

Bear XNQ-C05B3

Bear Hands-Free Wearable Breast Pump Instruction Manual

Model: XNQ-C05B3

INTRODUCTION

Thank you for choosing the Bear Hands-Free Wearable Breast Pump. This device is designed to provide a comfortable and efficient pumping experience, allowing mothers to express milk discreetly and conveniently. It features multiple modes and suction levels to mimic a baby's natural nursing rhythm, ensuring effective milk expression. Please read this manual thoroughly before first use to ensure proper operation and maintenance.

SAFETY INFORMATION

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.

Always ensure all parts are clean and dry before assembly and use. Do not immerse the pump motor in water. Keep the device out of reach of children.

WHAT'S IN THE BOX

Your Bear Hands-Free Wearable Breast Pump package includes the following components:

- Pump Motor (x2)
- Connector Body (x2)
- Duckbill Valve (x2)
- Nipple Measuring Tool (x1)
- 24mm Flange (x2)
- Diaphragm (x2)
- Milk Collector (x2)
- Leak-proof Silicone (x2)
- 21mm Flange Insert (x2)

- Product Instruction Manual (x1)
- 19mm Flange Insert (x2)
- USB Cable (x2)

What's in the box?

- | | |
|-------------------------|-------------------------------|
| 1 Pump Motor | 7 Milk Collector |
| 2 Connector Body | 8 Leak-proof Silicone |
| 3 Duckbill Valve | 9 21mm Flange Insert |
| 4 Nipple Measuring Tool | 10 Product Instruction Manual |
| 5 24mm Flange | 11 19mm Flange Insert |
| 6 Diaphragm | 12 USB Cable |



Image: All components included in the Bear Hands-Free Wearable Breast Pump package.

SETUP AND ASSEMBLY

Proper assembly is crucial for optimal performance and to prevent leaks. Follow these steps to assemble your breast pump:

- Step 1:** Press the leak-proof silicone onto the connector body.
- Step 2:** Install the duckbill valve on the cylinder below the component.
- Step 3:** Rotate the milk collector clockwise below the component.
- Step 4:** Press the assembled component into the pump motor.
- Step 5:** Press the 24mm flange into the component.
- Step 6:** Press the desired flange insert (19mm or 21mm) into the 24mm flange. Use the provided nipple measuring tool to determine your correct flange size for comfort and efficiency.

How to Install Your Breast Pump Correctly?

Step 1

Press the leak-proof silicone onto the connector body



Step 2

Install the duckbill on the cylinder below the component in Fig.1



Step 3

Rotate milk collector clockwise below the component in Fig.2



Step 4

Press the component in Fig.3 into the pump motor



Step 5

Press the 24mm flange into the component in Fig.4



Step 6

Press the flange insert into the component in Fig.5



Image: Visual instructions for assembling the breast pump.

Flange Size Selection

The pump comes with 24mm flanges and 19mm & 21mm flange inserts. Use the nipple measuring card to find the correct size for your comfort and to ensure effective milk expression. An incorrectly sized flange can cause discomfort and reduce pumping efficiency.

Your browser does not support the video tag.

Video: Official guide on how to find the right flange size for your Bear Breast Pump.

OPERATING INSTRUCTIONS

Charging the Pump

The pump features a built-in 1300mAh rechargeable battery. Connect the provided USB cable to the pump motor and a suitable power source. A full charge takes approximately 110 minutes and supports up to 8 pumping sessions (based on 20 minutes per session). The smart display indicates the current battery power.

4 Modes & 9 Suction Levels

Smart memory recalls your previous setting
for easy operation



Massage Mode

Quick, gentle sucking to stimulate milk flow



Expression Mode

Slower and stronger sucking for thorough milk expression



Stimulation Mode

Gentle and rapid sucking to trigger milk let-down



Automatic Mode

Slow and speeds up to deeply stimulate and relieve breast fullness

Image: The pump's display showing battery status during charging.

Powering On/Off and Mode Selection

Press and hold the power button to turn the pump on or off. The smart display will show the current mode and suction level. The pump offers 4 distinct modes:

- **Massage Mode:** Quick, gentle sucking to stimulate milk flow.
- **Expression Mode:** Slower and stronger sucking for thorough milk expression.

- **Stimulation Mode:** Gentle and rapid sucking to trigger milk let-down.
- **Automatic Mode:** Cycles through different patterns to stimulate and relieve breast fullness.

