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› [Paruu](#) /

› [Paruu P20 Electric Hands-Free Breast Pump Instruction Manual](#)

Paruu P20

Paruu P20 Electric Hands-Free Breast Pump User Manual

Model: P20

Sections:

[Introduction](#) [Safety](#)

[Information](#) [Components](#) [Setup](#) [Operation](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty](#)
[& Support](#)

1. INTRODUCTION

Thank you for choosing the Paruu P20 Electric Hands-Free Breast Pump. This manual provides essential information for the safe and effective use of your breast pump. Please read it thoroughly before first use and retain it for future reference. The Paruu P20 is designed for comfortable and efficient milk expression, offering portability and ease of use for mothers.

2. IMPORTANT SAFETY INFORMATION

WARNING: Failure to follow these safety instructions could result in electric shock, fire, or serious injury.

- Always keep the pump unit dry. Do not immerse the motor unit in water or other liquids.
- Use only the power adapter supplied with the device.
- Do not use while bathing or showering.
- Keep out of reach of children. This device is not a toy.
- Inspect all components before each use for damage. Discard and replace any damaged parts immediately.
- Ensure all parts are correctly assembled and sealed before use to prevent leaks and maintain suction.
- Do not use if you experience pain or discomfort. Consult a healthcare professional if issues persist.
- This product is intended for personal use. Do not share with other users.
- 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.

3. PRODUCT COMPONENTS

The Paruu P20 breast pump package includes the following items:

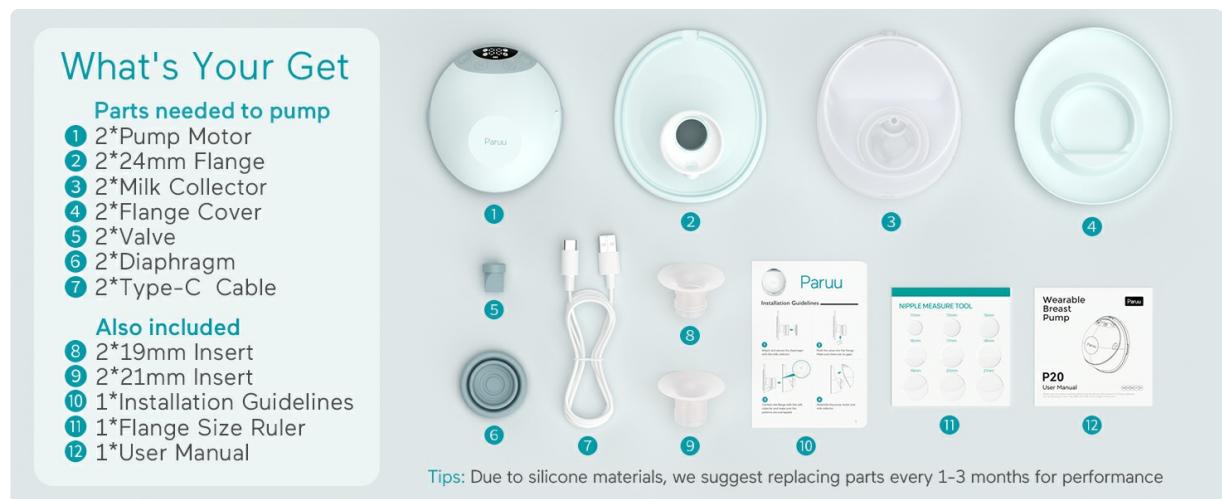


Image: Contents of the Paruu P20 Electric Hands-Free Breast Pump package, showing two pump motors, two 24mm flanges, two milk collectors, two flange covers, two valves, two diaphragms, one Type-C cable, two 19mm inserts, two 21mm inserts, installation guidelines, a flange size ruler, and a user manual.

Parts Included:

1. Pump Motor (x2)
2. 24mm Flange (x2)
3. Milk Collector (x2)
4. Flange Cover (x2)
5. Valve (x2)
6. Diaphragm (x2)
7. Type-C Cable (x1)

Also Included:

- 19mm Insert (x2)
- 21mm Insert (x2)
- Installation Guidelines (x1)
- Flange Size Ruler (x1)
- User Manual (x1)

Tip: Due to silicone materials, it is suggested to replace parts every 1-3 months for optimal performance.

4. SETUP AND ASSEMBLY

Before first use, sterilize all parts that come into contact with breast milk (flanges, milk collectors, valves, diaphragms, and inserts) by boiling them for 3-5 minutes or using a steam sterilizer. Ensure all parts are completely dry before assembly.

