

ZOMEE Z2

DOUBLE ELECTRIC BREAST PUMP MANUAL



WHAT'S IN THE BOX



- (2) Diaphragms Cover Caps A
- (2) Diaphragms B
- (2) Pump Bodies C
- (2) 24mm Breast Shields D
- (2) 28mm Breast Shields E
- (2) Silicone Sealant F
- (4) Duckbill Valves G
- (2) Standard Neck Adapters H
- (2) 140ml Zomee Bottles I
- (2) Bottle Base Stands J
- (2) Bottle Nipples K
- (2) Bottle Caps L
- (1) Pump Motor M
- (2) 26" Tubes with Connectors N
- (1) USB Power Cable O
- (1) AC Adapter 120-240V P

CONTROLS & SCREEN INDICATORS



	Battery
	Battery level
	Indicates suction level
	Time display (automatic turn off 30 minutes)
	2 Phase mode (Stimulation and Expression mode)
	Massage mode
	Expression mode
	Suction mode switch
	Increase / decrease suction level
	Pause button
	Turn on/off button
	Night light button

UNIQUE FEATURES

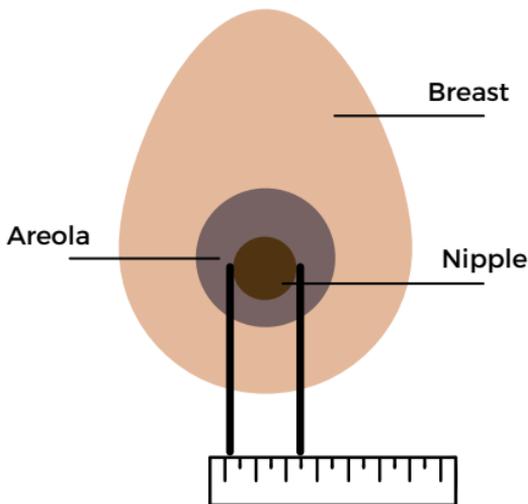
Alternate Mode Technology- The Z2 is the only pump on the market with alternate mode technology. This pumping mode rhythmically alternates expression between breasts to increase stimulation and express more milk in less time.

2-Phase Mode-This mode mimics the way the baby feeds from the mom, with extra stimulation that helps increase milk production. The mode starts out with initial flutter suction followed by a stronger extraction without having to switch settings.

HOW TO GET THE CORRECT BREAST SHIELD SIZE

The breast shield is that plastic funnel that you place over your breast to express your milk with a breast pump. Incorrectly sized breast shields can lead to soreness, blocked milk ducts, and impact milk production. When mothers experience an issue with breast pump suction, in many cases, it is actually due to having the incorrect flange size.

1. Stimulate your nipple so it perks up
2. Use a ruler to measure the diameter of your nipple (as shown in the picture) in centimeters. Make sure the ruler is underneath your nipple
3. Multiply the number by 10 (1CM = 10MM)
4. Follow the selection guide table



If you do not have a ruler, use the ruler below.
Cut the dotted lines.



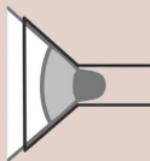
SELECTION GUIDE

NIPPLE DIAMETER (MM)	BREAST SHIELD SIZE
UP TO 17MM	21MM
18MM-20MM	24MM
21MM-24MM	28MM
25MM-28MM	32MM

Since your breast shield size is also dependent on breast tissue and skin elasticity, it is important to confirm you've chosen the correct size. Here is how to check:

Using the breast shield size you have chosen, center your nipple and gently hold the breast shield against your breast.

Note: Pressing the breast shield too hard against your breasts when pumping can block your milk ducts.



