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THE SCIENCE OF CARE™

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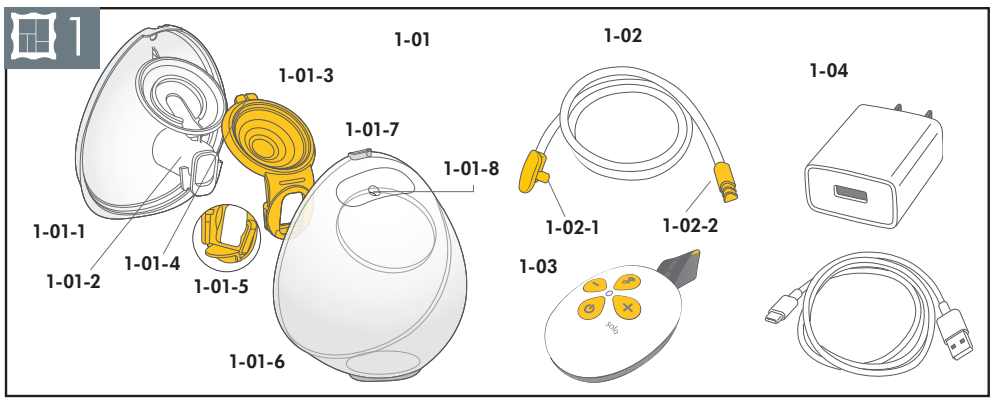
Solo™ Hands-free

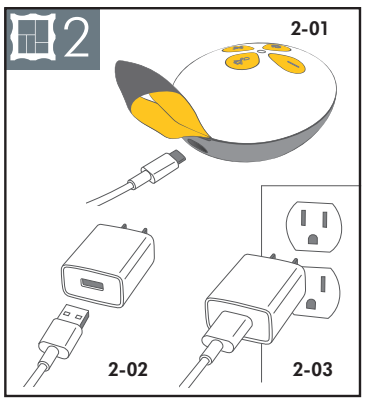
Electric breast pump
Instructions for use

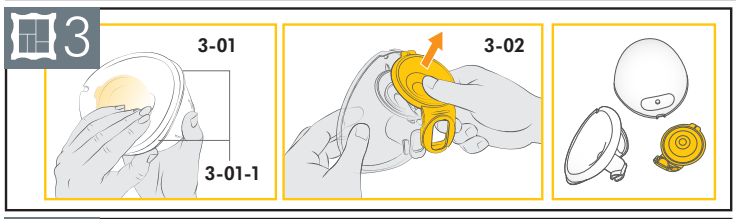
ENGLISH
3-21

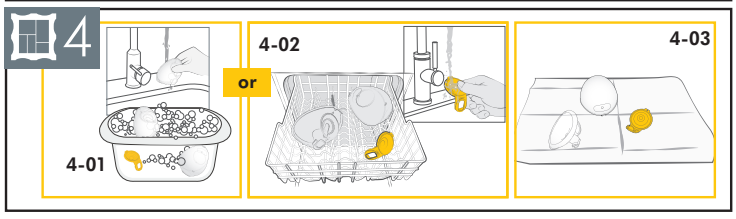
Content appearance may vary from pictures.

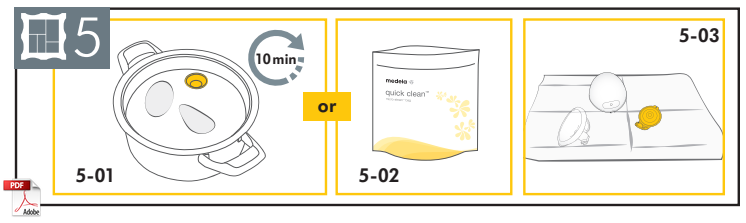
EN Fold these pages out.

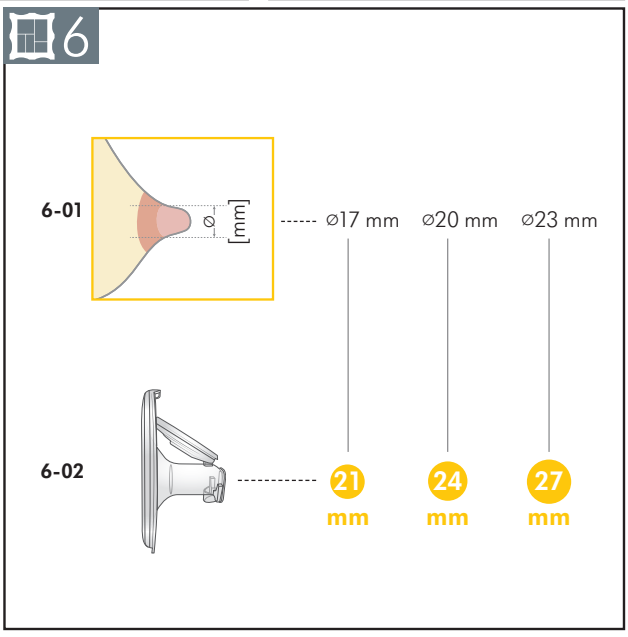












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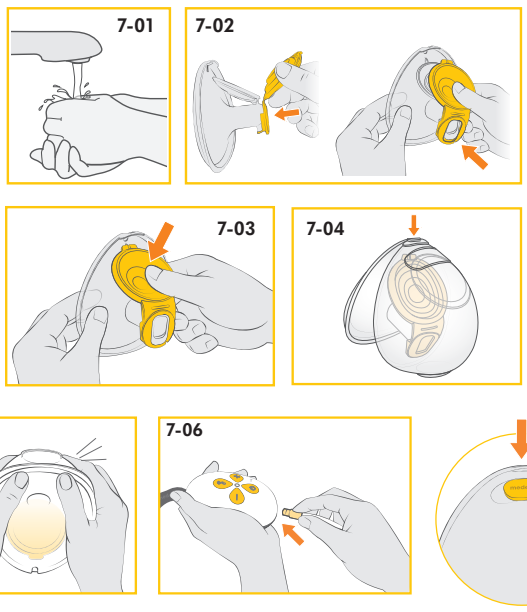
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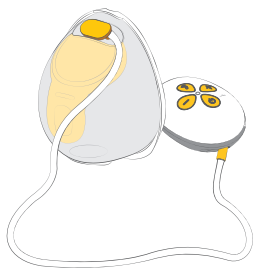