Assembly Steps:

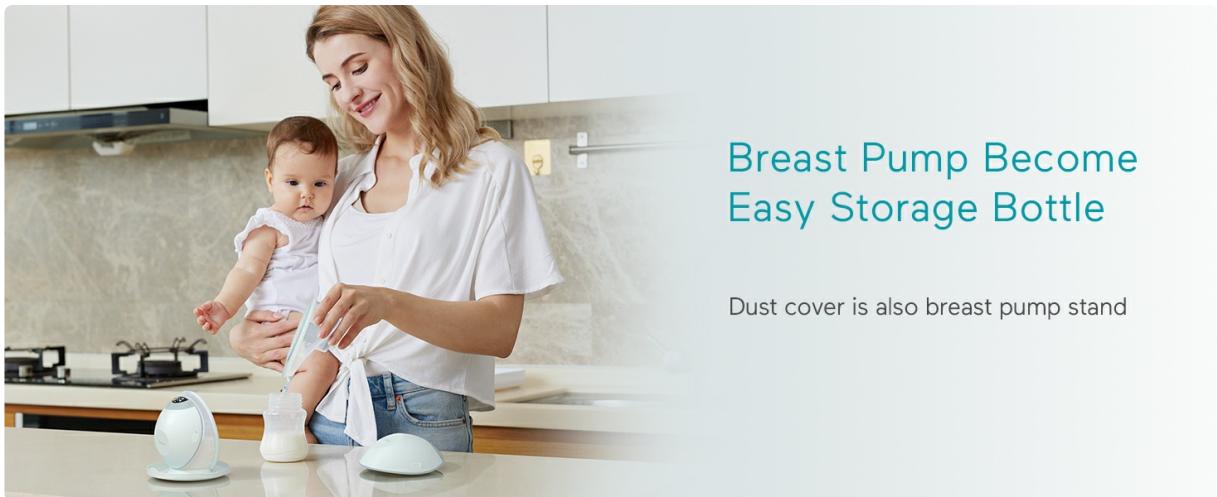


Image: Four-step visual guide on how to correctly install the Paruu P20 breast pump. Step 1: Press the diaphragm onto the flange. Step 2: Push the valve to the flange. Step 3: Connect the assembled flange to the milk collector. Step 4: Install the pump motor onto the milk collector.

- Step 1: Attach Diaphragm to Flange.** Press the silicone diaphragm firmly onto the top of the flange, ensuring the edges seal completely without any gaps.
- Step 2: Insert Valve.** Push the valve into the designated opening at the bottom of the flange. Ensure it is securely seated.
- Step 3: Connect Flange to Milk Collector.** Align the assembled flange with the milk collector and press them together, ensuring a tight seal around the connecting edges.
- Step 4: Attach Pump Motor.** Place the pump motor onto the top of the assembled milk collector and flange unit. Press down gently until it clicks into place, forming a secure connection.

Choosing the Correct Flange Size:

Selecting the correct flange size is crucial for comfort and pumping efficiency. Use the included nipple measure tool to determine your size.



Image: Visual guide on how to choose the correct flange size. It shows stimulating the nipple, finding the nipple base, measuring the nipple with cards, and a table correlating nipple diameter to recommended flange size.

- Stimulate the Nipple:** Gently stimulate your nipple to make it erect.
- Find the Nipple Base:** Identify the base of your nipple, where it meets the areola.
- Measure Nipple Diameter:** Use the provided nipple measure tool to find the circle that most closely matches the diameter of your nipple at its base, without including the areola.
- Select Flange Size:** Refer to the chart below to select the appropriate flange size or insert. The

Paruu P20 includes 24mm flanges and 19mm/21mm inserts.

Flange Size Guide

Nipple Diameter	Recommended Flange Size
11-13mm	15mm
13-15mm	17mm
15-17mm	19mm
17-20mm	21-24mm
20-24mm	25-26mm
24-27mm	28mm

5. OPERATING INSTRUCTIONS

Charging the Device:

Before first use, fully charge the breast pump. Connect the provided Type-C cable to the charging port on the pump motor and plug the other end into a compatible USB power adapter (not included).

