

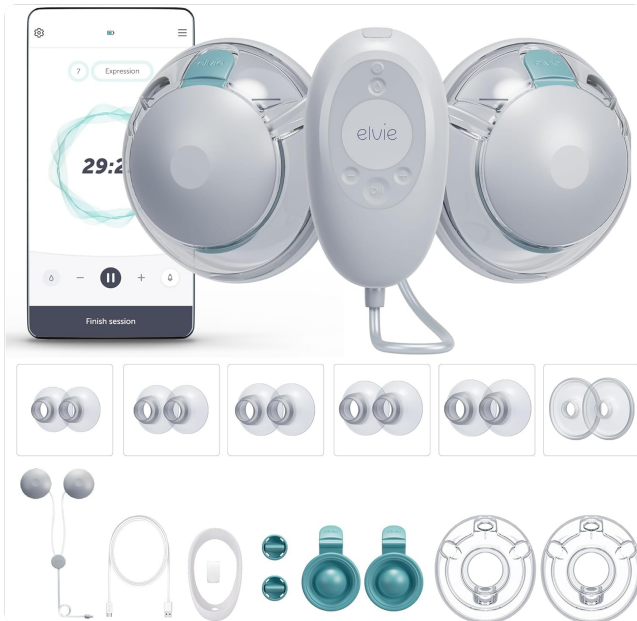
Elvie EB01-22

Elvie Stride 2 Double Breast Pump User Manual

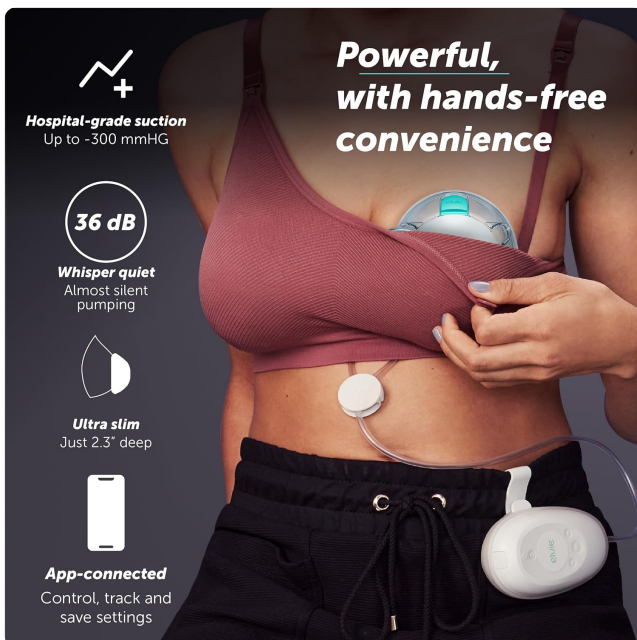
Model: EB01-22 | Brand: Elvie

1. INTRODUCTION

The Elvie Stride 2 Double Breast Pump is a revolutionary hospital-grade, app-controlled, hands-free, and wearable electric breast pump designed to provide maximum comfort and efficiency for expressing milk. Its ultra-quiet operation and discreet design allow you to pump anytime, anywhere, seamlessly integrating into your daily life. With 10 intensity settings and smart app control, you can personalize your pumping experience and track your progress with ease.



The Elvie Stride 2 Double Breast Pump, showcasing its hub, two collection cups, tubing, and various flange sizes, along with the accompanying smartphone app interface.



A woman wearing the Elvie Stride 2 pump discreetly under her bra, illustrating its hands-free convenience, hospital-grade suction, whisper-quiet operation, ultra-slim profile, and app connectivity.

2. WHAT'S IN THE BOX

Your Elvie Stride 2 Double Breast Pump package includes all the essential components for a complete pumping experience:

- 1 x Hub
- 2 x Valve
- 2 x Diaphragm and Stopper
- 2 x Cup fronts
- 2 x 28 mm soft-silicone Breast Shield
- 2 x Caps and tubes
- Nipple sizing tool with 6 nipple inserts (15 mm, 17 mm, 19 mm, 21 mm, 24 mm, 28 mm)
- 1 x Hub cover and waist clip
- 1 x USB-C charging cable

Tried and tested by real moms



"I bought this pump for when I go back to work, and I am in love! It works so well, you are able to do things while pumping, easy take apart and set up for easy cleaning. I would recommend this pump to everyone!" *Elvie mom*



A comprehensive diagram illustrating all the components included in the Elvie Stride 2 Double Breast Pump package, from the main hub and collection cups to various nipple inserts and accessories.