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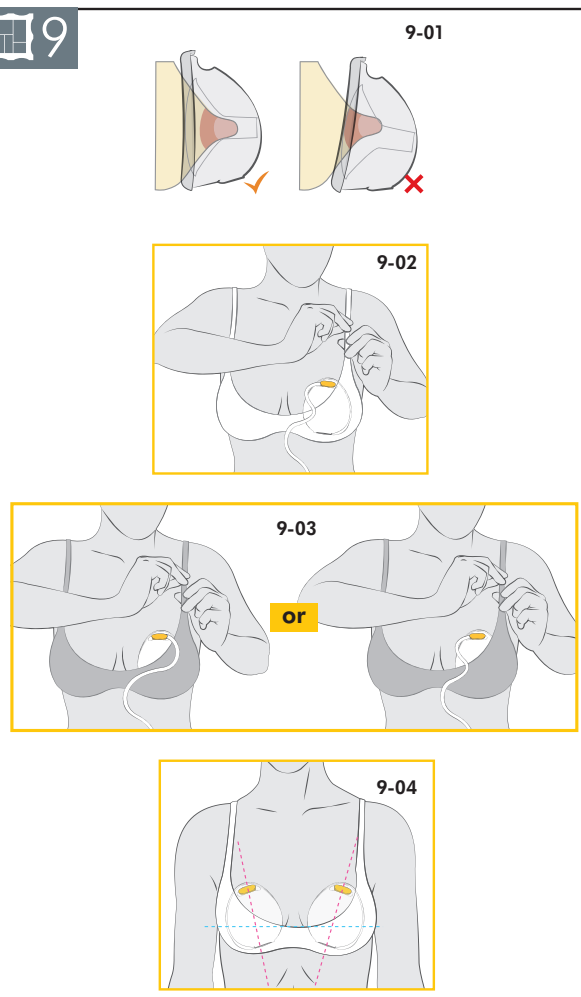
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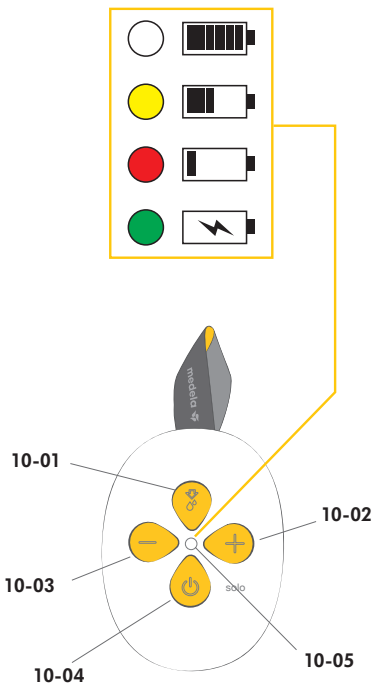
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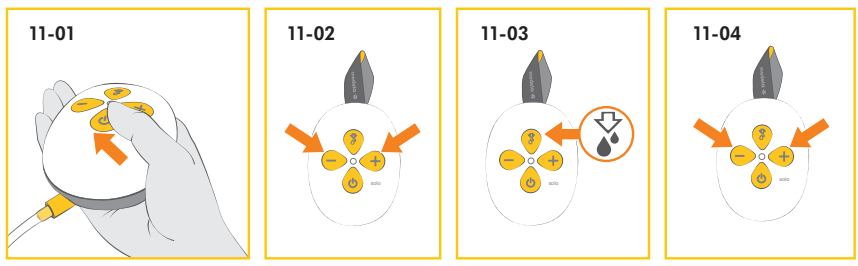
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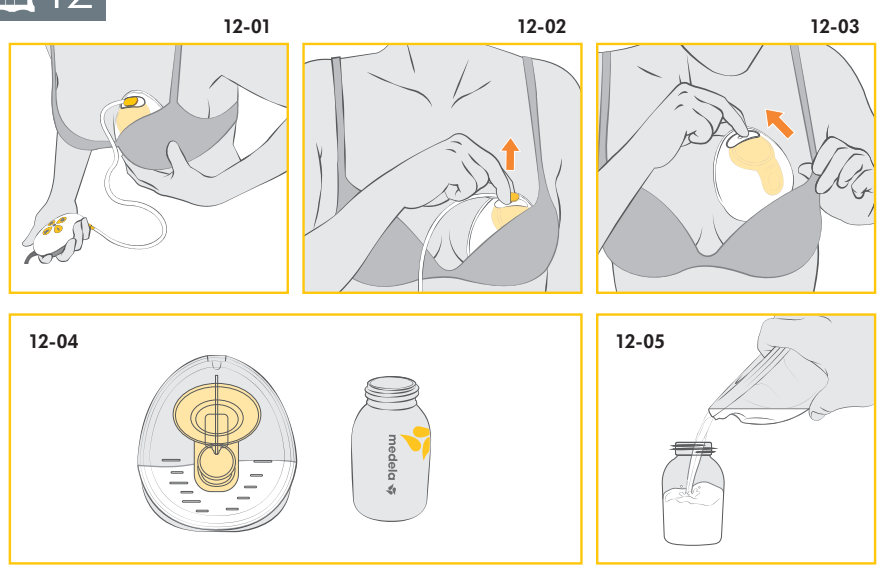
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1. Important safety information

Please read all instructions before using this product. Keep these instructions for future reference.

Warnings identify all instructions that are important for safety. Failure to observe these instructions can lead to personal injury or damage to the product. The following symbols and signal words show the significance of the warnings:

WARNING	Can lead to serious injury or death.	***NOTICE***	Can lead to material damage (not related to personal injury).
CAUTION	Can lead to minor injury.	**Information**	Useful or important information that is not related to safety.

When using electrical products, especially when children are present, basic safety precautions must always be followed.

WARNING

To avoid fire, electric shock, or serious burns:

- The breast pump should never be left unattended when plugged into a power source.
- Never operate an electrical device if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. If damage is found, immediately discontinue use of power adapter and call Medela Customer Service.
- Do not use an electrical product that has been exposed to water or other liquids including:
  – Do not use while bathing or showering.
  – Never place or drop into water or other liquids.
  – Do not run water over the breast pump.
  – If an electrical product has been exposed to water or other liquids, do not touch and if possible unplug the device from electrical outlet, turn off and contact the manufacturer.
- Do not expose the breast pump or battery to excessive temperatures.
- Only use power adapter and cable that comes with the breast pump. An inadequate power source or cable may result in a fire hazard, electric shock or malfunction equipment due to overvoltage.

