

YOUHA®



(Material Code)

Version 1.0

YOUHA
THE INs
Breast Pump

Instructions for use



wherever motherhood takes you



The ultimate in control and convenience, THE INS breast pump frees you from tubes, wires and fuss!

- Sleek and compact design
- Quiet and convenient operation
- Fully supported App controls and secure tracking*
- All-in-one device, easy to assemble and clean
- No tubes, no cords, no dangling bottles
- Comfortable silicone breast shield
- Safe, convenient and effective breast milk expression
- Ideal for use at home, at the office or wherever you like



*Connect your THE INS breast pump to control remotely and securely track your breast milk through the My YOUHA app.

Safe, convenient, effective.

THE INS breast pump is a high-quality, closed system. All parts that come in contact with breast milk are made with food grade plastic and silicone.



THE INS breast pump empowers you to go wherever motherhood takes you.

- at home: playing with children, taking care of daily routine
- at work: in meetings, at the desk
- outdoors: family time, relaxing in nature, gentle exercise
- in transit: walking, driving, flying
- at celebrations: gatherings, celebrations, weddings



We hope the THE INS breast pump supports you in a better breastfeeding experience.

We would love to hear from you! If you have feedback or would like to share your breastfeeding story with us, please send us an email at: Service@youha.com

Preparation is important

- Wash your hands with soap and water and dry them thoroughly before assembling parts for expressing.
- Ensure all parts of the pump are clean and dry before each use.

Taking care and safe use of your Youha THE INS breast pump product

- This product is a personal care item and use should not be shared between mothers.
- Do not use the breast pump while you are pregnant, as pumping may induce labor.
- Ensure you are fitted with the correct size of breast shield. If you experience any discomfort or pain while using your THE INS breast pump, seek professional advice from a Lactation Consultant to ensure you have the best fitting breast shield for you.
- Do not continue pumping for more than five minutes at a time if you do not succeed in expressing any milk.
- Always switch off the breast pump before you remove the pump from your breast.
- Avoid harsh detergents or hard scourers and sponges as this may scratch or damage the product. Exposure to detergent may make the silicone appear cloudy over time.

Taking care and safe use of your Youha THE INS breast pump product

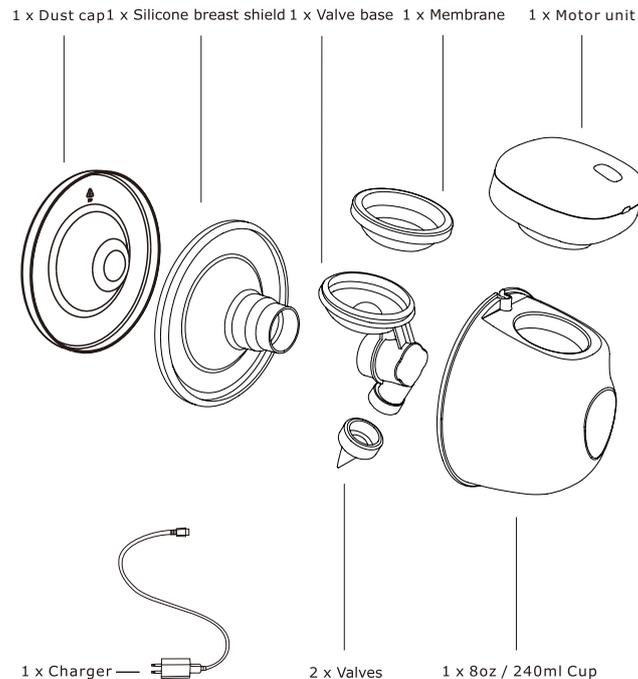
(continued)

- Use of UV sterilisers is not recommended as it will yellow the silicone parts and shorten the lifespan of the parts or possibly damage them.
- Do not use a cleaning brush inside the valves as this may damage the valve or shorten its lifespan.
- Replace the valves at first signs of wear, if damaged or after every 2-4 weeks of use to maintain optimal effectiveness of your pump (1 pair of spare valves are included).
- Replace all other pump parts at first signs of wear, if damaged or after every 2-6 months.
- Store all parts in a cool, dry space and avoid direct sunlight.
- Do not clean, sterilise or submerge pump motor unit and / or charging cable.
- Only use 5V / 1-3A charger with USB Type-C cable to recharge battery in motor unit.
- Do not leave the motor unit on charge for longer than 24 hours as this may damage the battery permanently and/or cause a safety risk.
- Keep this product out of reach of children at all times. This product contains small parts which may be a choking hazard.

