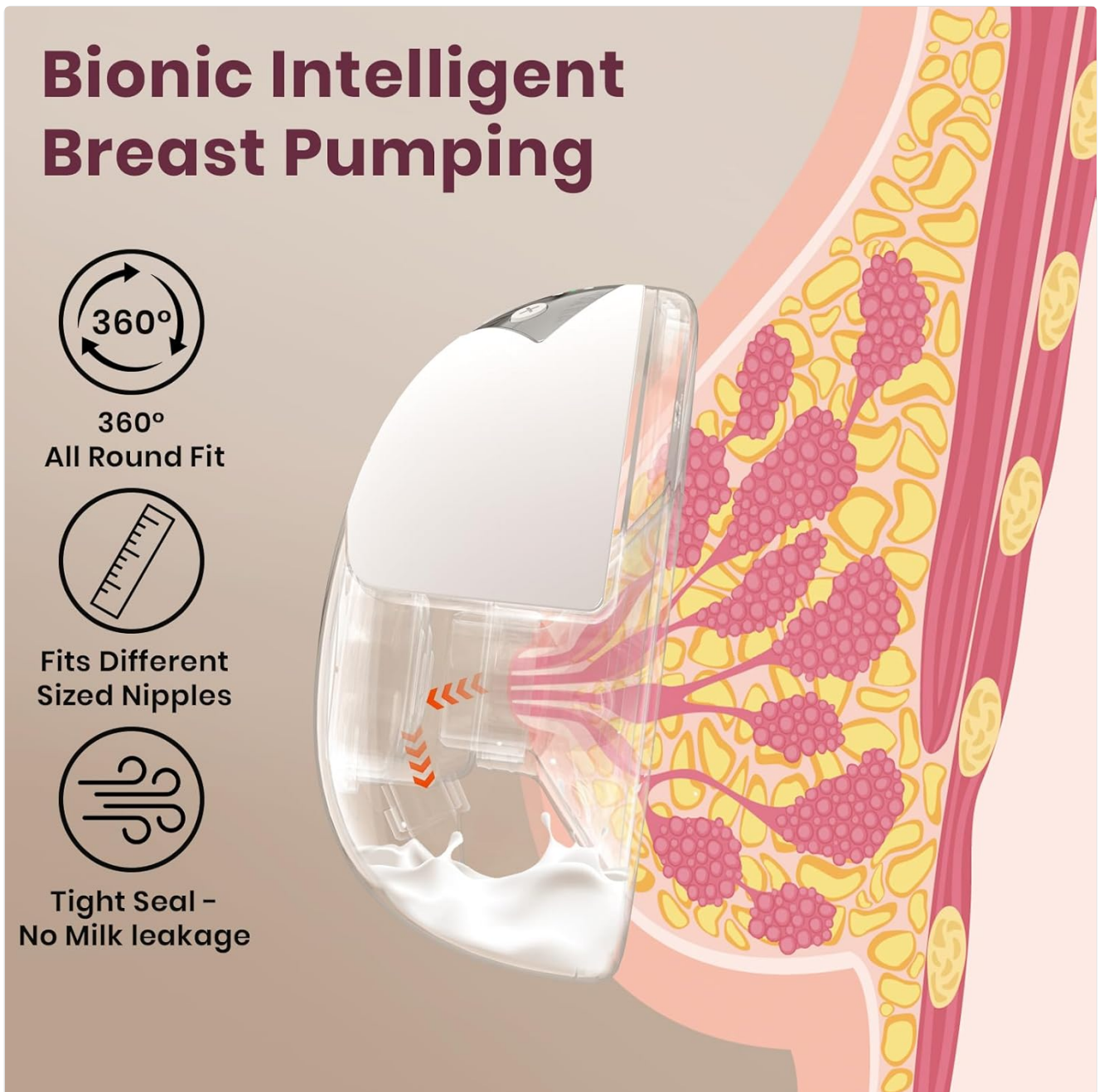


Figure 5.1: Control Panel and Mode Descriptions

This image details the control panel of the MHarbor MY-378 breast pump, illustrating the four modes (Massage, Expression, Auto, Lactation) and their respective functions, along with the twelve adjustable suction levels.

5.1. Getting Started

1. **Positioning:** Place the assembled pump directly onto your breast, ensuring your nipple is centered within the flange tunnel. The double-sealed flange and ergonomic breast arc design provide an all-around comfortable fit.
2. **Power On:** Press and hold the power button to turn on the pump. The screen will illuminate.
3. **Select Mode:** Press the mode button to cycle through the four available modes:
 - **Massage Mode:** Faster rhythm, lower suction. Designed to stimulate milk let-down and alleviate discomfort.