To avoid health risks and reduce the risk of severe injury:

- This is a single-user product. Use by more than one person may present a health risk and voids the warranty.
- Do not use the breast pump while operating a moving vehicle.
- Pumping may induce labour. Do not pump until after giving birth. If you become pregnant while breastfeeding or breast pumping, consult with a licensed healthcare professional before continuing.
- If infected with Hepatitis B, Hepatitis C, or Human Immunodeficiency Virus (HIV), pumping breast milk will not reduce or remove the risk of transmitting the virus to your baby through your breast milk.
- Wash all parts that come into contact with your breast and breast milk after every use.
- The tubing poses a risk of strangulation when being played with and small parts may be swallowed by toddlers.
- Close supervision is necessary when the breast pump or accessories are used in the vicinity of children.
- This appliance is not intended for use by persons (including children up to 14 years) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children must not play with the appliance.
- Cleaning and maintenance must not be performed by children without supervision.

⚠ CAUTION

To avoid fire or burns:

- Make sure the voltage of the power adapter is compatible with the power source. See **chapter 18** for technical specifications.
- Always unplug electrical products immediately after use except for when charging.
- Do not place or store the product where it can fall into water.
- The breast pump and accessories are not heat-resistant. Keep away from heated surfaces or open flames.
- Do not use near flammable materials.

To avoid health risks and reduce the risk of injury:

- Before each use visually inspect the individual components for cracks, chips, tears, discoloration or deterioration. In the event that damage to the device is observed, please discontinue use until the parts have been replaced.
- This product cannot be serviced or repaired. Do not repair yourself. Do not modify the device.
- Never use a damaged device. Replace defective or worn parts.
- Use the breast pump only for its intended use as described in these instructions for use.
- Do not use the breast pump while sleeping or overly drowsy.
- If tubing becomes mouldy, discontinue use and replace tubing.
- Do not microwave or boil breast milk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving (microwaving or boiling can also change the composition of breast milk).
- Clean and sanitise all parts that come into contact with your breast and breast milk prior to first use.
- Only use Medela recommended parts with your breast pump.
- If pumping is uncomfortable or causing pain, turn the unit off, break the seal between the breast and the breast shield with your finger and remove the breast shield from your breast.
- While some discomfort may be felt when first using a breast pump, using a breast pump should not cause pain. If you are unsure about correct breast shield sizing please visit **www.medela.com** or see a lactation consultant/breastfeeding specialist who can help you get a proper fit.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful. See **chapter 7.1** for more information.
- If pumping at high altitudes, including in an airplane, consider pumping more often or longer if you feel there is milk remaining in your breasts after your pumping session.

NOTICE

Take appropriate care in handling bottles and components:

- Plastic bottles and parts become brittle when frozen and may break when dropped.
- Bottles and parts may become damaged if mishandled (e.g., dropped, over-tightened, or knocked over).
- Do not use the breast milk from bottles or components that show signs of damage.

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EN Illustrated items or instruction steps are marked with the figure and detail number (e.g. 2-01).

2. Intended purpose

The Solo™ Hands-free breast pump is a powered breast pump to be used by lactating women to express and collect milk from their breasts. The Solo™ Hands-free breast pump is intended for a single user. The breast pump is intended to be used in a home environment.

3. Product description

The Solo™ Hands-free breast pump is a personal-use electric breast pump that includes 2-Phase Expression® technology and is designed for single pumping only. Mode of operation: Continuous. The operating life of the Solo™ Hands-free breast pump is 275 hours. Only the parts of the collection cup come into contact with the breast or milk. The motor unit generates an intermittent vacuum. For milk expression, the tubing conveys the resulting air flow via a membrane, which separates the milk from the pulsing air, to the breast.

Refer to figure 1 on the foldout pages.

- **1-01 Hands-free Collection Cup**
  - 1-01-1 Breast shield 24mm
    - 1-01-2 Nipple Tunnel
  - 1-01-3 Yellow membrane
    - 1-01-4 Alignment Tab
    - 1-01-5 Valve
  - 1-01-6 Outer shell
    - 1-01-7 Pouring spout
    - 1-01-8 Tubing connection port
- **1-02 Tubing**
  - 1-02-1 Round end piece of tubing (connects to collection cup)
  - 1-02-2 End piece with polygonal shape (connects to motor unit)
- **1-03 Motor unit**
- **1-04 Power adapter with cable**

For ordering information about accessories see **chapter 13**.

All pictures shown in these instructions are for illustration purpose only. The actual product may vary due to local differences or product enhancement. Medela reserves the right to substitute any component or accessory with a replacement of equivalent performance.

4. Getting started

4.1 Cleaning before first use

It is important to do the following before using your breast pump for the first time:

1. **Disassemble and clean all parts** (except for the tubing) according to the instructions –see **chapter 5** and **6.**
2. **Please ensure to boil all parts of the collection cup before first use.** Do **not** clean or boil the tubing.
3. **When assembling, please ensure the cup is fully sealed until you hear a snap -** see **chapter 7.2.**

⚠ WARNING

Only use power adapter and cable that comes with the breast pump. An inadequate power source or cable may result in a fire hazard, electric shock or malfunction equipment due to overvoltage. Do not expose the breast pump or battery to excessive temperature.

4.2 Charging the battery

Charge the battery for **two hours.** Refer to figure ⊡2 on the foldout pages.

1. ⊡2-01 Connect the power cable to the motor unit.
2. ⊡2-02 Connect the power cable to the power adapter.
3. ⊡2-03 Plug the power adapter into a wall outlet.

→ During charging, the status light is pulsing in green color.
→ When charging is complete, it lights up steadily in green color.

For details on the status light see **chapter 8.2.**

i Information

- The warranty is only valid when using the Medela power adapter to charge your pump (Model MS-V2000U050-010B0-* / MS-H2000U050-010B0-*).
- You can use the breast pump while charging the battery. However, it will charge in a slower mode when the pump is running.

