



P E R I F I T

User Guide

support@perifit.co

1 English

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TF-IFU-PF-v20230227



English user guide

1. User Recommendations

1.1 Intended use

The Perifit breast pump is intended to express milk from lactating women in order to collect milk from their breasts. The device is intended for a single user.

2. Getting started

2.1 Product Parts

Washable components:

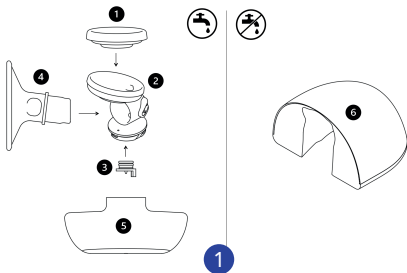
1. Diaphragm (anti-backflow)
2. Connector
3. Duckbill valve
4. Flange
5. Bottle

Non-washable components:

6. Hub

Accessories (not pictured):

- Bra extender strap
- USB charging cable
- Extra O-ring
- Extra duckbill valve



2.2 Cleaning and Sterilizing

The Perifit Pump is not provided sterile. It must be cleaned and sterilized prior to first use.

Make sure all pump parts are dry before reassembly. Wet parts may affect pump performance or cause damage to the Hub.

Before First Use: Sterilizing

Non-Washable Parts:

The Hub contains electronics and is not washable. The Hub can be wiped down with a disinfectant wipe (such as isopropyl alcohol wipes).

Washable Parts:

Sterilize the bottle, diaphragm, flange, duckbill valve, and connector by placing them into a pot of boiling water for 5 minutes. Do not exceed 5 minutes in boiling water. Keep a gentle boil, do not use a lid, and make sure the parts are not resting on the bottom of the pot. Do not use a steam or microwave sterilizer.

Before Use and Between Uses: Cleaning

Wash hands with soap and water before handling the pump. We recommend keeping a separate wash basin that is dedicated only to cleaning infant feeding items (including washable pump parts).

Non-Washable Parts:

The Hub contains electronics and is not washable. The Hub can be wiped down with a damp cloth or disinfectant wipe between uses.

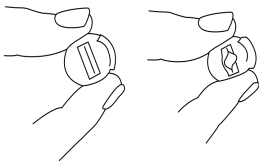
Washable Parts:

- Wash all Milk Assembly parts (Diaphragm, Connector, Duckbill valve, Bottle, Flange) with warm water and mild dish soap. Rinse well under running water and air dry completely before assembling.

2.3 Assembling the Perifit pump

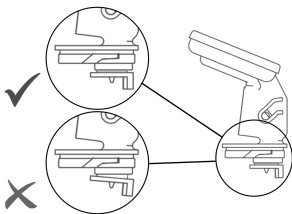
Tip: Watch the assembly video on the Perifit App

1. Check that the duckbill valve is not sealed shut by pressing on the sides with your fingers. It's completely normal for it to look 'closed' at rest, but if it is sealed shut even when you press on the sides as shown, contact us or try the spare that is in your Perifit Pump accessories.



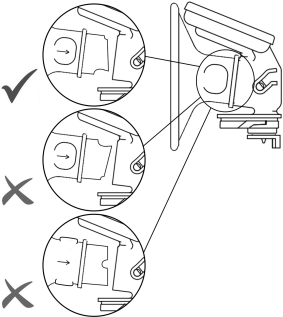
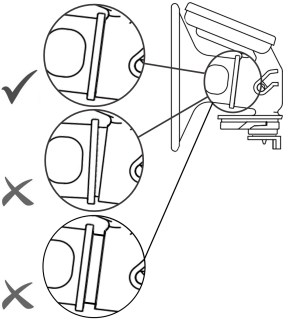
2. Fit the silicone diaphragm onto the top of the connector.

