

speCtra[®]
CaraCups

User Manual

Breast Pump Accessory



CE

Spectra CaraCups User Manual

wearable milk collection inserts

Please read this user manual before using CaraCups for the first time. This is a single user accessory and therefore should not be used by more than one individual. Sharing CaraCups among multiple users may present a health risk.

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- Please read this user manual before using CaraCups for the first time.
- CaraCups are a single user product and therefore should not be used by more than one individual. Sharing CaraCups among multiple users may present a health risk.
- Please use and maintain in a hygienic manner, as this product comes in direct contact with breastmilk.

Your pumping journey just got easier!

Effective Pumping

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

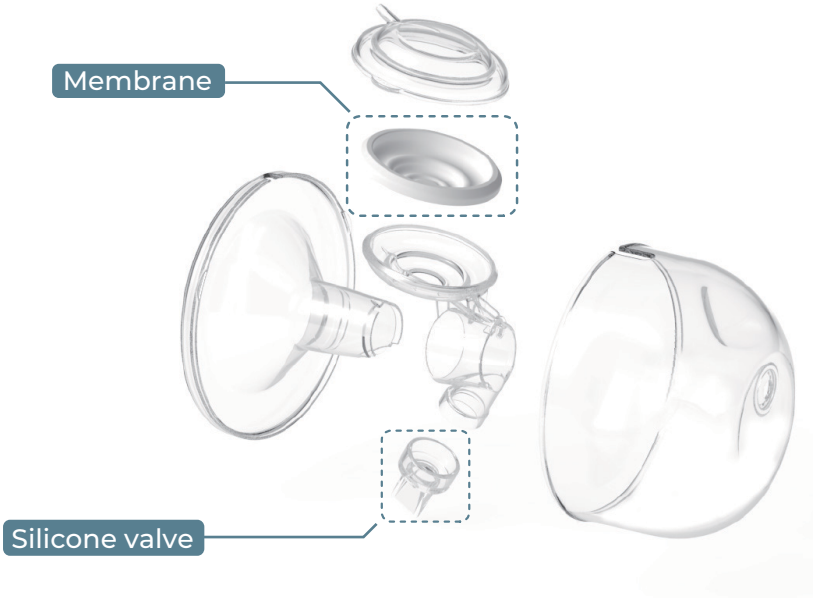


Pump whenever, wherever

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

CaraCups are BPA & DEHP free.

Double layer system prevents backflow of milk into pump



CaraCups components



How to clean

1. Disassemble all parts in reverse order of assembly (flange, milk collection cup, silicone valve, backflow prevention cap, valve connector, bottle connector).
2. Wash thoroughly using baby bottle cleansing detergent in warm water. Sterilize all parts before first use by placing flanges, valve connectors, milk cups and bottle connectors in boiling water for 5 minutes, and silicone valves, backflow protector caps and membranes in boiling water for 2 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.

Please note: tubing does not need to be cleaned as it does not come into contact with breastmilk. Should tubing become soiled, please wash in soapy water, rinse and hang to dry before use.

Usage instructions

Preparations for use

1. For hygienic purposes, 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, sanitized correctly, and follow the instructions in the user manual to assemble before use.

How to use

1. Tilting of the flange may lead to the leakage of breastmilk. Please sit up straight while pumping to ensure the flange does not tilt.
2. It is important to find the maximum vacuum level that is comfortable for you, as pumping at an 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 flange in its sealed state, but instead turn off the power first and remove the flange slowly by breaking the seal between your breast and the flange 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 sterilize the washed parts in boiling water for 5 minutes.
3. After washing and sterilizing, 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 sterilize all product parts before each use.
6. Avoid exposure to high heat and direct sunlight.
7. Never use while pregnant, as pumping can induce labor.
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. Some discomfort may be felt when first using a breast pump, however, if you should continue to feel pain, or if tearing or bleeding occurs around your nipples, you should immediately seek medical advice.