*country code

5. Disassembling your collection cup

Refer to figure ⊡3 on the foldout pages.

1. ⊡3-01 Open the collection cup using the tabs (3-01-1) at the bottom.
2. ⊡3-02 Remove the yellow membrane from the breast shield.

6. Cleaning

It is important you do the following before using your collection cup parts for the first time: Disassemble all parts and clean by following the cleaning instructions.

Supplies needed:

- Dish soap
- Clean soft brush
- Clean wash basin or dishwasher
- Drinking-quality water
- Clean pot for boiling water

Parts to wash or sanitise:

- Breast shield
- Outer shell
- Yellow membrane

⚠ CAUTION

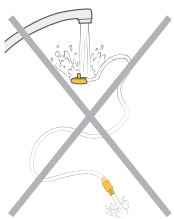
Separate and wash all parts that are in contact with breast milk immediately after use. This will help to remove breast milk residue and prevent growth of bacteria.

- Wash hands thoroughly with soap and water.
- Only use drinking-quality tap water or bottled water for cleaning.
- Do not place collection cup parts parts directly in the sink to rinse or wash. Use a clean wash basin used only for infant items.
- Do not use a dish towel to rub or pat items dry.
- Do not use disinfectants for cleaning.

6.1 Cleaning overview

Washing and sanitising are two different activities. They must be done separately to protect you and your baby, and to maintain the performance of your breast pump.
Wash – To clean the surfaces of the parts by physically removing milk residues and other possible contaminants.
Sanitise – To efficiently lower the number of germs that may be present on the surfaces of the washed parts.

When to clean	Breast shield	Outer shell	Yellow membrane
Before first use	Disassemble the parts according to **chapter 5** Wash the parts according to **chapter 6.2** Sanitise the parts according to **chapter 6.3**		
After each use	Disassemble the parts according to **chapter 5** Wash the parts according to **chapter 6.2**		
Once per day after use	Disassemble the parts according to **chapter 5** Wash the parts according to **chapter 6.2** Sanitise the parts according to **chapter 6.3**		

When to clean	Solo tubing 	Motor unit
As needed	**Do not clean or rinse the tubing under any circumstance.**	Wipe with clean, damp towel. Refer to **chapter 6.4**.

NOTICE

The Solo™ Hands-free breast pump has a closed system so milk cannot get into the tube when the pump is used as instructed. **Do not clean or rinse the tubing under any circumstance.**

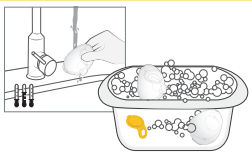
- **Inspect the tubing before use. If you find condensation, breast milk or mould in the tubing, discontinue use and replace tubing. Refer to chapter 13 for ordering information.**
- Do not run the breast pump with wet tubing; doing so will cause damage to your breast pump.

- Take care not to damage parts of the collection cup during cleaning.
- Store the dry collection cup in a clean bag/container until next use.
- Do not store wet or damp parts as mould may develop.
- If you notice a white residue on your collection cup part after boiling, your water may have a high mineral content. Remove residue by wiping parts with a clean towel and allow to air dry.
- Distilled water is recommended when boiling parts to prevent substantial mineral build-up over time, which may compromise your parts.

6.2 Washing

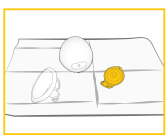
Refer to figure 4 on the foldout pages.

Rinse and wash by hand (before first use and after each use)



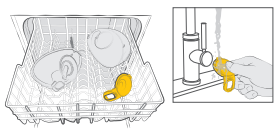
Do not place the parts directly in the kitchen sink for rinsing and washing. Use a dedicated wash basin for infant items.

1. **Rinse** the disassembled parts, except for the tubing, with cold, clear drinking quality water (approx. 20 °C / 68 °F).
2. **Clean** these parts with plenty of warm, soapy water (approx. 30 °C / 86 °F). Use a commercially available dish soap and clean soft brush.
3. **Rinse** the parts with cold, clear drinking quality water for 10 to 15 seconds (approx. 20 °C / 68 °F).
4. **Drying:** Allow to air dry on a clean, unused dish towel or paper towel.

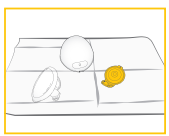


or

Wash in dishwasher (maximum once per day)



1. **Dishwashing:** Place the disassembled parts, except for the tubing, on the top rack or in the cutlery section. Use a commercially available dishwashing detergent.
2. **Rinse the yellow membrane** under running water after dishwashing.
3. **Drying:** Allow to air dry on a clean, unused dish towel or paper towel.



i Information

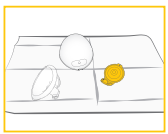
By using the dishwasher, parts may become discolored. This will not impact the functioning of the parts. **Never wash the tubing.** See **chapter 6.1** for more details.

6.3 Sanitising

Refer to figure 5 on the foldout pages.

Sanitise on stovetop (before first use and once per day after use)

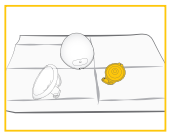
1. Cover the disassembled, washed parts, except for the tubing, with plenty of water and boil at least for 10 minutes. Ensure that the parts are not in direct contact with the bottom of the pot.
2. **Drying:** Allow to air dry on a clean, unused dish towel or paper towel. Do not store parts in an airtight container/bag if moist. It is important that all residual moisture dries.



or

Sanitise in microwave (once per day after use)

1. Use Quick Clean™* bags in the microwave in accordance with the instructions on the bags. (*Refer to local website/shops for availability in your country.)
2. **Drying:** Allow to air dry on a clean, unused dish towel or paper towel. Do not store parts in an airtight container/bag if moist. It is important that all residual moisture dries.



6.4 Cleaning the motor unit

Supplies needed:
- Drinking-quality water
- Dish soap
- Clean dish towel or paper towel

Parts needed:
- Motor unit

⚠ CAUTION

To prevent electric shock and damage to the material:
- Unplug the breast pump before cleaning the motor unit.
- Do not immerse the motor unit in water; do not run water over the motor unit.

NOTICE

- Do not spray or pour liquid directly onto the pump.

1. Switch the breast pump off.
2. Unplug the breast pump from the power source.
3. Wipe the motor unit with a clean towel moistened with soapy water.
4. Wipe the motor unit dry with a clean, dry towel.

