

## Paruu M1

# Paruu P16 Wearable Breast Pump User Manual

Model: M1

## 1. INTRODUCTION

Thank you for choosing the Paruu P16 Hands-Free Wearable Breast Pump. This electric breast pump is designed for convenience and efficiency, offering strong suction with low noise operation. Its portable and hands-free design allows you to express milk discreetly and comfortably wherever you are. The P16 features 4 modes and 12 levels of suction to mimic your baby's natural sucking action, ensuring a comfortable and effective pumping experience. This manual provides detailed instructions for safe and proper use, assembly, operation, and maintenance of your breast pump.



Figure 1: Paruu P16 Wearable Breast Pump Packaging

## 2. SAFETY INFORMATION

Please read all instructions carefully before using the Paruu P16 Wearable Breast Pump. Failure to follow these instructions may result in injury or damage to the product.

- **Keep out of reach of children.**
- This product is intended for personal use only. Do not share the pump or its components with others.
- Always inspect all components before each use for any signs of damage or wear. Discard and replace any damaged parts immediately.
- Ensure all parts are clean and dry before assembly and use to maintain hygiene and proper function.
- Do not immerse the pump motor unit in water or other liquids.
- Use only the charging cable provided by the manufacturer.
- Do not use the pump while sleeping or drowsy.
- If you experience pain or discomfort during pumping, reduce the suction level or stop pumping. Consult a healthcare professional if pain persists.

### 3. PACKAGE CONTENTS

Before first use, please verify that all components are present in the package:

- Breast Pump Motor Unit x 2
- 19mm Flange Insert x 2
- 21mm Flange Insert x 2
- 24mm Flange (pre-installed) x 2
- Valve x 2
- Charging Cable x 2
- Flange Size Ruler x 1
- User Manual x 1



Figure 2: Package Contents

## 4. ASSEMBLY AND FIRST USE

Before assembling and using the pump for the first time, clean and sterilize all parts that come into contact with breast milk (flanges, valves, milk collector, diaphragm) according to the 'Cleaning and Maintenance' section.

### Assembly Steps:

1. **Step 1:** Gently push the valve into the milk collector without any gaps. Ensure it is securely seated.
2. **Step 2:** Gently push the flange (choose 24mm, or insert 19mm/21mm into the 24mm flange) into the milk collector without any gaps.
3. **Step 3:** Attach the diaphragm to the top of the milk collector, ensuring it is sealed well and lies flat.
4. **Step 4:** Assemble the pump motor unit onto the assembled milk collector, ensuring a secure fit without gaps.

### Charging the Pump:

Connect the charging cable to the pump motor unit and a suitable USB power adapter. The LED indicator

will show charging status. Fully charge the pump before its first use, which typically takes a few hours.

## 5. OPERATION

The Paruu P16 breast pump offers 4 modes and 12 levels of suction to customize your pumping experience.

### Controls:

- **Power Button:** Press and hold to turn the pump ON/OFF.
- **Mode Button:** Press to cycle through the 4 available modes.
- **+/- Buttons:** Press to adjust the suction level (1-12) within the selected mode.

### Modes:

The LED screen clearly displays the current suction mode and level. The pump has a memory function that remembers the last used function and setting. It also features a 30-minute auto-off timer.

- **Stimulation Mode:** A faster, lighter suction to stimulate milk let-down.
- **Expression Mode:** A slower, stronger suction for efficient milk expression.
- **Massage Mode:** Gentle, rhythmic suction to help prepare breasts for pumping and relieve discomfort.
- **Dual-Frequency Mode:** Combines different suction patterns, particularly helpful for stimulating milk flow or assisting with inverted/flat nipples.

**Note:** You can switch to the appropriate suction level based on your comfort and milk volume. Start with a lower suction level and gradually increase until you find a comfortable and effective setting.

## 6. CLEANING AND MAINTENANCE

Proper cleaning and maintenance are crucial for hygiene and the longevity of your breast pump. Always clean parts immediately after each use.

### Cleaning Steps:

1. **Disassemble:** Separate all parts that come into contact with breast milk (flange, valve, milk collector, diaphragm). Do not disassemble the motor unit.
2. **Rinse:** Rinse all disassembled parts under cold running water to remove any residual milk.
3. **Wash:** Wash parts in warm soapy water using a mild dish soap. Use a dedicated brush for breast pump parts.
4. **Rinse Thoroughly:** Rinse all parts thoroughly under clean running water to remove all soap residue.
5. **Sterilize:** Sterilize parts regularly. This can be done by boiling in water for 5 minutes, using a steam sterilizer, or a dishwasher (top rack only, if parts are dishwasher safe). Refer to the material specifications (Silicone) for compatibility.
6. **Dry:** Place parts on a clean drying rack or paper towel to air dry completely. Do not use a cloth towel as it may leave lint. Ensure parts are completely dry before storing or reassembling.

### Storage:

Store the clean and dry pump parts in a clean, dry place away from direct sunlight and dust. Keep the

motor unit in a safe place, protected from moisture.

