



# Spectra Handsfree User Manual



speCtra  
**HANDSFREE**  
Breast Pump Accessory

# Spectra User Manual

---

Please read the user manual before using the product for the first time. This is a single user product and use by more than one person may present a health risk.

# Contents

---

Spectra Handsfree features .....	1
Handsfree components .....	2
How to clean .....	2
Usage instructions	
▪ Preparation before use .....	2
▪ How to use .....	3
▪ Storage and care after use .....	3
▪ Safety Precautions .....	3
Handsfree assembly instructions .....	4
Additional accessories assembly instructions .....	5
How to connect Handsfree to Breast Pump .....	6
How to wear Handsfree .....	7
Handsfree detachment and breastmilk transfer instructions	
▪ How to detach .....	8
▪ How to transfer breastmilk .....	8

Spectra Handsfree is a single user product.  
Use of second-hand or rental product may present a health risk.  
Please use and maintain in a hygienic manner as this product comes in direct contact with breastmilk.

# Freedom for your hands, Handsfree!

---

## Effective pumping!

- Both your hands are free to multi-task while pumping.
- An economical solution through full compatibility with Spectra Breast Pump products.



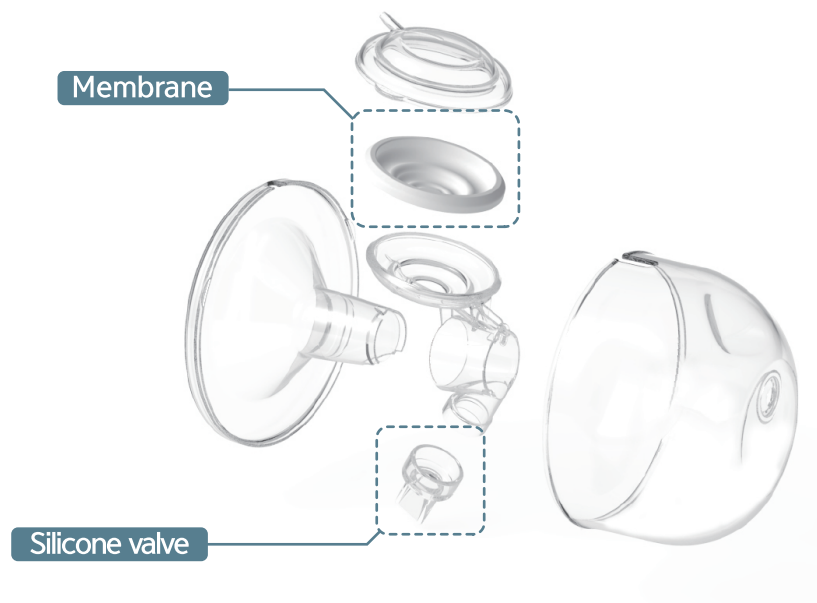
## Pump whenever, wherever

- You can save time at home by pumping while breastfeeding.
- You can pump in the office with your clothes on as Handsfree fits into your underwear.
- You can pump in public where there is no personal space.

**Handsfree is made with materials free from BPA and DEHP which can be sterilised by boiling**

---

**Double layer system prevents backflow of milk into the pump**



# Handsfree components

---



## How to clean

---

1. Disassemble all parts in reverse order of assembly.  
(breast shield, milk collection cup, Silicone valve, backflow prevention cap, valve connector, bottle connector)
2. Wash thoroughly using baby bottle cleansing detergent in warm water.  
(Sterilise all parts before first use by placing in boiling water for 5 minutes after washing with baby bottle cleansing detergent)
3. Keep away from abrasives and excessive heat, and handle all parts with care.
4. Store away from reach of babies and children when not in use.
5. Dry all parts completely prior to storage.

## Usage instructions

---

### Preparation before use

1. For hygienic reasons, wash and dry your hands completely prior to use.
2. Ensure your breasts are clean and free of any foreign substances prior to pumping.
3. Ensure all parts that come in direct contact with breastmilk are clean and sterilised correctly, and follow the instructions in the user manual to assemble before use.