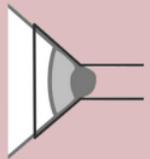
Perfect Fit

- During pumping your nipple can move freely in the breast shield tunnel
- You have space around your nipple and not much of the areola is drawn into the tunnel with the nipple



Too Big

- During pumping your areola is drawn into the breast shield tunnel
- You may experience your areola rubbing up against the side of the breast shield tunnel



Too Small

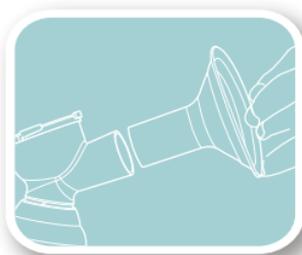
- During pumping your entire nipple rubs against the sides of the breast shield tunnel

HOW TO ASSEMBLE

Always wash your hands before using your pump. Make sure all parts are clean before use.



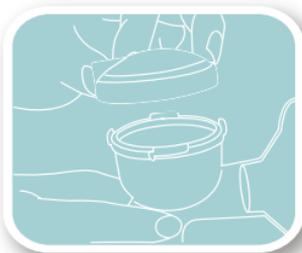
1 Insert the duckbill valve into the pump body



2 Attach breast shield to the pump body



3 Insert diaphragm into pump body



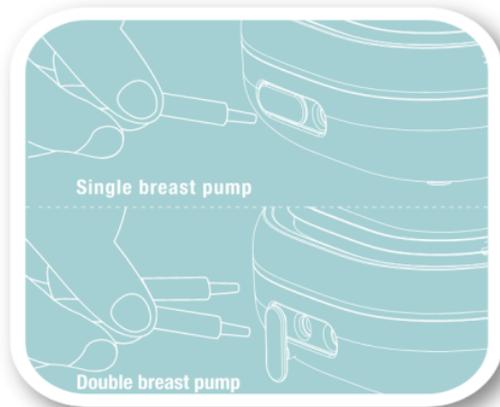
4 Secure the diaphragm cover onto the pump body. Make sure it is firmly attached.



5 Screw the bottle into the pump body



6 Connect tube to the diaphragm cover



7 **Single Pump**
Attach the tube from breast shield to the open port in the pump motor.

The second port should be covered with the silicone plug.

Double Pump
Attach both tubes to the ports on the pump motor.

Silicone plug must be removed to access the second port.



8 Connect the charging cable to the Micro USB port on the pump motor. Connect the cable to the AC Adapter, computer or power bank.



9 After finishing pumping please store your breast milk in the refrigerator, then keep the electric parts dry. the cylinder components should be clean before each use.

HOW TO USE

BEFORE PUMPING

- Thoroughly wash your hands with soap and water before touching any pump parts.
- Check each component for wear or damage before use and replace parts when/if necessary. **We recommend changing parts every 1-3 months.**
- Make sure that all components that come into contact with breast milk are properly sanitized.
- Assemble the breast shield, diaphragm, and bottle according to the instructions and connect to the pump body via the tubing. (please see assemble instructions)
- Ensure tubing is tightly connected to prevent air leakage.
- Check battery level before use to ensure the device is **fully charged**.
- Massage the breast for about 5 minutes with a warm towel to promote expression.

PUMPING

- Place the breast shield on your breast so that your nipple is centered.
- Press and hold the power button for 3 seconds to turn on the pump.
- Your pump has three pumping modes:

Massage mode 

2 Phase mode 

Expression mode 

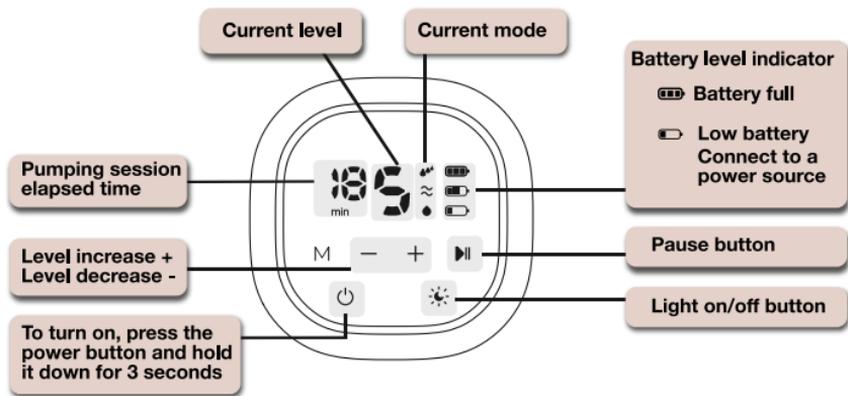
Note: Motor starts on 2 phase mode.