3. Insert the duckbill valve into the hole at the bottom of the connector. Make sure it is fully inserted.

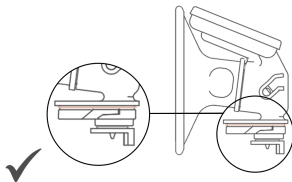


4. Insert the flange into the connector. Make sure to insert it fully (the thicker ring on the flange should be pressing against the connector without leaving any gap). Check the alignment of the flange in the connector. The small hole should face towards the top of the connector (towards the diaphragm), and the large hole should face the bottom of

the connector (towards where the milk bottle will screw on),
to allow for milk to flow.

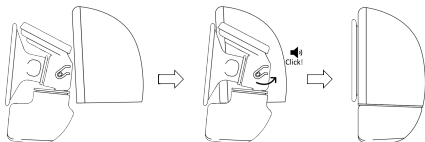


5. Make sure the O-ring is positioned around the base of the connector and that it is securely in place. If you lose it, there is a spare in the accessory bag.

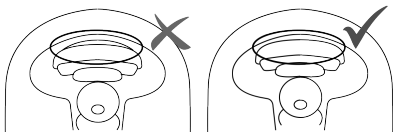


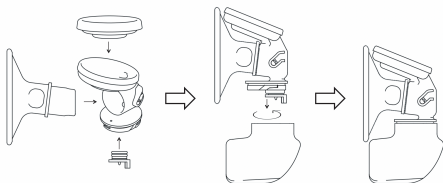
6. Screw the bottle onto the bottom of the connector.

7. Slide your connector assembly into the shell. Start by lining up the circular part at the top of the connector, with the ring inside the shell. Rotate the bottom of the connector slightly towards the front of the hub. You will hear a small click!



8. Check that the diaphragm is tightly pressed against the shell wall.





2.4 Taking apart the Perifit pump

1. Rotate and remove the entire Milk Assembly (Diaphragm, Connector, Duckbill valve, Flange, and Bottle) from the Hub.
2. Unscrew the Bottle from the Connector.
3. Disassemble all remaining Milk Assembly elements for cleaning. Follow cleaning instructions in this User Guide.

2.5 Charging

Plug USB charging cable (included) into the Pump, then into a USB charger (not included). The LED will blink to indicate charging.

2.6 Perifit App

Download the "Perifit Pump" (ex. Simone Pump) app for your smartphone, available for iOS (App Store) or Android (Google Play Store).

3. Using the Perifit Pump

3.1 User Controls

1. Power button:

Long press for Power On / Power Off; short press for Play / Pause. A green light indicates battery is charged. A yellow light indicates enough battery for one pump session. A red light indicates insufficient battery for one pumping session. Light will blink while charging.

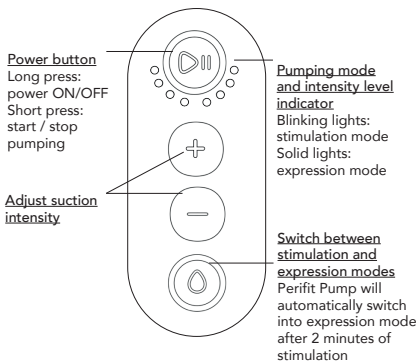
2. Level and Mode indicator LEDs:

Blinking light indicates stimulation mode, solid light indicates expression mode.

3. and 4. Intensity level control buttons. Press the "+" to

increase suction intensity, and the “-” to reduce suction intensity.

5. Mode button: Press to switch between Stimulation and Expression modes. The Perifit pump will automatically switch into Expression mode after two (2) minutes of Stimulation.



3.2 How to Use

1. Make sure your hands and pump parts are clean and dry before pumping.

2. Turn on pump: Press Power button (long press) to switch pump on.

3. Position the Perifit pump in your nursing bra so that your nipple is centered in the flange tunnel. Use the included bra extender strap to accommodate the Perifit pump in your nursing bra, if needed. The pump needs to be pressed firmly against the breast with no gap.

4. Press Power button again (short press) to start pumping. The Perifit pump has two modes: Stimulation and Expression. The pump will always start in Stimulation mode, which has faster cycles and lower suction to stimulate milk

let-down. After two (2) minutes in Stimulation mode, the Perifit pump will automatically switch to expression mode, with stronger cycles and slower suction to extract milk. You can switch between Stimulation and Expression modes at any time by pressing the 'Mode' button. For more information on pump cycle speeds and suction strength, see Product Specifications section. Once powered on, the Perifit pump can be controlled using the buttons on the pump, or through the Perifit app.

