

PORODO
LIFESTYLE



Porodo Lifestyle **Motorised Breast Pump**

SKU: PD-LFST015

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Before using the product, please carefully read this User Manual to guarantee correct usage and keep it secure for future reference.

Features

- 1. Choose from different expression modes to find the most comfortable and effective milk extraction setting for your needs.
- 2. Operate continuously for up to three hours on a single charge, offering ample time for multiple pumping sessions.
- 3. Features an automatic shut-off function for added safety and energy efficiency.
- 4. Designed to operate quietly, ensuring minimal disturbance for both mother and baby.
- 5. Lightweight and compact design makes it easy to carry and use on the go.
- 6. Includes a massage feature with nine settings to enhance comfort and improve milk flow during pumping sessions.

Specifications

Product Name	Porodo Lifestyle Motorised Breast Pump
SKU	PD-LFST015
Battery	1150mAh
Flange Size	24mm
Bottle Capacity	150ml
Net Weight	0.5kg
Gross Weight	0.8kg
Max Suction Power	350mmHg
Suction Mode	Stimulation/Massage/Expression
Suction Level	9 levels
Power Input	DC 5V 1A
Power	5W
USB	USB Type-C
Charging Time	2 hours
Working Time	3 hours
Shut Off	30 minutes
Certificate	FDA, CE, ROHS, LFGB, EN TEST, CPC

Overview

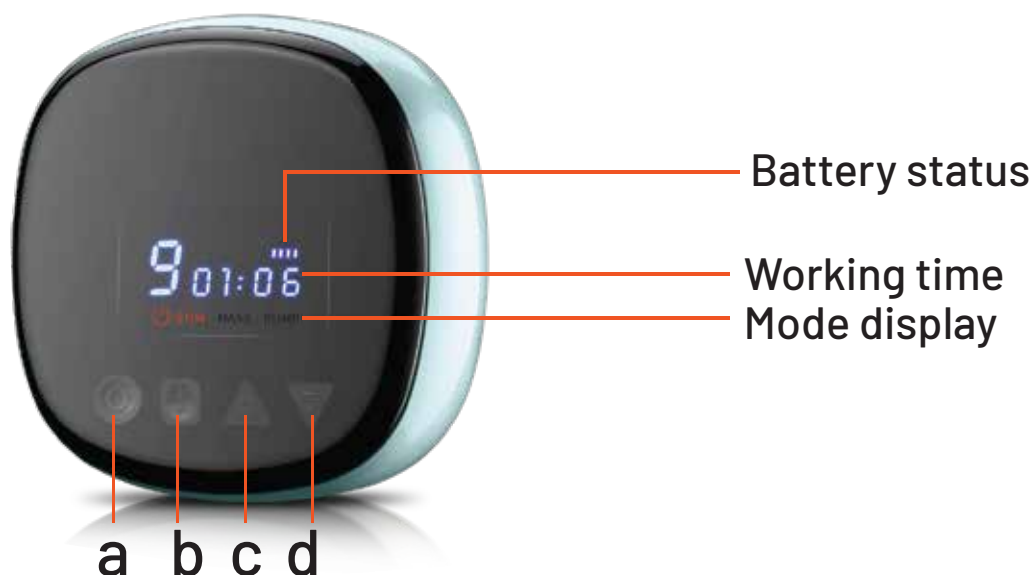
This automatic breast pump features a unique design that enables a comfortable milking posture. The soft massage pad offers a warm and gentle sensation, mimicking the natural sucking action of a baby, allowing milk to flow quietly and comfortably. The breast pump is compact, easy to assemble, and all components are dishwasher safe and free from bisphenol A.

Experts agree that breast milk is the most nutritious food for infants under one year of age. After six months, babies can continue to breastfeed while gradually introducing complementary foods. Breast milk is particularly beneficial as it meets the specific nutritional needs of babies and provides antibodies that protect against infections and allergies.

Using this breast pump can extend the duration of breastfeeding. It allows you to express milk, store it, and ensure that your baby benefits from breast milk even if direct breastfeeding is not possible. Its compact size makes the breast pump discreet during use and conveniently portable, enabling you to express milk whenever needed and provide the best nutrition for your baby.

Button Instructions

- a.** ON/OFF
- b.** Change Suction Mode
- c.** Increase Suction Level
- d.** Decrease Suction Level



Product Diagram

1. Dust Cap
2. Massage Cushion
3. Breast Shield
4. Silicone Diaphragm
5. Connector
6. Tube
7. Valve
8. Feeding Bottle
9. Nipple
10. Pump Motor
11. USB Cable



Assembly Guide

Before using the breast pump for the first time, clean and disinfect all components according to the instructions in the "Cleaning and Disinfection" chapter. Ensure all parts are cleaned and disinfected after each use.