Press to
change modes

Press and hold
for 3 seconds to
turn on



- Press (M button) to switch modes.
- It is generally recommended to start in Massage Mode in vacuum 1 and slowly increase the vacuum until you have reached a letdown and the milk has started flowing. Once this happens, switch to Expression Mode starting on vacuum 4 or 5 (or the same level you were using in Massage Mode)
- You can choose your desired massage / 2 phase level to stimulate milk by pressing the level up and level down buttons.
- When your letdown is achieved in Massage Mode, switch to Expression Mode where you can get a slower, more intense suction. This mode mimics the slow, steady suck and swallow pattern that your baby will do when feeding.
- After switching to the Expression Mode, you can choose your desired expression level by pressing the level up and level down buttons.



- **NOTE** - You do not need to use all pump modes and levels (2-Phase, Massage, and Expression mode). Only use the levels that are comfortable for you.
- You can pause your pumping session at any time. Simply press the pause button to pause your pumping session. Press the pause button again to continue with your pumping session.
- When you have finished expressing, press the power button to turn off the breast pump and carefully remove the pump body from your breast. **TIP-** After switching off the breast pump, break the seal between the breast and the breast shield with your finger, and then remove the pump from your breast.

PLEASE NOTE THE BREAST PUMP WILL AUTOMATICALLY TURN OFF AFTER 30 MINUTES OF USE.

STORING YOUR BREAST MILK

- Store expressed milk in cleaned and sterilized containers. Put them in the fridge or freezer immediately.
- You can store expressed breast milk in the refrigerator for up to 48 hours (not in the door) or in the freezer for up to 3 months. Label the containers with date and time.
- Use up the older milk first.

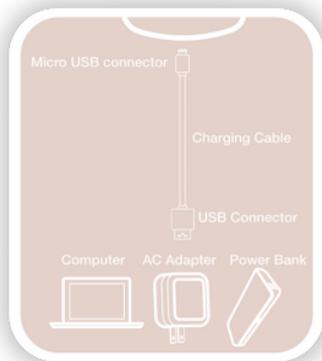
IMPORTANT TIPS

- Read instructions fully before use
- When using the adapter, please use correct voltage (110v-DCV6, 0.8A)
- Use only the adapter included with this pump
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similar qualified staff to avoid a hazard
- Do not immerse motor unit in water or attempt to clean with wet sponge or cloth
- Keep out of reach of children
- Always unplug when not in use
- When pumping, remain seated in an upright position to ensure optimal milk flow and prevent backflow. DO NOT pump while lying down or in a reclined position.

The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction by a person responsible for their safety.

The pump includes a USB charging cable and can be powered from multiple power sources:

1. Computer USB ports (output: DC5V/1A)
2. Electric AC adapter (input: AC110-230V/50Hz-60Hz; Output: DC6V/0.8a)
3. USB power bank (output: DC5V/1A)



CLEANING & STERILIZING

BEFORE FIRST USE

- Do not wash/sterilize the tubing(s) and breast pump. Zomee pumps are closed system pumps. Therefore, they will never come into contact with breast milk.
- Wash all other parts in warm soapy water, rinse, and air dry on an unused clean cloth. Using non-antibacterial soap is recommended to ensure that you are not leaving a film on your breast shield/flanges that can impede the natural secretions from your mammary glands.
- **To sterilize:**
 1. Silicone accessories (duckbill valves, silicone massage shield flanges, diaphragms, and bottle nipples) are to be run through boiling water for less than 2 minutes. They should never be exposed to high heat for a long time to extend their useful life and to perform at their best. It is not recommended to place the silicone accessories in the dishwasher.
 2. All other parts (bottles and diaphragm cap cover) can be placed in boiling water, turning off the heat, for 3-5 minutes.
 3. Place all sterilized accessories on a drying rack or a clean cloth to air dry.