7. Assembling your breast pump

7.1 Selecting the correct breast shield size

Make sure to use the correct breast shield size. It is an essential component of effective pumping, helping to optimise milk flow.
Refer to figure ⊡6 on the foldout pages.

1. Select the breast shield size by measuring the diameter of your nipple (⊡6-01).
2. Select the breast shield size that is slightly larger than your nipple (⊡6-02). A 24mm size shield is included in the pack.

For more information on breast shield sizing and other available sizes, visit **www.medela.com** or see **chapter 13** for ordering information.

7.2 Assembling the collection cup

Only use clean and dry parts for assembly. Refer to **chapter 6** for cleaning.

Parts needed:

- Tubing
- Breast shield
- Motor unit
- Yellow membrane
- Outer shell

⚠ CAUTION

To prevent contamination of your milk:

- Wash hands thoroughly with soap and water before touching the motor unit, parts of the collection cup and breasts.
- Dry your hands with a fresh towel or a single-use paper towel.
- Avoid touching the inside of the collection cup components.

To make sure that your breast pump works properly and safely:

- Check collection cup's components for wear or damage before use. Replace if necessary.
- Always inspect all parts prior to use for cleanliness. If dirty, clean according to **chapter 6**.
- Only use genuine Medela parts. See **chapter 13** for details.

NOTICE

To prevent damage to the breast pump all components must be completely dry before use.

Refer to figure ⊡7 on the foldout pages.

1. ⊡7-01 Wash hands thoroughly with soap and water before touching the motor unit, parts of the collection cup and breast. Dry your hands with a clean towel.
2. ⊡7-02 First assemble the valve of the yellow membrane on the front of the breast shield.
3. ⊡7-03 Align the disc of the yellow membrane on the designated circular slot using the alignment tab at the top to ensure that it is at the right place. Press around the edges to make sure it is fully assembled.
4. ⊡7-04 Insert the pouring spout into the opening on the shield.
5. ⊡7-05 Push the outer shell and breast shield together tightly, ensuring it is fully sealed all the way around until you hear a snapping sound.
6. ⊡7-06 Connect the tubing end with a polygonal shape to the motor unit as far as it will go.
7. ⊡7-07 Connect the round tubing end into the tubing connection port on the collection cup.

7.3 Preparing for pumping

Refer to figure ⊡8 on the foldout pages.

1. Assemble the collection cup as described in **chapter 7.2.**
   ⊡8-01 Correctly assembled system.
2. Place the collection cup in your bra according to **chapter 7.4**.
   Start pumping as described in **chapter 9**.

7.4 Placing collection cup within your bra

Refer to figure 9 on the foldout pages.

1. 9-01 Ensure that the nipple is centered in the tunnel of the breast shield.
2. 9-02 The Hands-free collection cup can be worn under your regular nursing bra. Your bra will hold the collection cup in place. If you find it uncomfortable or painful during use, try switching to a looser, more stretchy nursing bra.
3. 9-03 The tubing can be connected facing inwards (towards the breasts) or outwards (towards the arms) based on personal preference. Ensure that the tubing is not pinched or bent during use.
   → Kinking could impact the vacuum performance.
4. 9-04 The Hands-free collection cup can be used in a vertical or slightly tilted position for better visibility of the nipple and milk ejection. The scale on the collection cup gives you an approximate indication of the volume during pumping.

8. Operating your breast pump

8.1 Mimicking the baby´s rhythm (2-Phase Expression® technology)

Babies use a "two-speed" sucking action. At first, they suck quickly, and then they switch to a slower, deeper sucking rhythm once milk starts to flow. The quicker sucking action stimulates the milk ejection reflex and triggers the milk flow; the slower sucking draws the milk out for the feeding phase.

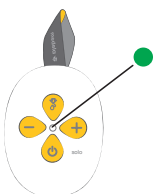
The pump mimics the baby´s natural sucking rhythm by using a "two-speed" pumping action, the so called "2-Phase Expression® technology".

The breast pump begins with a fast sucking action called the **stimulation phase**. When you see milk flow or feel milk ejection, you can then press the **"Let-down" button** to switch to the **expression phase**, which is slower than the previous one. If you do not press the Let-down button, the expression phase will automatically start after the pump has been running for one minute in the stimulation phase.

8.2 Buttons and status light

Refer to figure 10 on the foldout pages.

10-01 Let-down button (switches between stimulation and expression phase)
10-02 Increase vacuum button
10-03 Decrease vacuum button
10-04 On/Pause/Off button
10-05 Status light



Status light: Mode of pump		Status light: Battery level
Light is off	Pump is off	Good
Light is flashing	Pump is on, stimulation phase	Low, approximately 10 minutes left
Lights up steadily	Pump is on, expression phase	Very low, charge the battery immediately
Light is pulsing	Pump is on, paused	Light is pulsing: Charging Lights up steadily: Battery fully charged

8.3 Bluetooth® connectivity

Bluetooth® is a wireless technology for exchanging data over short distances. This is used to connect your Solo™ Hands-free breast pump to the Medela Family™ smartphone app. By connecting your breast pump to the Medela Family™ app you can automatically transfer your pumping data (session length, phases & levels) and manually input the amount of milk expressed. To benefit from the features of the app you need to create an account in the Medela Family™ app.

Installing the Medela Family™ app

1. Download and install the Medela Family™ app to your mobile device. The app is available free of charge for Apple® iOS and Android™ operating systems.
2. When starting the Medela Family™ app for the first time you are asked to give the app permission to connect to Bluetooth® devices. Please give the app permission to allow the app to connect to your Medela pump.
   -->Android™ phones only: You will also be asked to give the app permission to use your location. We don't track the position of your phone, but this is a requirement of the Android™ operating system to connect to Bluetooth® devices.
   -->If you denied the permissions and now you can't connect to the pump:
   1. Open the Settings app of your smartphone, then (depending on your smartphone brand, you might need to select a submenu called "Apps") and scroll down and find Medela Family™.
   2. There, make sure Bluetooth® permission is authorised. On Android™: also authorise location permission.
3. Open the Medela Family™ app on your mobile device and register by means of the app.