Press the mode button to cycle through the available modes. Each mode has 9 adjustable suction levels. Use the '+' and '-' buttons to increase or decrease the suction intensity. The pump has a smart memory function that recalls your previous setting for easy operation.

Pump Anywhere, Anytime

Charging **110** mins, Operating **160** mins
(based on 20 mins per session)



**Up to 8 Sessions
per Charge**

Image: The pump's control panel and display for mode and suction level adjustments.

Your browser does not support the video tag.

Video: An overview of the Bear Wearable Breast Pump features and operation.

Hands-Free Pumping

The wearable design allows the pump to fit snugly within your bra, providing complete mobility. This enables multitasking while pumping at home, work, or on the go. The pump operates quietly, ensuring discreet use.

Gentle Suction Just Like Baby Suckling Naturally

Smoother, Comfort,
Relief



Skin-Friendly Silicone

Designed for Comfort.
Fits Gently, Pumps Easily



Image: Demonstrating the discreet and hands-free nature of the wearable breast pump.

Your browser does not support the video tag.

Video: Demonstrating the convenience of pumping anytime, anywhere with the Bear Breast Pump.

Your browser does not support the video tag.

Video: A short demonstration of the Bear Hands-Free Breast Pump in use.

MAINTENANCE AND CLEANING

Regular cleaning and sterilization are essential to maintain hygiene and pump performance. The pump features 4 detachable parts for hassle-free maintenance.

Cleaning Steps:

1. Disassemble all parts that come into contact with milk (flange, valve, milk collector, silicone diaphragm).
2. Wash these parts immediately after each use with warm soapy water. Use a soft brush to clean hard-to-reach areas.
3. Rinse thoroughly with clean water.
4. Sterilize by boiling for 3-5 minutes or using a steam sterilizer.
5. Allow all parts to air dry completely on a clean surface before reassembly.

Important: The pump motor is not waterproof. Never immerse the motor unit in water or wash it under running water. Wipe the motor unit with a damp cloth if necessary.



Image: Illustration of the easy-to-clean detachable parts of the breast pump.

TROUBLESHOOTING

If you encounter issues with your Bear Hands-Free Wearable Breast Pump, please refer to the following common solutions:

Problem	Possible Cause	Solution
No suction or weak suction	Improper assembly, damaged duckbill valve/diaphragm, low battery, incorrect flange size.	Ensure all parts are correctly assembled and sealed. Check the duckbill valve and diaphragm for tears or wear; replace if necessary. Charge the pump fully. Verify flange size is appropriate for your nipple.

Problem	Possible Cause	Solution
Milk leakage	Improper assembly, damaged leak-proof silicone, milk collector not sealed.	Reassemble all parts carefully, ensuring the leak-proof silicone is correctly seated and the milk collector is securely attached. Check silicone parts for damage.
Pump not turning on	Low battery, power button not pressed correctly.	Charge the pump for at least 2 hours. Press and hold the power button firmly for a few seconds.
Uncomfortable pumping	Incorrect flange size, suction level too high.	Re-evaluate your flange size using the measuring tool. Reduce the suction level to a comfortable setting.

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

SPECIFICATIONS

- **Model Number:** XNQ-C05B3
- **Product Dimensions:** 4.33 x 5.04 x 2.87 inches
- **Weight:** 1.7 Pounds (for 2 units)
- **Battery:** 1 Lithium Ion battery required (included)
- **Battery Capacity:** 1300mAh
- **Pumping Modes:** 4 (Massage, Expression, Stimulation, Automatic)
- **Suction Levels:** 9 per mode
- **Flange Sizes:** 24mm (with 19mm & 21mm inserts)
- **Material Type:** Silicone
- **Capacity:** 5 ounces per milk collector
- **Auto Shut-off:** 20 minutes per session

WARRANTY INFORMATION

Specific warranty details for the Bear Hands-Free Wearable Breast Pump are not provided in this manual. Please refer to the product packaging or contact Bear US Official Store customer service for warranty terms and conditions.

SUPPORT

For any questions, concerns, or technical assistance regarding your Bear Hands-Free Wearable Breast Pump, please contact the Bear US Official Store customer service. You can typically find contact information on the product packaging, the official Bear website, or through your purchase platform.



Beyond the Product We're Here to Help

If you experience any issues or the product isn't quite what you expected, feel free to reach out. We'll be happy to arrange a satisfactory solution.



Image: Bear customer support is available to assist you.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Email

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Details

Submit question