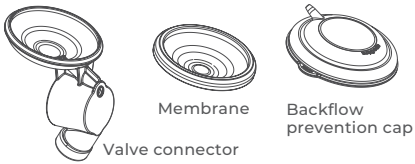
Should milk backflow during pumping, stop the pump operation immediately and remove any milk first, then check all consumable parts for damage / connection condition. If you suspect that the milk has backflowed into the main pump unit, stop using the pump immediately and assess the unit before using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

CaraCups assembly instructions

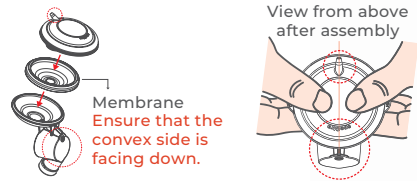


- Wash your hands thoroughly and dry completely before using the product. Before you begin pumping, make sure your breasts are clean.
- Make sure that you have correctly washed, sterilized and assembled the pump before use.

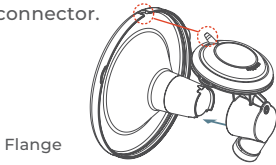
1. Prepare the valve connector, membrane and backflow prevention cap.



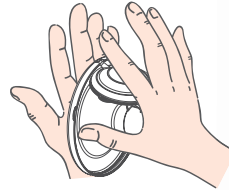
2. Assemble in the order of valve connector, membrane and backflow prevention cap.



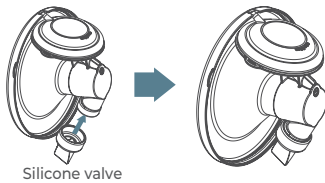
3. Align the flange to the assembled valve connector so flange should be lined up to the tubing connect hole of the valve connector.



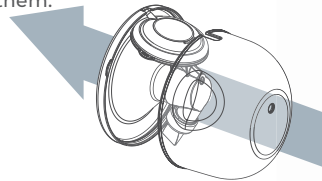
4. Press the flange and the assembled valve connector together firmly with both hands.



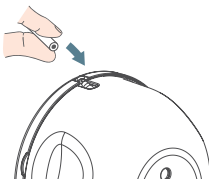
5. Attach the silicone valve to the valve connector.