Table of Contents

Important information	4
Product description	7
Cleaning	
Before first use/to sanitise	8
After each use	9
Pump operation	
Pump control panel	10
How to use the control panels	11
Battery indicator	12
Technical specifications and considerations	12
Breast shield sizing information	13
Instructions for use	
How to assemble	14
Placement in bra	15
How to remove the pump and pour breast milk	16
Postures for expressing	17
Troubleshooting	18
Warranty and contact details	19

Product description





Before first use/to sanitise*

- a. Disassemble all parts.
- b. Set aside the Motor Units and Cables. These do not come into contact with milk and should never be washed or submerged in water.
- c. Wash U membranes, Cups, Silicone breast shields and Valves in warm soapy water and rinse well in clean water.
- d. To sterilise, submerge parts in a large saucepan of water, and boil for 3-5 minutes. Avoid parts touching the sides or the bottom of the saucepan, or being in sustained contact with other parts, by gently stirring.
- e. Use tongs to remove parts from the hot water, gently shake off any excess water once cool and air dry on a dedicated rack or clean cloth.

When necessary, wipe the motor unit or charger with a soft, damp cloth while the motor unit is off and the charger is unplugged from any power outlet. Clean and sanitise all other parts of the pump, which come in contact with breast milk, prior to first use and after each subsequent use.

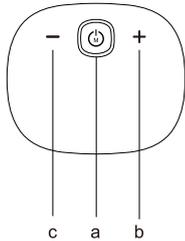
After each use

- a. Disassemble all parts.
- b. Set aside the Motor units and cables. These do not come into contact with milk and should never be washed or submerged in water.
- c. Rinse U membranes, Cups, Silicone breast shields and Valves with cold water to remove breast milk soon after use.
- d. Wash U membranes, Cups, Silicone breast shields and Valves in warm soapy water and rinse well with clean water. Valves can be cleaned by gently rubbing them between your fingers.
- e. Shake off excess water and air dry on a dedicated rack or clean cloth.

 **Important:** the Valves are delicate and can be damaged easily. For this reason, avoid inserting cleaning brushes into them. Please handle them with care and replace them frequently.

**Electric steam, microwave sterilisers are also suitable methods. However, UV sterilisers are not recommended as the silicone parts will yellow and it will shorten the lifespan of the parts.*

Pump control panel



- a On/Off button / Mode button
- b Increase vacuum
- c Reduce vacuum
- Red light = message mode
- Blue light = expression mode
- Purple light = mixed mode

My YOUHA app control panel



How to use the control panels

A long press "⏻" will turn the pump on or off. At these times the battery indicator light will flash to indicate the current level.

The breast pump automatically starts up in Message mode for 2 minutes, then automatically changes to Express or Mixed Mode (whichever was in use when the pump was last turned off). You can override this two minute message preset by pressing "⏻" or by selecting one of the modes in the My YOUHA app, whenever you feel ready (when you feel the letdown or when milk is flowing).

Press "⏻" to change between Message, Express and Mixed Mode or simply select the mode via the My YOUHA app. Each mode has 10 levels. In Message or Express mode, press + or - to increase or reduce the vacuum strength and cycle speed simultaneously.

When pressing + or - , the indicator light will flash once, to denote a successful change of level. If the light keeps flashing, it means it has reached the lowest or highest level.

Mixed Mode adds cycles of message mode in between each express cycle. In mixed mode, press + or - , to increase or decrease the frequency of message. In mixed mode, the respective message and express strengths stay at their previously selected level.

To activate or deactivate the Quiet function, double-click "⏻" or turn on via the My YOUHA app while the pump is in operation. When the Quiet Function is activated the "⏻" light appears dimmer to indicate the function is on. Note: the Quiet function will reduce the strength of your pump while active.