Connecting (pairing) your Solo™ Hands-free breast pump

1. Make sure that Bluetooth® is enabled on your mobile device.
2. In Medela Family™, click on "More", navigate to "Pump settings" and follow the set-up and pairing instructions on the screen, which include the following steps:
3. Press and hold the Let-down button for two seconds to start the pairing procedure.
   → The status light is pulsing in blue colour to show that the breast pump is ready for pairing with your Bluetooth® device.
4. Successful pairing will be indicated with the blue light being on steadily for two seconds.
5. After initial setup, the status light will turn off.
6. When reconnecting to Medela Family™, the status light changes to blue colour for two seconds.

Saving your pumping session into the app

After you finished a session press the On/Pause/Off button of the breast pump for 2 seconds to transmit the data to the Medela Family™ app and to switch off the breast pump.

Removing your Solo™ Hands-free breast pump from your smartphone

1. Inside the Medela Family™ app go to "More" and then to "Pump settings".
2. Tap on the pump you want to remove and then tap on "Remove this pump" button.

i Information

- The Solo™ Hands-free breast pump has the ability to store your last 30 pump sessions in its memory. If the pump is not connected prior to session 31 your history will be overwritten with new session data.
- When connected to the pump, your Medela Family™ account will log an infinite number of historical sessions.
- Solo™ Hands-free uses Bluetooth® technology. Please follow airline rules for the use of portable electronic devices when flying.
- Removing the Solo™ Hands-free breast pump from your mobile device will not delete pumping information stored in the Medela Family™ app.
- If you reconnect your breast pump and mobile device the last 30 records stored within your pump will be transferred.

To learn more, please visit **www.medela.com/app**.

Trademark recognition: The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Medela AG is under license. Apple is a trademark of Apple Inc., registered in the U.S. and other countries. Android is a trademark of Google LLC.

9. Expressing your breast milk

⚠ CAUTION

- Do not try to express with vacuum that is too high and uncomfortable (painful). The pain, along with potential breast and nipple trauma, may decrease milk output.
- Contact your healthcare professional or breastfeeding specialist if you can express only minimal or no milk or if expression is painful.

NOTICE

Make sure that the tubing is not kinked or pinched while pumping.

Refer to figure 11 on the foldout pages.

1. Make sure that the collection cup is connected and positioned properly.
2. 11-01 Press the On/Pause/Off button to start pumping.
   → The stimulation phase begins and the status light is flashing.
3. 11-02 Adjust the vacuum with the Increase vacuum and Decrease vacuum buttons to find a comfortable level.
4. 11-03 As soon as your milk begins to flow, press the Let-down button.
   → The expression phase begins and the status light is on steadily.
   → If the Let-down button is not pressed within one minute, the breast pump will automatically go to expression phase.
5. 11-04 Adjust the vacuum with the Increase vacuum and Decrease vacuum buttons to find your maximum comfort vacuum (see information below).

Once you are pumping in the **expression phase**, increase the vacuum level until pumping feels slightly uncomfortable (not painful), then decrease the vacuum by 1 level with the Decrease vacuum button.

6. When your pumping session is over, press the On/Pause/Off button to stop the pumping operation.
   → The breast pump stops automatically after 30 minutes if there is no user interaction with the pump.
7. To switch the breast pump off press and hold the On/Pause/Off button for two seconds.

i Information

- **Maximum comfort vacuum** is the highest vacuum setting where pumping still feels comfortable. This is different for every mother.
- Stimulation should be at a comfortable vacuum level, striving for a maximum level is not necessary.
- Reassess your maximum comfort vacuum throughout your pumping experience. It may change throughout each stage of lactation.

Pausing

In both stimulation and expression phases the breast pump can be paused. This allows you to readjust yourself or your collection cup, or attend to your surroundings.

For pausing, press the On/Pause/Off button while the breast pump is running.
→ The pumping operation stops and the status light is pulsing.

To resume pumping, press the On/Pause/Off button again.

Turning off

To switch the breast pump off press and hold the On/Pause/Off button for two seconds.

i Information

- If pumping is not resumed within two minutes, the breast pump switches off automatically.
- To resume pumping, you will need to start a new session.
- If you need to pause for more than two minutes, we recommend restarting with stimulation phase.
- Do not forget to record milk output in the Medela Family™ app.

10. Handling of breast milk

10.1 Removing the collection cup from your bra

Refer to figure 12 on the foldout pages.

1. 12-01 While the pump is still running, slightly lean forward and ensure all milk from the nipple tunnel enters the collection container. Turn off the pump.
2. 12-02 Detach the tubing from the collection cup.
3. 12-03 Carefully remove the collection cup from your bra.

10.2 Pouring milk from collection cup

1. 12-04 Place the collection cup in an **upright position** on a surface where it will not be easily knocked over. You can use the volume scale markings on the shield to read the collected milk volume. The scale on the outer shell gives you an approximate indication of the volume during pumping.
2. 12-05 **With the rounded outer shell facing down**, pour breast milk through the pouring spout into a bottle or container for storage. Do not use the collection cup to store milk. Do not store assembled cup in the refrigerator.
3. Fully disassemble and clean after each use and sanitise once per day as described in **chapter 6**.

10.3 General storage guidelines

Refer to **www.medela.com** for a recommendation on storing and thawing of breast milk.

Storage guidelines for freshly expressed breast milk (for healthy term babies)

Room temperature 16 to 25 °C (60 to 77 °F)	Refrigerator 4 °C (39 °F) or colder	Freezer -18 °C (0 °F) or colder	Breast milk thawed in the refrigerator
Up to 4 hours is best *Up to 6 hours for milk expressed under very clean conditions	Up to 3 days is best *Up to 5 days for milk expressed under very clean conditions	Up to 6 months is best *Up to 9 months for milk expressed under very clean conditions	At room temperature: Up to 2 hours Refrigerator: Up to 24 hours **Do not refreeze!**

*Guidelines for expressing milk under very clean conditions:
Before expressing breast milk, mothers should wash their hands with soap and water or an alcohol-based hand sanitiser. The pump parts and pumping area must be clean. Breasts and nipples do not need to be washed before pumping.

- These guidelines for storage and thawing of breast milk are a recommendation. Contact your lactation consultant or breastfeeding specialist for further information.
- Store breast milk in the coldest spot of the refrigerator (at the back of the glass shelf above the vegetable compartment).
- For information on storing your breast milk, visit **www.medela.com**.