3. SETUP GUIDE

3.1 Charging the Hub

Before first use, fully charge the Elvie Stride 2 Hub using the provided USB-C charging cable. Connect the cable to the hub and a suitable USB power source. A full charge takes approximately 95 minutes and provides power for up to 5 pumping sessions.

3.2 Assembling the Cups

Assemble the breast shields, diaphragms, valves, and cup fronts according to the instructions in the quick start guide. Ensure all parts are securely fitted to prevent leaks and maintain suction. Use the nipple sizing tool to select the correct nipple insert for optimal comfort and milk output.

3.3 Connecting to the App

Download the Elvie app from your smartphone's app store. Follow the in-app instructions to pair your Elvie Stride 2 Hub. The app allows for remote control, adjustment of intensity settings, and tracking of your pumping history.



An infographic detailing the ease-of-use features of the Elvie Stride 2, including its easy-to-clean, dishwasher-safe components, fast 95-minute charging time, capacity for 5 sessions per charge, and simple milk pouring mechanism.

Smart app connectivity



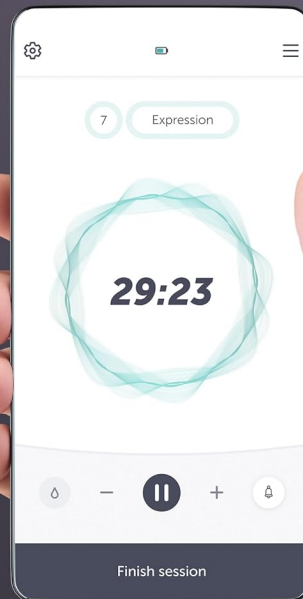
Personalize
Choose from 10 intensity settings



2 modes
Stimulation and expression



App connected
Control your pump remotely and track your pumping history



An infographic highlighting the smart app connectivity of the Elvie Stride 2, showing how users can personalize their experience with 10 intensity settings, choose between stimulation and expression modes, and control/track their pumping history remotely via the app.

4. OPERATING YOUR ELVIE STRIDE 2

4.1 Powering On/Off

Press and hold the power button on the hub to turn the pump on or off. The indicator lights will confirm the status.

4.2 Adjusting Suction Settings

Use the '+' and '-' buttons on the hub to adjust the suction intensity. There are 10 intensity settings available to find your most comfortable and effective level. You can also switch between Stimulation and Expression modes.