## 7. TROUBLESHOOTING

If you encounter issues with your Paruu P16 breast pump, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No suction or weak suction	<ul style="list-style-type: none"><li>• Improper assembly</li><li>• Damaged valve or diaphragm</li><li>• Low battery</li><li>• Flange not sealed properly to breast</li></ul>	<ul style="list-style-type: none"><li>• Reassemble all parts, ensuring no gaps.</li><li>• Inspect valve and diaphragm for tears or damage; replace if necessary.</li><li>• Charge the pump fully.</li><li>• Ensure the flange forms a tight seal around the breast.</li></ul>
Pump not turning on	<ul style="list-style-type: none"><li>• Battery is depleted</li><li>• Power button not pressed correctly</li></ul>	<ul style="list-style-type: none"><li>• Charge the pump.</li><li>• Press and hold the power button for a few seconds.</li></ul>
Milk leakage	<ul style="list-style-type: none"><li>• Improper assembly</li><li>• Milk collector overfilled</li><li>• Damaged parts</li></ul>	<ul style="list-style-type: none"><li>• Ensure all parts are securely assembled and sealed.</li><li>• Do not exceed the optimal collection capacity (120 ml/4 oz).</li><li>• Inspect parts for damage and replace if needed.</li></ul>
Unusual noise from pump	<ul style="list-style-type: none"><li>• Motor issue</li><li>• Parts not assembled correctly</li></ul>	<ul style="list-style-type: none"><li>• Ensure all parts are correctly assembled.</li><li>• If noise persists, contact customer support.</li></ul>

If the problem persists after trying these solutions, please contact Paruu customer support for further assistance.

## 8. TECHNICAL SPECIFICATIONS

Below are the key specifications for the Paruu P16 Wearable Breast Pump, Model M1:

Feature	Specification
Model Number	M1
Brand	Paruu
Operation Mode	Electric

Feature	Specification
Special Features	Portable, Double Pump, Hands Free Usage, Memory Function, 30-minute Auto-off
Material	Silicone
Power Source	Battery Powered
Noise Level	40 dB
Capacity	150 Millilitres (Optimal collection: 120 ml / 4 oz)
Colour	White
Package Dimensions	27.3 x 17 x 8.2 cm
Weight	780 g (Package), 240 g (per pump unit)

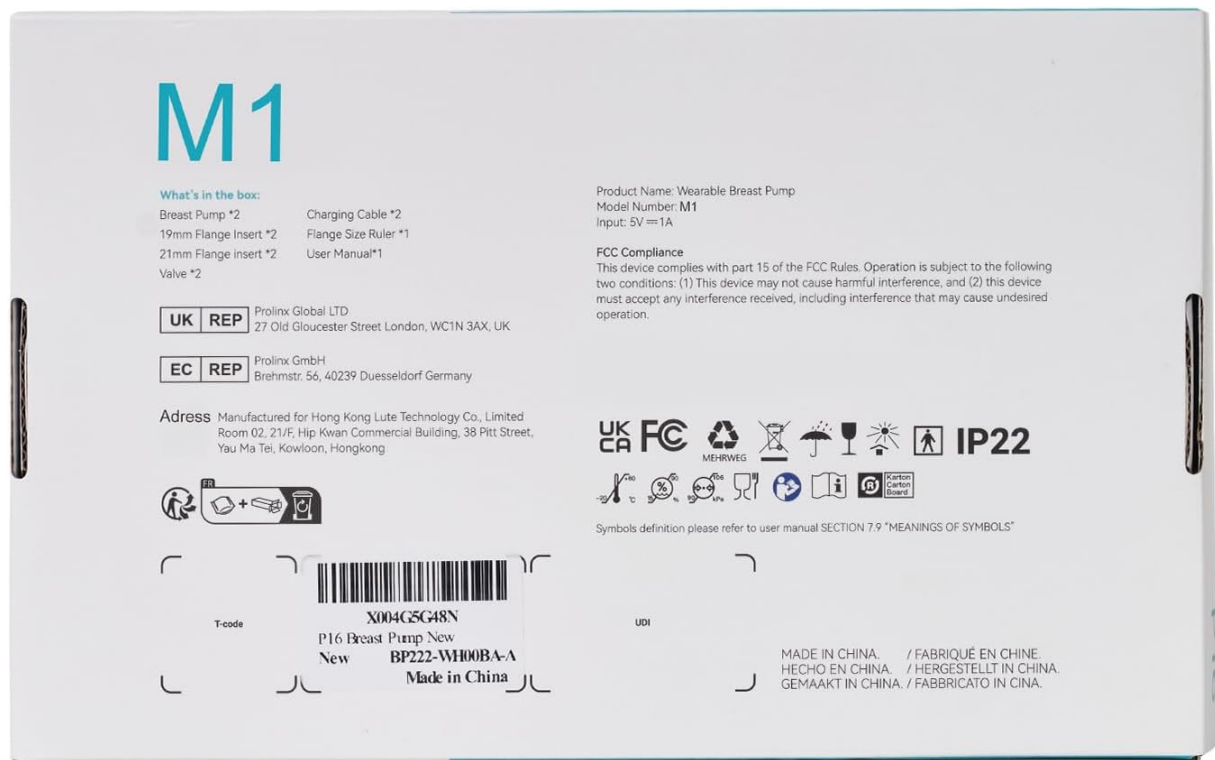


Figure 3: Product Information and Compliance Details

**FCC Compliance:** This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

## 9. WARRANTY AND CUSTOMER SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Paruu website. Keep your purchase receipt as proof of purchase for any warranty claims.

If you have any questions or require assistance with your Paruu P16 Wearable Breast Pump, please do not hesitate to contact Paruu customer service. You can often find contact details on the manufacturer's website or through the retailer where you purchased the product.