- **Expression Mode:** Slower rhythm, stronger suction. Mimics a baby's deep sucking to efficiently express milk.
 - **Auto Mode:** Automatically cycles through massage and expression phases.
 - **Lactation Mode:** Features a nine strong and one weak suction pattern, designed to stimulate and promote milk secretion.
4. **Adjust Suction Level:** Use the '+' and '-' buttons to adjust the suction intensity within your chosen mode. There are 12 levels available. Start with a lower level and gradually increase to a comfortable, effective setting.
 5. **Pumping Session:** Pump until your breast feels empty or milk flow significantly slows. The pump utilizes micro-vibration technology to promote comfortable milk secretion.
 6. **Power Off:** Press and hold the power button to turn off the pump. The screen protection feature will automatically shut off the screen after 30 seconds of inactivity to conserve battery.



Figure 5.2: Bionic Intelligent Breast Pumping Mechanism

This diagram illustrates the "Baby Mouth" structure and 360-degree fit of the MHarbor MY-378, showing how it mimics a baby's horizontal sucking angle for efficient milk expression and a tight seal to prevent leakage.

5.2. After Pumping

1. Carefully remove the pump from your breast.
2. Pour the expressed milk into a sterile milk storage bag or bottle. The pump has a reservoir capacity of approximately 210ml.
3. Disassemble all components that came into contact with milk for cleaning.

6. CLEANING AND MAINTENANCE

Proper cleaning and maintenance are crucial for hygiene and the longevity of your breast pump.

6.1. Cleaning After Each Use

1. **Disassemble:** Separate all parts that came into contact with breast milk (flange, valve, diaphragm, collection cup) from the motor unit. The split structure design makes disassembly easy.
2. **Wash:** Wash these parts immediately in warm, soapy water. Use a dedicated brush for cleaning pump parts.
3. **Rinse:** Rinse thoroughly under cold running water.
4. **Air Dry:** Place parts on a clean paper towel or drying rack and allow them to air dry completely. Do not use a cloth towel, as it may transfer germs.

6.2. Sterilization

Sterilize all milk-contacting parts at least once a day, or as recommended by your healthcare provider. Methods include:

- **Boiling:** Place parts in a pot of boiling water for 5 minutes.
- **Steam Sterilizer:** Use a microwave or electric steam sterilizer according to its instructions.

6.3. Motor Unit Care

- Wipe the motor unit with a clean, damp cloth. Do not immerse it in water.
- Keep the charging port dry and free of debris.

7. TROUBLESHOOTING

If you encounter issues with your MHarbor MY-378 Wearable Breast Pump, refer to the following common solutions:

Problem	Possible Cause	Solution
No suction or weak suction	<ul style="list-style-type: none"> Improper assembly Damaged silicone diaphragm or valve Flange not sealed correctly on breast Low battery 	<ul style="list-style-type: none"> Reassemble all parts, ensuring a tight seal. Inspect diaphragm and valve for tears or damage; replace if necessary. Reposition the pump on your breast to ensure a snug fit. Charge the pump fully.
Pump does not turn on	<ul style="list-style-type: none"> Battery is depleted Power button not pressed correctly 	<ul style="list-style-type: none"> Charge the pump for at least 30 minutes. Press and hold the power button firmly for a few seconds.

Problem	Possible Cause	Solution
Milk leakage	Improper assembly of collection cup Overfilling the collection cup Incorrect flange size	Ensure the collection cup is securely attached to the flange. Do not exceed the maximum fill line (approx. 210ml). Verify you are using the correct flange size for your nipple.
Unusual noise during operation	Loose connection between parts Motor issue	Check all connections for tightness. If noise persists, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	MY-378
Dimensions	4.88 x 2.17 x 2.13 inches (12.4 x 5.5 x 5.4 cm)
Weight	14.89 ounces (approx. 422 grams)
Material	BPA-free food-grade silicone, Plastic
Modes	4 (Massage, Expression, Auto, Lactation)
Suction Levels	12 per mode
Reservoir Capacity	Approx. 210ml
Battery Capacity	1200mAh (implied from image)
Charging Port	USB Type-C
Noise Level	58 dB

Compact and portable

Equivalent to the weight of a mobile phone



Figure 8.1: Compact and Portable Design

This image demonstrates the compact size of the MHarbor MY-378 breast pump, showing it held in a hand next to a small bag, emphasizing its portability.

9. WARRANTY AND SUPPORT

For specific warranty information regarding your MHarbor MY-378 Wearable Breast Pump, please refer to the product packaging or contact the seller directly. MHarbor is dedicated to providing practical and thoughtful products. For further assistance or inquiries, please visit the official MHarbor store or contact their customer support.

[Visit the MHarbor Store on Amazon](#)

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