Note: Ensure all components of the breast pump are cleaned and disinfected before assembly. Wash your hands thoroughly before handling the cleaned parts.

Tip: Assembly may be easier if the parts are slightly wet.



1. Place the valve into the bottom of the breast shield.



2. Securely screw the breast shield to the feeding bottle until fully tightened.



3. Insert the diaphragm at the top of the breast shield and press firmly to ensure stability.



4. Attach the tubing connector to the breast shield and link the tubing from the connector to the pump motor.



5. Position the massage cushion inside the funnel section of the breast shield, ensuring a tight fit to eliminate any air gaps, then connect the power adapter to the motor.

Troubleshooting

Lack of suction	<p>1. Verify that all components of the breast pump are correctly assembled and check that the duckbill valve is intact.</p> <p>2. Avoid vigorous scrubbing during cleaning to prevent damage.</p> <p>3. Ensure that the silicone cylinder and cup are securely attached to the main body of the pump to ensure proper sealing.</p>
Unable to suck milk	<p>1. Confirm that the breast pump is fully assembled and has adequate suction. If you encounter issues, relax and try again.</p> <p>2. If unsuccessful after several attempts, consult the section titled "Tips for Breast Pumping" for guidance.</p>
Breast pain when milking	<p>1. If you experience discomfort due to high suction, start with a lower intensity using the red-light mode for gentle stimulation and massage before switching to the full expression mode.</p> <p>2. For persistent issues or discomfort, consider consulting a healthcare professional or lactation consultant.</p>

Recommendations and Prohibitions

It is generally recommended to begin expressing milk once lactation is well-established and milk secretion is regular, usually around 2 to 4 weeks after the birth of the baby. If you receive different advice from a lactation consultant or healthcare provider, follow their recommendations.

Usage Prohibitions:

1. If you need to breastfeed in a hospital setting.
2. If you experience pain or discomfort in your breasts, you may pump a small amount of milk before or between feedings to relieve pain and facilitate easier milk extraction.
3. If the nipple is sore or injured, continue to express milk gently to prevent engorgement and promote healing.
4. If you are temporarily separated from your baby but plan to continue breastfeeding, regularly pump to maintain milk supply and encourage continued lactation.
5. These guidelines help ensure effective and safe use of the breast pump while supporting ongoing lactation and breastfeeding as needed.

Tips for Breast Pumping

1. Choose the optimal time to pump breast milk, such as in the morning when breast milk is abundant, or before or after the first feed.
Note: If you are at work, you can also pump during breaks.
2. Familiarize yourself with the breast pump through practice, as it may take several attempts to achieve success.
3. This automatic breast pump is designed for easy assembly and use, allowing for proficient operation over time.
4. Prior to initial use, familiarize yourself with the breast pump's operations when you are relaxed and undisturbed.
Note: Keeping photos of your baby nearby can help stimulate lactation.
5. A warm environment also facilitates milk expression.

6. Consider pumping after a warm bath or applying a warm compress to your breasts for a few minutes. This can make it easier to pump milk while your baby is nursing on the other breast or soon after breastfeeding.

Warning: If you experience pain during pumping, discontinue use immediately and consult a lactation specialist for guidance.

Operation Instructions

[1] Power Button: Press the power button to activate the default stimulation mode.

[2] Mode Button: Press this button to switch between stimulation and pump modes.

Stimulation Mode: Offers 9 adjustable levels for stimulation.

Pump Mode: Provides 9 levels to control pumping intensity.

Massage Mode: Features 9 levels to enhance comfort through massage.

Note: Adjust the level by clicking the + or - button; the screen will display the current setting.

[3] Default Operation Time: The breast pump operates for a standard duration of 30 minutes before automatically shutting off to ensure safety.

[4] Filling Caution: Avoid overfilling the breast pump beyond the valve to prevent spills.

[5] Battery Life: After a 2-hour charge, the breast pump can be used for approximately 90 minutes.

Operation Method

1. Wash your hands thoroughly and ensure the breast area is clean. Relax in a comfortable chair with adequate back support and keep a glass of water nearby.

2. Hold the breast gently and position the flange (horn) of the breast pump so that your nipples are centered. Select the appropriately sized cup based on your nipple size.