5. Adjust intensity level to what feels comfortable for you. You may have to play with this over time to see which settings work best for your body.

6. When you are finished pumping, short-press the Power button again to stop the pump motor.

7. Carefully remove the Perifit pump from your nursing bra. Unclip your bra and remove the Perifit pump. Long-press the power button to turn the pump off.

8. Clean all milk assembly components after each use as described in Cleaning and Sterilizing section.

4. Safety

4.1 Warnings

- Use the Perifit Pump only for its intended use as described in this manual.
- This product is intended for a single user and should not be shared. Use by more than one person may represent a health risk.
- Do not attempt to open the Hub or perform unauthorized repairs to the hub.
- This product contains small parts and a charging cable that may present a hazard. Keep out of reach of children.
- To protect against electric shock, injury, or fire, do not immerse the Hub or USB cable in water. Do not operate the Hub when wet.
- The Perifit Pump is not provided sterile and must be cleaned according to the Cleaning and Sterilization

instructions in this manual.

- Inspect the Hub, all washable parts, and the USB charging cable before use. If there is damage to any part of the Perifit Pump, do not use.

- Clean all parts that come into contact with milk between each pumping session. Allow to dry before storage or reassembly.

- During normal use, the Perifit Pump may heat up. If the Hub or other components become unusually hot to the touch, or if you notice smoke or smell burning, stop using immediately and turn Power off.

- Do not use the Perifit pump while driving, operating machinery, when sleeping or drowsy, or while lying down.

- Only use Perifit Pump parts, including the charging cable.

Do not substitute or modify pump parts.

- Do not operate or plug in the Perifit pump near flammable materials, where aerosol products are being sprayed, or where oxygen is being administered.

- The Perifit Pump uses Bluetooth technology. Portable or wireless equipment may affect breast pump function.

- Do not pump while pregnant unless directed to do so by a healthcare professional. Pumping during pregnancy may induce labor.

4.2 Precautions

- If packaging appears tampered with or damaged, contact Customer Service and do not use.

- Inspect all pump parts before each use. If pump parts appear damaged, do not use until a replacement part has been obtained.

- Contact a healthcare professional if pumping causes pain, if you express little or no milk.

- A lactation consultant or breastfeeding specialist may help you determine proper flange size.

- Use your finger to break the seal between the flange and the nipple before removing the Perifit pump. Do not attempt to pull the pump off of the nipple while suction is present.

- Using the Perifit Pump on an aircraft is not recommended, as the pressurized environment may impact pump performance.

- Ensure all parts are clean and dry before reassembly. Wet parts may impact pump performance or damage the Hub.
- Do not place the Hub in the fridge or freezer.
- Read all of the instructions before using the Perifit Pump.

5. Product Specifications

5.1 Technical Specifications

Modes and Intensity levels	2 Modes (Stimulation, Expression) 8 Intensity Levels per Mode
Vacuum range	50 - 280 mmHg
Cycle speed	Stimulation Mode: 73-100 cycles per minute Expression mode: 29-64 cycles per minute
Power	Input: 5v DC - 2A max
Battery capacity and type	1500 mAh Lithium ion
Dimensions	138 x 120 x 74 mm
Weight	350g
Operating temperature	+5 to +30oC (+41 to +86oF)
Bluetooth information	Bluetooth V4.2 (Bluetooth Low Energy) Range up to 10m

5.2 Troubleshooting

Problem	Likely causes	Solutions
Pump does not power on	Battery is not charged	Recharge battery
Pump powers on, but LED is red and pump will not operate	Battery is not sufficiently charged	Recharge battery
Pump suction is weak or inconsistent	Diaphragm is not well-aligned in circular groove on Hub; Duckbill valve needs replacing or is not functioning properly Flange is not housed correctly within the connector There is a gap between the breast and the breast pump Pump parts are not dry	Ensure diaphragm is well-centered in circular groove on Hub; replace Duckbill valve; check fit between Flange and Connector; tighten bra extender strap to ensure a tight fit between breast and pump; ensure pump parts are dry before assembly
Pumping is painful	Suction is too strong	Reduce intensity level; remain on Stimulation mode for longer before switching to Expression mode