### How to use

1. Tilting of the breast shield may lead to the leakage of breastmilk.  
Please sit up straight while pumping to ensure the breast shield does not tilt.
2. It is important to find the maximum vacuum level that is comfortable for you as pumping at uncomfortably high vacuum level may cause pain and hinder your milk flow.
3. To determine your own maximum vacuum level, use the vacuum level and cycle speed controller buttons on the breast pump to increase the intensity until pumping feels slightly uncomfortable (not painful), then decrease the intensity slightly.
4. On average, a typical expressing session goes for 10–15 minutes, but this is just a guide and may vary for each individual.
5. Upon completion of pumping, do not just pull away the breast shield in its sealed state, but instead turn off the power first and remove the breast shield slowly by breaking the seal between your breast and the breast shield with your finger.

### Storage and care after use

1. Disassemble and wash all parts that come in contact with breastmilk immediately after use according to the instructions in the user manual using bottle washing detergent and appropriately shaped bottle brush and rinse under running water.
2. The general practice is to sterilise the washed parts in boiling water for 5 minutes, but this may vary depending to the material of each part so check with the user manual and sterilise accordingly.
3. After washing and sterilising, ensure all parts are completely dry and store in a container or clean space.
4. Replace any worn out or scratched consumable parts.

### Safety Precautions

1. Persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, should not use the product unless they have been given supervision or instruction by a person responsible for their safety.
2. Children should be supervised to ensure that they do not play with the product.
3. Always inspect the product components for signs of damage before each use.
4. Use only genuine original Spectra accessories and parts.
5. Wash (do not use antibacterial or abrasive cleaners/detergents) and sterilise all product parts before each use.
6. Avoid exposure to high heat and direct sunlight.
7. Never use while pregnant, as pumping can induce labour.
8. This product is a personal care item that should be used by a single user  
Use of the product under second-hand or rental conditions carries the risk of cross-contamination between multiple users and requires caution.
9. While some discomfort may be felt when first using a breast pump, however, should you continue to feel pain, or if tear or bleeding occur around your nipples, you should immediately seek medical advice.

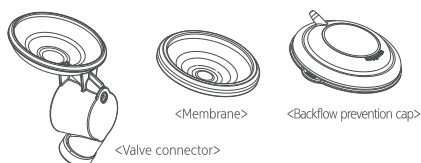
\* Should milk backflow during pumping, stop the pump operation immediately and remove any milk first, then check all consumable parts for damage/connection condition. If you suspect that the milk has backflowed into the main pump unit, stop using the pump immediately and assess the unit before using again.

# Handsfree assembly instructions

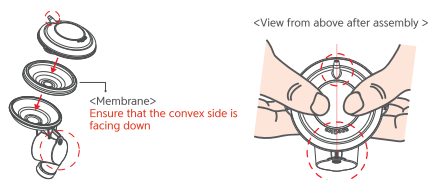


- Wash your hands thoroughly and dry completely before using the product.
- Make sure your breasts are clean. Before you begin pumping, make sure your breasts are clean.
- Make sure that you have correctly washed, sterilised and assembled the pump before use.
- Consult the user manual for instructions on how to assemble.

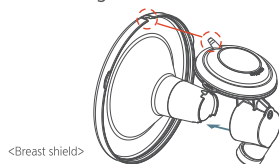
1. Prepare the valve connector, membrane and backflow prevention cap.



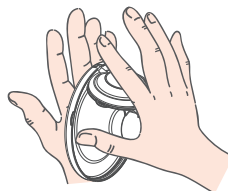
2. Assemble in the order of valve connector, membrane and backflow prevention cap.



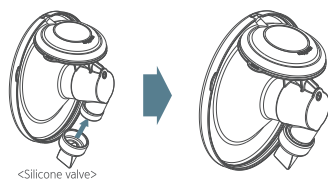
3. Align the breast shield to the assembled valve connector so Breast shield should be lined up to the tubing connect hole of the valve connector.



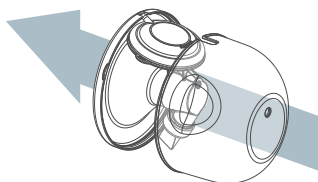
4. Press the breast shield and the assembled valve connector together firmly with both hands.



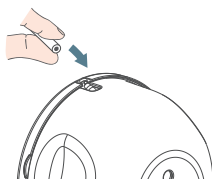
5. Attach the silicone valve to the valve connector.