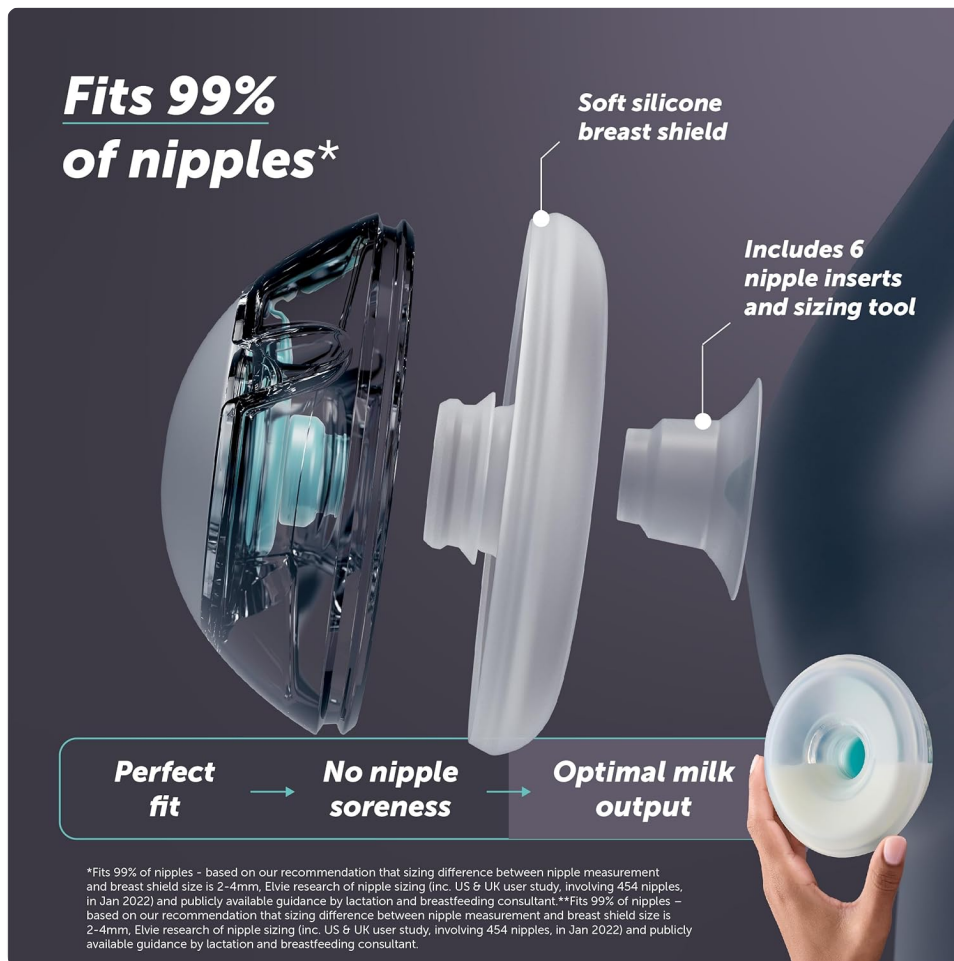
4.3 Using the App for Control

For enhanced control, use the Elvie app. You can start, pause, and stop pumping sessions, adjust intensity, switch modes, and monitor your session duration and milk volume (estimated) directly from your phone.

4.4 Pumping Session Tips

- Ensure cups are properly positioned and sealed against your breast.
- Start with a lower suction level and gradually increase to a comfortable yet effective setting.
- Pump for 15-20 minutes per session, or until milk flow significantly slows.

- Empty cups carefully after each session to avoid spills.



A woman wearing the Elvie Stride 2, demonstrating its ultra-light and comfortable design, with visual cues pointing to the hub for manual control and a smartphone for complete app-based control.

5. CLEANING AND MAINTENANCE

Proper cleaning and maintenance are crucial for the hygiene and longevity of your Elvie Stride 2 pump. All washable parts are dishwasher safe for convenience.

5.1 Daily Cleaning

- After each use, disassemble all parts that come into contact with milk (cups, breast shields, valves, diaphragms).
- Wash these parts in warm, soapy water or place them on the top rack of your dishwasher.
- Rinse thoroughly with clean water.
- Air dry on a clean paper towel or drying rack. Do not use a cloth towel as it may leave lint.

5.2 Sterilization

Sterilize parts once a day by boiling them in water for 5 minutes, using a steam sterilizer, or a microwave sterilizer bag. Ensure parts are completely cool before handling.

5.3 Storage

Store clean, dry pump parts in a clean, dry place when not in use. Keep the hub clean by wiping it with a damp cloth; do not submerge it in water.



An image illustrating the ease of cleaning for the Elvie Stride 2, showing components being washed and highlighting that they are dishwasher safe.

6. TROUBLESHOOTING COMMON ISSUES

Problem	Possible Cause	Solution
Low or no suction	Improper assembly, damaged valve/diaphragm, incorrect flange size, low battery.	Ensure all parts are correctly assembled and securely fitted. Check valves and diaphragms for tears or damage and replace if necessary. Verify battery level and charge if low. Ensure correct nipple insert size is used.
Milk leaking from cups	Cups not sealed properly, overfilled cups, damaged cup seal.	Ensure cups are correctly assembled and form a tight seal against your breast. Do not overfill cups; empty them when full. Inspect cup seals for damage.

Problem	Possible Cause	Solution
App connectivity issues	Bluetooth off, app not updated, hub not powered on.	Ensure Bluetooth is enabled on your phone. Update the Elvie app to the latest version. Make sure the Elvie Stride 2 Hub is powered on and within range. Try restarting both the app and the hub.
Battery not charging	Faulty cable, power source issue, hub not connected properly.	Try a different USB-C cable and power adapter. Ensure the cable is securely plugged into the hub and the power source.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	EB01-22
Package Dimensions	8.35 x 6.73 x 5.24 inches
Item Weight	2.43 Pounds (approx. 0.35 lbs in-bra weight per cup)
Battery	1 Lithium Ion battery (included)
Charge Time	Approx. 95 minutes for full charge
Sessions per Charge	Up to 5 sessions
Suction Strength	Up to -300 mmHG (hospital-grade)
Noise Level	36 dB (whisper quiet)
Material	Silicone (BPA Free)
Special Features	Double Pump, Hands Free Usage, Wearable, App-Controlled

8. WARRANTY AND CUSTOMER SUPPORT

8.1 Warranty Information

Elvie products are designed and manufactured to the highest quality standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product or visit the official Elvie website. Keep your proof of purchase for warranty claims.

8.2 Customer Support

If you encounter any issues or have questions regarding your Elvie Stride 2 Double Breast Pump, please contact Elvie Customer Support. You can find contact information, FAQs, and additional resources on the official Elvie website:

[Visit Elvie Support](#)

Please note that 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.