No milk letdown	Expression mode used too soon	Remain longer in Stimulation mode until let-down is felt or first drops of milk appear
No pump suction at all	Flange is blocking suction coming from diaphragm	Check that flange is properly aligned in the connector. The smaller hole should be positioned at the top, in line with the air hole in the connector.
Milk accumulating in connector and not flowing into bottle	Flange is blocking milk flow; duckbill valve is not open	Check that flange is properly aligned in the connector. The larger hole should be positioned at the bottom, in line with the duckbill valve and milk bottle; check that duckbill valve is not sealed shut.
App will not connect or disconnects mid-session	Bluetooth not enabled on smartphone; distance between pump and smartphone is too great	Ensure bluetooth is enabled on smartphone. Keep phone within range of pump while pumping.

5.3 Transportation, storage, and disposal

Transportation and Storage

Always make sure pump parts are clean and dry before transportation and storage. Charge the Perifit pump battery prior to long-term storage.

Temperature: -20 to +60°C (-4 to +140°F)

Relative humidity: 15% to 90%

Ambient pressure: 80 to 106kPa

Disposal

The Perifit pump contains a rechargeable lithium ion battery. Dispose of the Hub and USB charging cable according to your local return and collection regulations for electronic equipment. All other components can be disposed of according to your local waste management requirements.

5.4 Precautions

The operating life of the Hub is approximately 500 hours. The operating life for the washable parts is approximately 3 months. The duckbill valve and diaphragm should be changed regularly to maintain pump performance.

5.5 Precautions

The Perifit pump complies with all requirements of the relevant standards and regulations with regard to electromagnetic emission and immunity to interference.

The Perifit breast pump should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the Perifit breast pump should be observed to verify normal operation in the configuration in which it will be used.

Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect the breast pump and should be kept at a distance from the device.

5.6 Symbols



Power switch on/off or play/pause.



Increase the intensity level.



Decrease the intensity level.



Change mode (stimulation/expression).



Manufacturer has taken all necessary measures to ensure that the product complies with applicable safety legislation for distribution within the European Community.



The Perifit breast pump is an electronic product. Please refer to your country and state law for the disposal of the Perifit breast pump.



Indicates the Manufacturer.



Indicates the date of Manufacture.



Lot number.



Consult Instruction For Use.

6. Warranty

The Perifit Pump is backed by a limited manufacturer's warranty against any defects in materials and/or workmanship: the Hub for twelve (12) months from the date of Pump purchase, and ninety (90) days from the date of purchase for washable components and accessories. The duration of this Warranty may be extended as a function of applicable local law.

This warranty does not cover cosmetic deterioration nor damage caused by accident, misuse, normal wear and tear, improper use, unauthorized maintenance or repair, or failure to follow written instructions for use.

This warranty terminates if you sell or otherwise transfer this product to another person. The warranty does not cover purchases from non-authorized resellers.

Defects discovered during the warranty period should be reported to X6 Innovations, SAS. Any warranty claims must be supported by proof of date of purchase. In the event that X6 Innovations provides you with a replacement product, this does not extend the duration of the warranty.

7. Contact Us

We love feedback! If you have questions, comments, or need support: support@perifit.co

FCC Warning

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

ISED Warning

This device contains licence-exempt transmitter(s)/ receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L' é metteur/r é cepteur exempt de licence contenu dans le pr é sent appareil est conforme aux CNR d' Innovation, Sciences et D é veloppement é conomique Canada applicables aux appareils radio exempts de licence. L' exploitation est autoris é e aux deux conditions suivantes :

- 1) L' appareil ne doit pas produire de brouillage;
- 2) L' appareil doit accepter tout brouillage radio é lectrique subi, m ê me si le brouillage est susceptible d' en compromettre le fonctionnement.