3. When the red light is on, adjust the intensity using the + and - buttons to set the desired massage strength. To initiate milk expression, switch to pumping mode by pressing the mode button, which activates a blue light. Select the frequency and suction level that feels most comfortable to you.

Note: Maximum suction is not necessary; choose a setting that offers the most comfort.

4. Turn off the breast pump and gently detach it from the breast.
5. Unscrew the feeding bottle from the breast pump to either nurse or store the milk. Follow the cleaning and disinfection guidelines provided in the manual.
6. Disconnect the pump motor from the power source.

Cleaning and Disinfection

1. Before the first use, thoroughly clean and disinfect all parts of the breast pump. It is essential to wash and disinfect all components before each use.
2. Completely disassemble the breast pump, including removing the duckbill valve.
3. Exercise caution when removing and cleaning the duckbill valve. If the valve is damaged, the breast pump may not function correctly. To remove the valve, gently pull the small piece on its side.
4. Clean all components using hot water and a small amount of detergent. Rinse all parts thoroughly to remove any detergent residue.
5. Clean the duckbill valve by gently rubbing it in warm water with a few drops of cleaning solution. Avoid inserting any objects into the valve, as this may cause damage.
6. Disinfect all components using a specialized sterilizer or by boiling them in water for 5 minutes.

Storage and Heating of Breast Milk

Breast Milk Storage

Once the breast milk is expressed, securely close the storage container or seal the storage bag. Immediately place the milk in the refrigerator. Breast milk can be refrigerated for up to 48 hours or frozen for up to 3 months.

Breast Milk Heating

To warm breast milk after thawing, use a milk warming device or immerse the container in warm water. Avoid using a microwave or boiling water to heat the milk, as these methods can destroy important nutrients. Once warmed, the milk is ready to feed your baby.

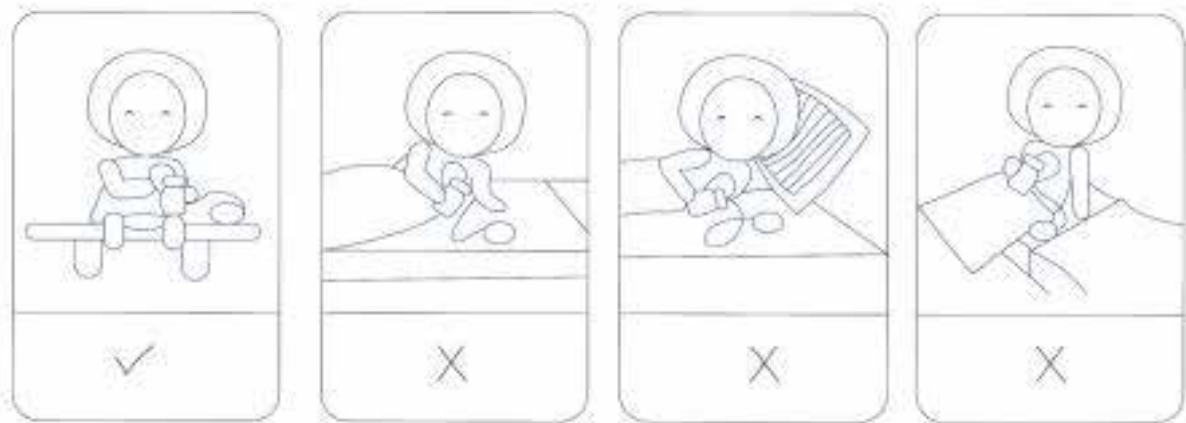
Attention

When freezing breast milk, do not fill the bottle or bag beyond $\frac{4}{3}$ of its capacity to allow room for expansion as it freezes. Do not store breast milk in the refrigerator door as it may not stay cold enough. To preserve its nutritional content, thaw frozen breast milk in the refrigerator overnight. Warm the milk by placing the bottle or bag in warm running water, and gently shake to mix any separated fat. Do not heat frozen breast milk in a microwave or boiling water, as this can destroy nutrients and pose a scalding risk to your baby. Thawed breast milk should not be refrozen. Avoid mixing fresh breast milk with thawed milk.

Attention

This product is for personal use only; do not share it to maintain hygiene and health. When assembling or disassembling parts, handle them carefully to avoid damage. Avoid exposing the product to direct sunlight, and always keep it out of reach of children.

Pumping Posture Guide



Warranty

Products that you buy directly from our **Porodo** website or shop come with a 24-month warranty.

When you buy **Porodo** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **porodo.net/warranty** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
porodo.net/warranty

Contact Us

If you have any questions about this Privacy Policy, please contact us at:
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