An inbuilt timer will shut the pump off after 30 minutes of operation.

Pump operation

Battery indicator

Each time the pump is switched on or off, the battery indicator (🔋) will flash once, indicating the remaining battery power. When charging, once the battery indicator light is green and unblinking, the battery is fully charged.

Green	Battery 31% - 100%
Orange	Battery 11% - 30%
Red	Battery 1% - 10%

- To extend the life of your battery and avoid damage do not charge for longer than 24 hours.
- To charge your THE INS breast pump, and avoid damage to the battery, only attach your Type-C USB cable to a charger with a voltage of 5V and a current between 1A and 3A. Most phone chargers, tablet chargers and power banks can be used to charge THE INS breast pump.
- When connected to the My YOUHA app, the battery symbol will indicate the remaining battery level of each pump.

Technical Specifications and considerations

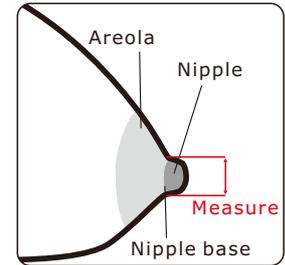
Vacuum Strength	60-300mmHg
Battery Capacity and Type	3.7V 1100mAh Li-ion
Motor Unit Size	79.78x67.83x43.37mm
Motor Unit Weight	139.5g
Maximum Charging Voltage	5V (Voltages other than 5V will damage the battery)
Maximum Charging Current	1A-3A (Currents outside of these limits will damage battery)

Breast shield sizing information

How to measure and find your breast shield size

To identify the suggested breast shield size to begin with, stimulate your nipple so that it stands up and measure the diameter (or width) of the nipple base. Do not include the areola.

- 💡 Measure the nipple before a pumping session. If you measure during pregnancy, it is important to measure again prior to beginning pumping as nipple size can change slightly following childbirth.



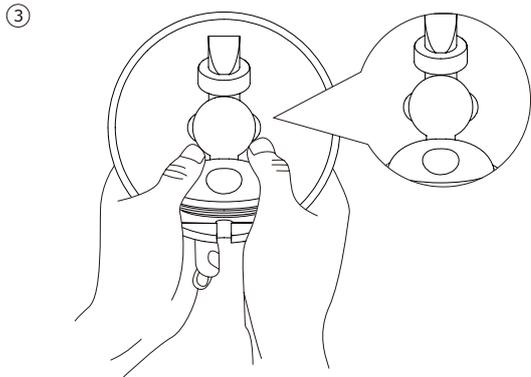
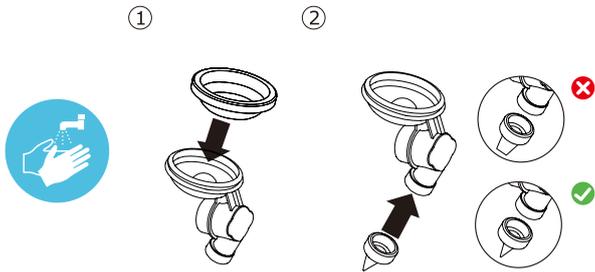
A good fit breast shield is important for both comfort and safety, as well as the efficiency of the pump. The suggested size to begin with is approximately 2-3 mm larger than the base of the nipple diameter. Other factors include how it feels and if there is any discomfort or pain.

The pump should pull into the breast shield all of the nipple but none or very little of the areola. If there is rubbing on the areola, the breast shield size is likely too large. If there is rubbing on the nipple, the breast shield size is likely too small.