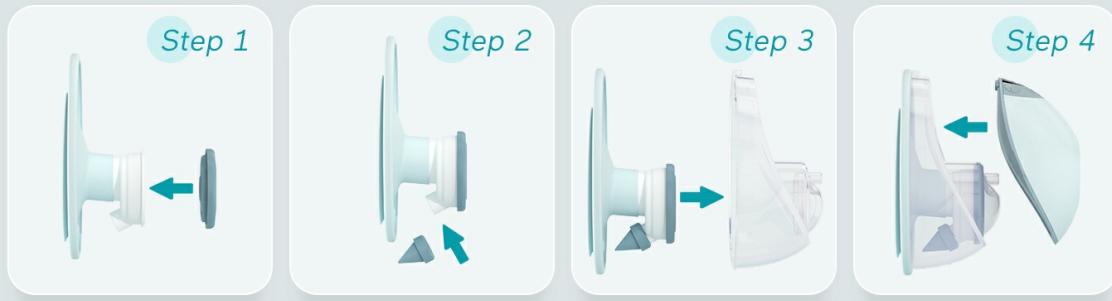
- A full charge takes approximately 2.5 hours.
- The battery indicator on the LED display will show charging status.
- A fully charged pump provides up to 180 minutes of use, typically 4-5 pumping sessions.



Image: The Paruu P20 breast pump charging via a USB-C cable connected to a laptop, highlighting 180 minutes use time and 1350mAh battery life.

Understanding the Smart Display and Controls:

How To Install Your Breast Pump Correctly?



Press the diaphragm onto flange, until the edges seal is well

Push the valve to flange without leaving gaps

Connect the installed flange to the milk collector, press the connecting edges tightly

Installing the pump motor and milk collector

Image: Diagram of the Paruu P20 breast pump's control panel, indicating On/Off & Pause buttons, Mode Switch, Decrease suction level, Increase suction level, Suction level indicator, and Charging Port.

- **On/Off & Pause Button:** Press to turn the pump on or off. During pumping, press to pause and resume.
- **Mode Switch Button:** Cycle through the 4 pumping modes (Stimulation, Expression, Lactation, Traction).
- **Increase Suction Level (+):** Increase the suction intensity.
- **Decrease Suction Level (-):** Decrease the suction intensity.
- **LED Display:** Shows current mode, suction level, and session time.

Pumping Modes and Suction Levels:

The Paruu P20 offers 4 distinct modes and 12 adjustable suction levels to optimize your pumping experience.



Image: Illustration of the Paruu P20's upgraded motor and the four pumping modes: Stimulation, Expression, Lactation, and Traction, each with a description of its function.

- **Stimulation Mode:** Quick and short cycles to stimulate milk let-down.
- **Expression Mode:** Slower and longer cycles for efficient milk expression once let-down occurs.
- **Lactation Mode:** Features 5 shallow and 1 deep suction pattern, mimicking a baby's natural feeding rhythm.
- **Traction Mode:** Alternates between low and high suction to help draw out milk.

Adjust the suction level within each mode using the '+' and '-' buttons to find what is most comfortable and effective for you. The pump has an automatic shutdown feature after 30 minutes of continuous operation.

Pumping Process:

1. Ensure the pump is fully charged and all parts are clean and correctly assembled.
2. Place the assembled pump unit directly onto your breast, ensuring your nipple is centered in the flange tunnel. The double-sealed flange design provides a comfortable and secure fit.
3. Press the On/Off button to start the pump. It will typically start in a stimulation mode.
4. Use the Mode Switch button to cycle through modes and the '+' / '-' buttons to adjust suction intensity until you find a comfortable and effective setting.
5. Monitor milk volume through the transparent milk collector. The LED display will show session time.
6. When finished, press the On/Off button to turn off the pump. Carefully remove the pump from your breast.
7. Pour the expressed milk into a storage bag or bottle.

Visualization of milk production

Transparent extendable collector
Seeing the amount of milk at a glance



Image: The transparent milk collector of the Paruu P20 breast pump, allowing users to visually monitor milk production during pumping.

6. MAINTENANCE AND CLEANING

Proper cleaning and maintenance are essential for hygiene and the longevity of your breast pump. The Paruu P20 is designed with only 4 washable parts for easy cleaning.



Image: The four main washable parts of the Paruu P20 breast pump: silicone diaphragm, double flange, valve, and milk collector, submerged in water to illustrate ease of cleaning.