AFTER FIRST USE

- After each use, disassemble all parts that come into contact with your breastmilk (flanges, valves, and bottles) Wash in warm soapy water, rinse well, and let air dry
- To clean the pump (if needed), wipe with a damp cloth and let air dry. Do not wash or put in dishwasher.
- Accessories stored in the fridge in between pumping sessions can have condensation when they are being used. To prevent it, dry them with a cotton cloth or paper towel and let them air dry before use.
- Do not wash/sterilize the tubing(s). They will never come into contact with breast milk since Zomee pumps are closed system pumps.

WARNING

- During sterilization, do not boil your accessories for more than 5 minutes. Using a pot that is too small or boiling for longer than 5 minutes, causes parts to warp and become distorted.
- Microwaving your parts can result in cloudiness/discoloration of the parts. It is a cosmetic issue and does not affect the safety of the parts.
- If using a dishwasher, place items on the wash cycle only, on the top rack, and let it air dry. Being that the silicone accessories are delicate, it is not recommended to place the silicone accessories in the dishwasher.
- Microwave bags can be used if the proper amount of water is added. The user should also follow the instructions of the bag manufacturer.

PUMPING CHECKLIST

- Make sure you are using the correct breast shield size
- Duckbill valves are clean and not damaged
- Tubing ends are securely placed into the back of the breast shield and the port on the breast pump.
- All connections in kit and breast pump are secure
- Breast shield forms a complete seal around the breast
- Have extra pump parts handy

PUMPING AT WORK

- Bottles or milk bags to store milk (pen/marker to label bags with date and time)
- Insulated cooler with ice packs to keep milk fresh
- Comfortable pumping bra
- Baby pictures or videos
- Water bottle/snacks
- Have extra pump parts handy
- Cleaning supplies such as wipes or clean cloth
- Nursing pads/nipple creams

HOW TO VIDEOS

Scan the QR code below OR visit our Zomee Support Team channel on youtube to learn more.

How to assemble
your pump



SCAN HERE

How to wash your
pump parts



SCAN HERE

How to use your
pump



SCAN HERE

WARRANTY INFORMATION

Your Zomee Z2 breast pump has a 2-year warranty. To register please visit zomee.com/pages/warranty or scan the QR code below.



SCAN HERE

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FACEBOOK
SUPPORT/TIPS GROUP

FREQUENTLY ASKED QUESTIONS

1. How frequent should I replace my pump parts?

We recommend changing the duckbill valve and diaphragm every 1-3 months or as soon as you see signs of tears or cracks.

2. Is the Zomee pump a closed system?

Zomee's fully enclosed system allows milk to travel through the system, straight from your breast to the bottle without coming into contact with the air. This feature maintains the highest level of hygiene for both you and your baby.

3. How long does the battery last?

A fully charge battery will give you over 2 hours of expression time. Remember that you can recharge the battery while using your Zomee.

4. When should I switch to expression mode?

Once letdown is achieved in massage mode, many women switch to expression mode where they can get a slower, but more intense suction speed. This mimics the slow, steady suck-and-swallow pattern that your baby will do during a good milk flow. Once milk flow slows, you can switch back to massage mode to stimulate another letdown. There is no hard-fast rule for using massage mode. Some pumping mamas find more success leaving their breast pump in massage mode the entire time, while others only use it at the beginning of their session, and even some don't use it at all – and so on. It's important to play around with the settings on your Zomee to find the combination or pattern that works best for you. As your baby gets older and breast milk becomes more established, you might also find your ideal settings will change, too.

5. I have low suction while pumping, what should I do?

1. Check if you are using the correct breast shield size
2. Check your pump parts are secured tightly
3. Check pump parts have no tears or cracks
4. Replace the duckbill valve and diaphragm every 1-3 months

Contact us if you have any questions

Toll-free number - 1-888-662-7159

Email - info@zomee.com

PUMPING
JUST GOT
BETTER.