10.4 Freezing

NOTICE

- Repeated freeze/thaw cycles destroy the structure of the milk. Therefore, never refreeze breast milk.
- Freeze expressed breast milk in food-grade bottles or milk storage bags. Do not fill the bottles or bags more than 3/4 full to allow space for possible expansion.
- Label the bottles or bags with the date and volume of expression.
- Plastic bottles and parts become brittle when frozen and may break when dropped.
- Do not use the breast milk from bottles or components that show signs of damage.

10.5 Thawing

⚠ CAUTION

Do not thaw or warm breast milk in a microwave or a pan of boiling water. This helps preserve important components and prevents burns.

- To preserve breast milk components, thaw the milk overnight in the refrigerator.
- Alternatively, hold the bottle or bag under warm water (max. 37 °C / 98.6 °F) and use immediately, as soon as it has been thawed.

NOTICE

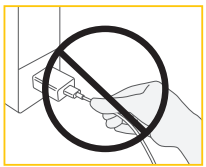
Gently swirl the bottle or bag to mix any fat that has separated. Avoid shaking or stirring the milk.

11. Maintenance and care

11.1 Power adapter care

⚠ WARNING

If the power adapter outer casings become loose or are separating, stop use and contact Medela immediately. Separation of the casing can result in electric shock.



NOTICE

To keep your power adapter and cable in good working condition, pay attention to the following: Do not unplug the cable or the power adapter by pulling on the cord, but hold it by the connector housing and adapter body.

Traveling internationally

i Information

When traveling internationally, we recommend purchasing a travel adapter (not included) to match the corresponding wall outlet. Please consult with the country you are visiting to find out what type of adapter will work best. The power adapter of the breast pump is two-pronged and does not require a grounded outlet. This breast pump has a lithium-ion battery.

i Information

Carrying such batteries on airplanes may be restricted by the country you are visiting. Please consult with the country you are visiting to find out if there are any restrictions that pertain to traveling with lithium-ion batteries.

11.2 Battery maintenance

Your breast pump contains a built-in (not replaceable) lithium-ion rechargeable battery.

NOTICE

- In case of a completely discharged battery the breast pump cannot be used instantly after connecting it to the power adapter. Allow the battery to be charged for at least 15 minutes before attempting to switch the pump on.
- For optimum pump and battery performance use the power adapter that comes with the breast pump (Model MS-V2000U050-010B0-* / MS-H2000U050-010B0-*).
- Make sure that the voltage of the power adapter is compatible with the power source.
- Be aware of the risk of USB-C-socket of the pump or battery being shortcircuited by metal objects or fluids.

*country code

i Information

To preserve the battery life cycle:
- Keep your breast pump in a cool place.
- Recharge the battery before it completely drains. This is better for the life cycle of the battery
- Fully charge the battery before storing your breast pump. Refer to **chapter 8.2** for information on the battery charging state.
- If your breast pump has been stored in a hot location, it may not run on battery power right away. To resume normal battery function, allow the breast pump to cool down for one hour. During this time, you can power your breast pump with the power adapter plugged into a wall outlet.

11.3 Long-term storage

Your breast pump contains a rechargeable battery. To preserve your breast pump, when not in use for an extended amount of time, it will automatically transition into storage mode. To remove from storage mode, plug your breast pump into an external power source and charge the battery for two hours. Do not store the collection cup in assembled state over an extended period of time.

Before storing your breast pump for an extended amount of time remember to:

☐ Clean the collection cup (refer to **chapter 6**)

☐ Clean the motor unit (refer to **chapter 6.4**)

☐ Make sure that the battery is charged (refer to the following information)

It is best to fully charge the battery before storing your breast pump for an extended period of time. Refer to **chapter 8.2** for information on the battery charging state.

12. Troubleshooting

In case of an unexpected behaviour of your breast pump check with the troubleshooting table if you find the issue in the column "Problem" and follow the instructions in the column "Solution".

Problem	Solution
The breast pump is not working after you pressed the On/Pause/Off button	• Charge for 15 minutes before restarting the pump. Charging is indicated by the status light pulsing in green. • If the pump is still not working contact Medela Customer Service.
The breast pump generates only constant vacuum instead of sucking cycles	• Contact Medela Customer Service.
The status light is flashing rapidly in red when you try to pump or charge the breast pump	• Charging/pumping is not possible when the battery temperature is too high. Allow the motor unit to cool down, then resume charging/pumping. • If the status light is still flashing rapidly in red, a device fault occurred. Contact Medela Customer Service.

Problem	Solution
There is low or no suction	• Make sure that all pump set components are clean and dry and that connections are secure. • While pumping, make sure the breast shield forms a complete seal around the breast. • If suction does not improve after having followed these steps, contact Medela Customer Service.
The breast pump is not responding as expected	• Press and hold the On/Pause/Off button for two seconds to turn the breast pump off, then restart the breast pump. • If there is no change, contact Medela Customer Service.
The motor unit's exterior got wet	• Unplug the motor unit from the power source and turn it off. • Dry off the exterior of the motor unit.

Problem	Solution
The motor unit has been submerged in water	• Unplug the motor unit from the power source and turn it off. • Contact Medela Customer Service.
Data cannot be sent	• The Bluetooth® function "bluetooth picture" on the mobile device is turned off. Turn the Bluetooth® function on and try to send the data again. • Pairing between the two devices has not been completed. Perform pairing instructions again. Refer to **chapter 8.3**. • The mobile device is too far away from the breast pump. Move the device and breast pump closer together. • The application on the mobile device is not ready. Check the application.

If you have not resolved the problem with your breast pump or you have further questions, please contact Medela Customer Service. For contact data visit **www.medela.com/contact-us**. Under "Contact" choose your country.

13. Ordering information

Accessories

Article number	Product
Depending on your region, check local website/shops for availability.	21mm Breast shields compatible with Medela Hands-free Collection Cup* 24mm Breast shields compatible with Medela Hands-free Collection Cup* 27mm Breast shields compatible with Medela Hands-free Collection Cup*
	Membrane compatible with Medela Hands-free Collection Cup
Please contact Medela Customer Service	Tubing compatible with Solo™ Hands-free

* If the result of expression is unsatisfactory or expression is painful, contact your lactation consultant or breastfeeding specialist. A different size of breast shield may help make expression more comfortable and effective. In case of difficulties in finding your desired accessory, please contact Medela Customer Service.
For contact data visit **www.medela.com/contact-us**. Under "Contact" choose your country. For replacement of lost or defective parts please contact Medela Customer Service. Other Medela products are available at **www.medela.com**.