Cleaning Steps:

- Disassemble:** After each use, carefully disassemble all parts that come into contact with breast milk: the flange, milk collector, valve, and diaphragm.
- Rinse:** Rinse all disassembled parts under cold running water to remove any residual milk.
- Wash:** Wash the parts in warm, soapy water using a mild dish soap. Use a soft brush to clean hard-to-reach areas.
- Rinse Thoroughly:** Rinse all parts thoroughly under clean running water to remove all soap residue.
- Air Dry:** Place the cleaned parts on a clean paper towel or drying rack and allow them to air dry completely. Do not use cloth towels as they may leave lint.
- Sterilize (Optional, but Recommended):** Periodically sterilize the parts by boiling them for 3-5 minutes or using a steam sterilizer.
- Store:** Once completely dry, store the parts in a clean, dry container or bag until the next use.

Important:

- Do not wash the pump motor unit. Wipe it clean with a damp cloth if necessary.
- Ensure all parts are completely dry before reassembling to prevent mold growth and maintain proper suction.

7. TROUBLESHOOTING

If you encounter issues with your Paruu P20 breast pump, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No suction or weak suction	<ul style="list-style-type: none"> Parts not assembled correctly Diaphragm or valve damaged/worn Flange not sealed properly on breast Low battery 	<ul style="list-style-type: none"> Reassemble all parts, ensuring tight seals. Check diaphragm and valve for tears or damage; replace if necessary. Ensure flange forms a complete seal around the breast. Charge the pump fully.
Pump not turning on	<ul style="list-style-type: none"> Low or no battery charge 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.
Milk leaking from pump	<ul style="list-style-type: none"> Parts not assembled correctly Milk collector overfilled Pump not upright 	<ul style="list-style-type: none"> Disassemble and reassemble all parts, ensuring secure connections. Do not exceed the maximum fill line on the milk collector. Keep the pump upright during use.
Discomfort during pumping	<ul style="list-style-type: none"> Incorrect flange size Suction level too high 	<ul style="list-style-type: none"> Re-evaluate flange size using the provided ruler and guide. Decrease suction level to a comfortable setting.

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

8. SPECIFICATIONS

Feature	Detail
Model Name	P20
Battery Capacity	1350mAh
Usage Time (Full Charge)	Up to 180 minutes (4-5 sessions)
Charging Time	Approx. 2.5 hours
Pumping Modes	4 (Stimulation, Expression, Lactation, Traction)
Suction Levels	12 levels per mode
Flange Sizes Included	24mm (with 19mm/21mm inserts)
Material	BPA-free, Food-grade Silicone, Plastic
Noise Level	Low noise operation (approx. <50dB)

Feature	Detail
Automatic Shutdown	30 minutes
Package Dimensions	11.1 x 6.69 x 3.5 inches
Weight	1.81 Pounds (for 2-pack)
Manufacturer	Paruu

9. WARRANTY AND SUPPORT

Warranty Information:

Paruu products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included in your product packaging or contact Paruu customer support. Keep your purchase receipt as proof of purchase for warranty claims.

Customer Support:

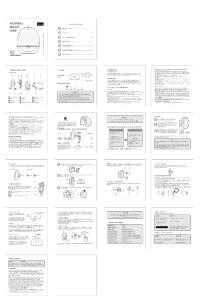
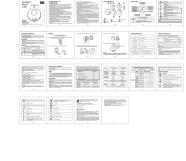
If you have any questions, concerns, or require assistance with your Paruu P20 breast pump, please contact Paruu customer support. Contact information can typically be found on the product packaging, the official Paruu website, or through your retailer.

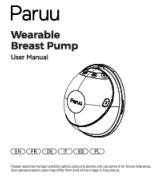
10. PRODUCT VIDEOS

No relevant official product videos from the seller were found for embedding in this manual.

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Related Documents - P20

	<p><u>Paruu X2 Wearable Breast Pump User Manual</u></p> <p>Comprehensive user manual for the Paruu X2 Double Wearable Breast Pump, detailing product components, controls, usage instructions, cleaning, maintenance, troubleshooting, and technical specifications for this hands-free, portable electric breast pump.</p>
	<p><u>Paruu R10 Wearable Breast Pump User Guide</u></p> <p>User guide for the Paruu R10 Wearable Breast Pump, detailing safety, product components, assembly, usage, specifications, and compliance information for this hands-free electric breast pump.</p>



[Paruu Wearable Breast Pump P20 User Manual](#)

User manual for the Paruu P20 Wearable Breast Pump, covering safety information, charging, cleaning, disinfection, assembly precautions, tips, specifications, and warranty.