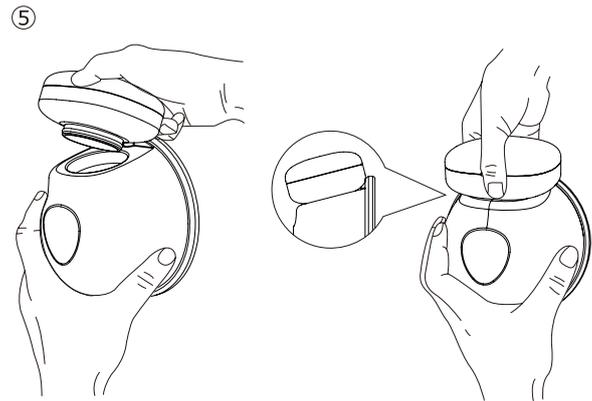
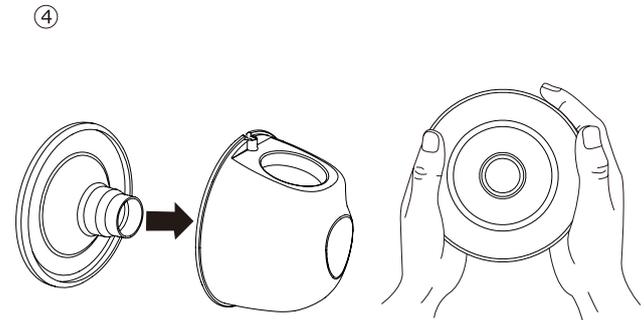
If you have concerns or are unsure, it is important to seek advice from a professional such as a Lactation Consultant.

Nipple sizes up to:	Breast Shield / Converter Size:	Suggested size to begin:
16mm	18	Size 24 breast shield, plus size 18 converter (sold separately)
18mm	20	Size 24 breast shield, plus size 20 converter (sold separately)
20mm	22	Size 24 breast shield, plus size 22 converter (included with 24mm cups)
22mm	24	Size 24 breast shield
24mm	26	Size 28 breast shield, plus size 26 converter (included with 28mm cups)
26mm	28	Size 28 breast shield

How to assemble

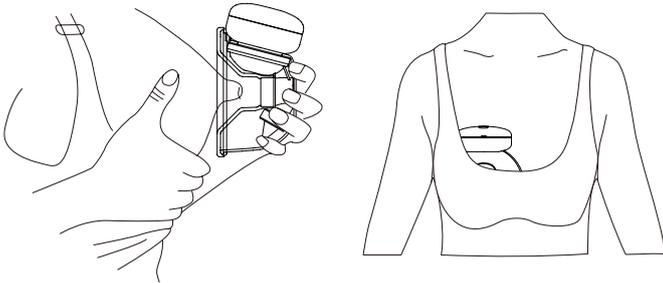


How to assemble

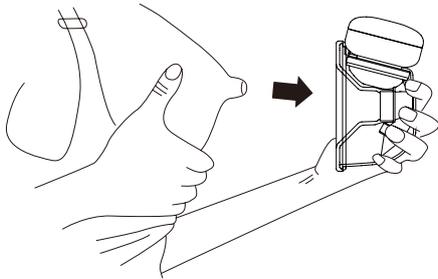


Instructions for use

Placement in bra

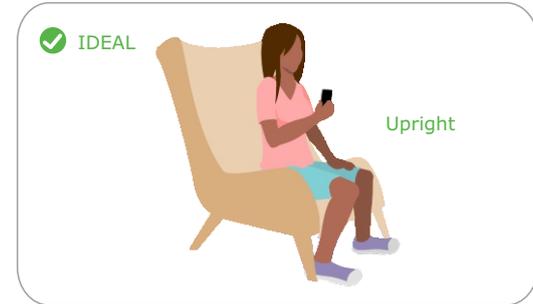


Turn off the pump before remove from breast



Instructions for use

Postures for expressing



Issue	Solution
Ineffective/ inefficient expression	Check valve position and whether securely sealed in place. Check condition of valve and replace if worn. Install spare valves provided if not yet used. Check sizing suggestions for breast shield/convertor selection on Page 13.
Nipple/areola pain	Check sizing recommendations for breast shield/convertor selection on Page 13. Seek advice from your lactation consultant.
Breast milk leaking onto breast	Check appropriate postures for expressing, see Page 17. If occurring on removal of cup from the bra, ensure you lean slightly forward on removal, see Page 16.

Warranty

THE INS breast pump has a 12-month warranty from the time of purchase on product faults. The proof of purchase or invoice will be required to validate any warranty claim.

Warranty does not include damage or malfunctions caused by user error or non-compliance with instructions.

Please contact your local Youha distributor for further warranty information or if you wish to order replacement parts.