14. Warranty

Find information on the international warranty on **www.medela.com/ewarranty**.

15. Disposal

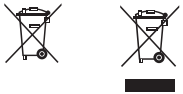
Disposal of your breast pump

At the end of its operating life, separate the parts of your breast pump and dispose of according to the following instructions.
This appliance contains batteries that are non-replaceable.
When the battery is at end of life, the appliance shall be properly disposed of.
The integrated battery must not be removed for disposal.
If the battery should leak, the breast pump must be disposed of.

Breast shield, outer shell, tubing and membrane

The parts are made of plastics that are not harmful to the environment when disposed of as household waste. Recycle or dispose of according to local regulations.

Motor unit and power adapter



Do not dispose of electric or electronic equipment together with unsorted municipal waste, but collect it separately.
In the European Union the manufacturer or its vendor must take back waste equipment. Other countries may have similar collection and recycling systems. Dispose of the waste equipment according to local regulations.
Inquire at the point of sale or contact your local authority for appropriate collection points for waste equipment.
The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

⚠ CAUTION

Hazardous materials present in electric/electronic equipment may harm human health and the environment if the waste equipment is not disposed of properly.

16. Meaning of symbols

The following tables explain the meaning of the symbols found on the product parts and its packaging.

	General safety alert symbol, points to information related to safety.		Defines a temperature range (e.g. for operation, transport or storage).		Defines a relative humidity range (e.g. for operation, transport or storage).
	Defines an atmospheric pressure range (e.g. for operation, transport or storage).		Identifies the manufacturer.		Indicates the date of manufacturing.
SN	Indicates the serial number of the device.	IP22	Indicates the degree of protection against ingress of foreign objects and moisture.		Indicates compliance with international requirements for protection from electric shock (Type BF applied parts).
	Do not dispose of electric/ electronic devices together with unsorted municipal waste (dispose of the device in accordance with local regulations).		Read and follow the instructions for use.	CE	The CE mark indicates conformity with the applicable European directives.
⎓	Indicates direct current.		Indicates the location of the On/Pause/Off button.	∼	Indicates alternating current.

4pin-/1pin+	Indicates the polarity of the USB power output.		Indicates that the device is a Class II electrical appliance (double insulated).		Indicates that the device is for indoor use only.
	Indicates that a specific separate power adapter is required for connecting the device to the supply mains and specifies its model/type MS-V2000U050-010B0-*.	≤5000m	Indicates that the appliance is intended to be usable up to the maximum altitude of 5000 m.		Indicates that the power supply unit shall not be used if pins of the plug part are damaged.
VI	Indicates the efficiency level for external power supplies.	IP20	Indicates the degree of protection against ingress of foreign objects and moisture.	REF	Indicates the part number of the product.
	Contains fragile goods. Handle with care.		Keep away from sunlight.		Keep away from rain. Keep in dry conditions.
	Indicates that an item can technically be recycled.		The packaging contains products intended to come in contact with food according regulation (EC) No 1935/2004.		Indicates that the electronic device incorporating transformer(s) and electronic circuitry(ies), converts electrical power into single or multiple power outputs.
20 PAP	Indicates the material from which an item is made.	#	Indicates the model number of the device.		Indicates that this device contains Bluetooth® wireless technology.
	Indicates that the device is a short-circuit proof safety isolating transformer.		The ECAS mark of conformity indicates compliance with the technical regulations of the United Arab Emirates.	SAFETY MARK	The SAFETY mark indicates that the product is registered as controlled good according to the Singapore consumer protection regulation.
UK CA	Indicates that the device is UK conformity assessed.		The Regulatory Compliance Mark indicates the compliance with Australian EMC and safety requirements.		

Note: Symbols may vary depending on the market the unit is sold.

17. International regulations

17.1 Electromagnetic compatibility (EMC)

The Solo™ Hands-free breast pump complies with all requirements of the relevant standards and regulations with regard to electromagnetic emission and immunity to interference.

⚠ WARNING

The Solo™ Hands-free breast pump should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the Solo™ Hands-free breast pump should be observed to verify normal operation in the configuration in which it will be used. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect the electric breast pump and should be kept at a distance of at least 30 cm away from the device.

17.2 SIMPLIFIED EU DECLARATION OF CONFORMITY

Hereby, Medela declares that the radio equipment type Solo™ Hands-free is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: **https://www.medela.com/eu-conformity-solo-hands-free**

18. Technical specifications

Summary of important technical specifications

Vacuum performance (at 500 m above sea level [954.62 hPa ambient pressure])
-45 to -245 mmHg (-60 to -327 hPa)
45 to 111 cpm

Power adapter (Model: MS-V2000U050-010B0- */ MS-H2000U050-010B0-*)
*country code

Input	100 to 240 V~ 50/60 Hz max. 0.5 A
Output	5 V ⎓ 2 A 10 W
Average efficiency	78.7 %
No-load power consumption	less than 0.075W

Motor unit

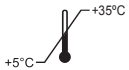
Battery capacity and type: 3.6 V, 2500 mAh (nominal) Li-ion.
Size: 120 x 90 x 54 mm. Weight: 250 g. Ingress protection level: IP22.

Transmission standard: Bluetooth® version 4.2 BLE
Frequency range: 2402-2480 MHz
Max. power output: +4 dBm (class 2)

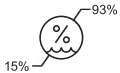
Materials touching skin or coming in contact with milk

- Breast shield : Polypropylene
- Outer shell : Polypropylene, Thermoplastic Elastomer
- Membrane : Silicone
- Tubing : Polyvinyl Chloride

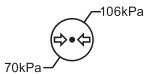
Not intentionally made of BPA.



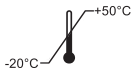
Operating temperature range
(5 °C to 35 °C)
(41 °F to 95 °F)



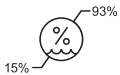
Operating humidity range
(15% to 93% relative humidity)



Operating atmospheric pressure range:
70kPa...106kPa



Transport/storage
temperature range
(-20°C to 50°C)
(-4 °F to 122 °F)



Transport/storage
humidity range
(15% to 93% relative humidity)