

Zomee Z1

QUICK START GUIDE

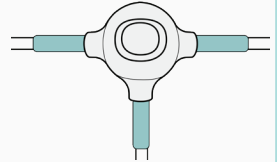
Controls & Screen Indicators



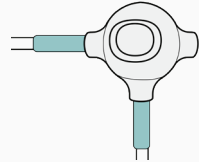
TIP: It is generally recommended to start in Massage Mode level 1 and slowly increase the suction until you have reached a letdown and the milk has started flowing. Once this happens, switch to Expression Mode starting on level 4 or 5 (or whatever level you were using in Massage Mode)

Tubing Dock Switch

When double pumping, the tubing dock switch must be in the middle position.



For single pumping, the tubing dock switch must match the side attached to the tube.



Make sure that all tubes and parts are firmly attached.

For more information on how to assemble, use, and sanitize your Zomee Z1, scan the QR Code with your smartphone.

Or visit: Zomee.com/pages/z1-start-here



SCAN ME

BREAST SHIELD SIZING

When pumping, choosing the right size breast shield is crucial!

- 1- Fold along the line and carefully cut out the circles.
- 2- Use the holes to measure your nipples.

You should select a size that is snug, but is not constricting around your nipple.



Tip: Try measuring in front of a mirror