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



7. Connect the tubing to the assembled CaraCups.



8. Check that the tubing is connected properly.



Additional accessories assembly instructions

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

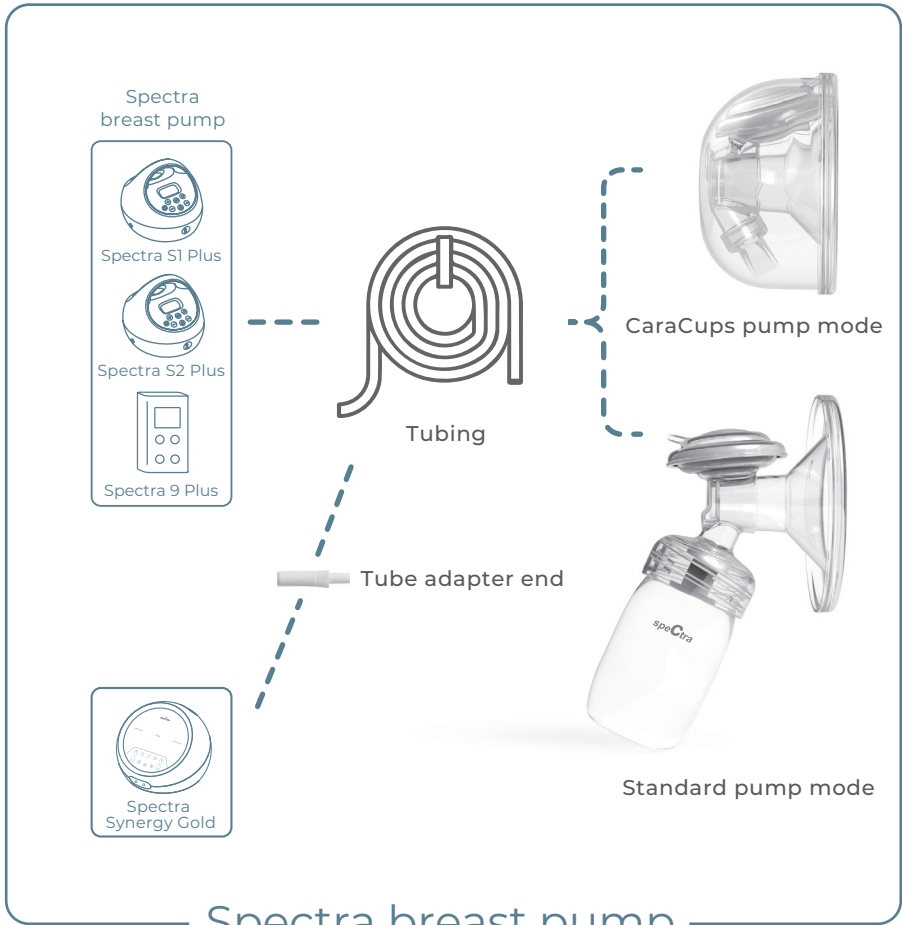


View after completed assembly

How to connect CaraCups to breast pump

Spectra CaraCups are compatible with all Spectra Baby USA electric breast pump models.

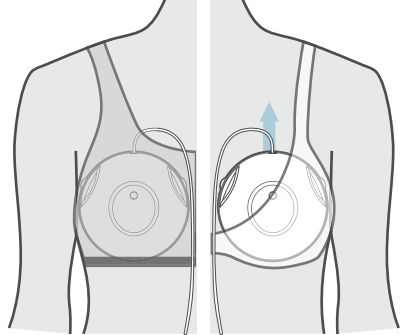
*Spectra CaraCups are not compatible with the manual and piston type breast pumps.



How to wear CaraCups

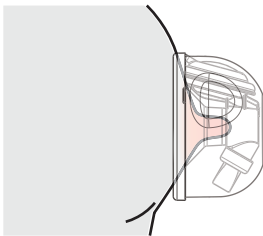
* Ensure the tubing connector on the milk collection cup is pointing up when pumping

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

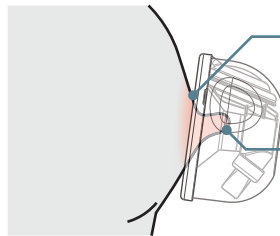


Use either a sports bra or standard bra that offers a more comfortable fit and keeps CaraCups well in position while allowing you to move around.

4. Position CaraCups over your nipple, right in the center of the flange.



Correct positioning example



Flange not sealed tight onto skin

Nipple not placed in the center

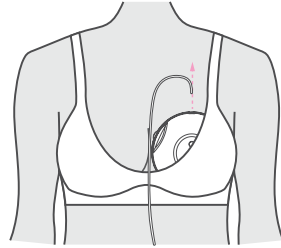
Incorrect positioning example

5. Tilting of the flange may lead to leaking of breastmilk. Please pump sitting upright to ensure the flange 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.

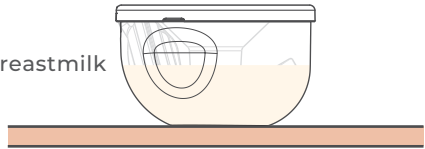
CaraCups detachment and breastmilk transfer instructions

How to detach

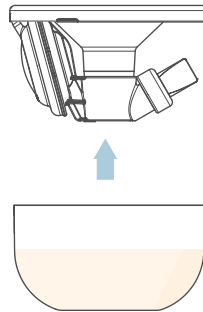
1. Turn the pump power off.
2. Carefully remove the tubing while still keeping CaraCups on in place. **Grabbing the milk collection cup with force may create a gap between the flange and the milk collection cup causing the breastmilk to spill out. Handle with Care.**
3. Carefully remove CaraCups from inside the bra, being careful not to spill the breastmilk. (flange may still be sealed onto your breast, then hold the milk collection cup and pull it out. Grabbing CaraCups with force when pulling the cup out may cause the breastmilk to spill out.)



4. Place CaraCups on a flat surface where breastmilk won't spill over.



How to transfer breastmilk



After disassembling the lid (flange) like above picture, carefully pour breastmilk into a Spectra milk storage bag or bottle.

If you need help with your Spectra product, our customer support team members are here to happily answer any questions.

Product Support

Phone: 1.855.405.0993

Email: customercare@spectrababyusa.com

Lactation Assistance

Email: iBCLC@spectrababyusa.com

Breastfeeding support: [Book Appointment >](#)



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