6. Align the milk collection cup to the previously assembled parts and join them.



7. Connect the tubing to the assembled Handsfree.



8. Check that the tubing is connected properly.



## Additional accessories assembly instructions

---

- Handsfree can be used in place of the existing pumping method by using the additional accessories.
- You can use the existing Spectra wide neck bottles.  
(f you don't have Spectra wide neck bottles, they can be purchased separately)



< View from completed after assembly >



# How to connect Handsfree to Breast Pump

Spectra Handsfree is compatible with the the S series, 9 series, M1, Q series and dual S model without the need for additional parts.

※ Spectra Handsfree is not compatible with the manual and piston type breast pumps.

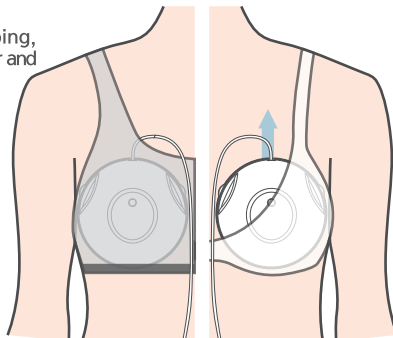


**Spectra breast pump  
compatible!**

# How to wear Handsfree

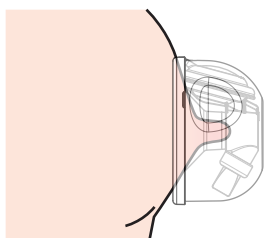
※ Ensure the tubing connector on the milk collection cup is pointing up when pumping.

1. In order to maintain the same suction pressure while pumping, try placing Handsfree inside a larger bra or bra that you normally wear and choose one that is more comfortable.
2. Keep Handsfree in the perpendicular position inside the bra, and avoid bras that allow Handsfree to slip through, sag down or tilt sideways during use.
3. Check that the breast shields are sealed tight onto your skin.

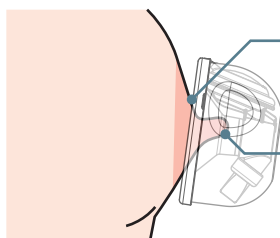


〈 Use either a sports bra or standard bra that offers a more comfortable fit and keeps Handsfree well in position while allowing you to move around 〉

4. Position Handsfree where your nipple is placed right in the centre of the breast shield.



< Correct positioning example >



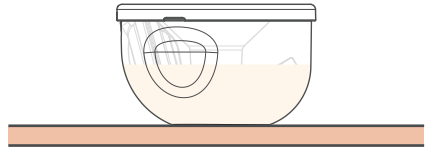
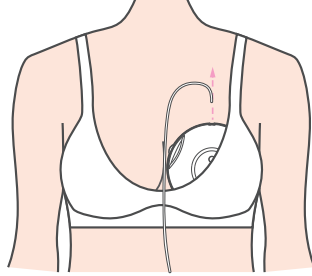
< Incorrect positioning example >

5. Tilting of the breast shield may lead to leaking of breastmilk.  
Please pump sitting upright to keep the breast shield does not tilt.
6. Each milk collection cup is capable of holding 250ml of breastmilk.  
When the cup gets full, turn the power off and stop pumping.  
To pump more than 250ml of breastmilk, stop pumping and empty out the milk collection cup then re-start pumping.

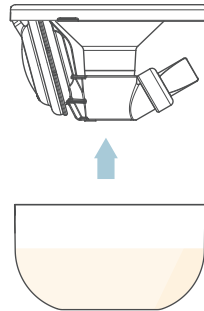
# Handsfree detachment and breastmilk transfer instructions

## How to detach

1. Turn the pump power off.
2. Carefully remove the tubing while still keeping Handsfree on in place.
- \* Grabbing the milk collection cup with force may create a gap between the breast shield and the milk collection cup causing the breastmilk to spill out so handle with care.
3. Carefully remove Handsfree from inside the bra, being careful not to spill the breastmilk.  
(The breast shield may still be sealed onto your breast. Break the seal first by inserting your finger between the breast shield and your breast, then hold the milk collection cup and pull it out. Grabbing Handsfree with force when pulling the cup out may cause the breastmilk to spill out.)
4. Place Handsfree on a flat surface where breastmilk won't spill over.



## How to transfer breastmilk



After disassemble the lid (breast shield) like above picture, carefully pour breast milk into a spectra milk storage bag or a bottle.