

Using a Momcozy M5 Smart Breast Pump

The Momcozy M5 Smart is a hands-free, wearable breast pump that can be conveniently controlled using the pump buttons or through the **Momcozy app**. The app allows you to start and stop pumping, change modes and adjust suction levels. The M5 Smart has three pumping modes and nine suction levels.

Before your first use

- Wash and sanitize all parts that will come into contact with your breast or milk before using the pump.
- Make sure all parts are completely dry before assembling the pump. Moisture can interfere with the pump's seal and suction.
- The pump motor is **not washable**. Never put the motor, charging cable, or adapter in water or in the dishwasher.

Assembling your pump

1. Place the flange insert into the 24 mm flange if you need a smaller size. The M5 Smart includes 17 mm, 19 mm and 21 mm inserts.
2. Place the silicone diaphragm into the milk collector.
3. Attach the duckbill valve to the diaphragm.
4. Attach the flange to the milk collector, making sure it is securely sealed.
5. Attach the pump motor to the top of the milk collector. Make sure all connection points are securely clicked into place.

Using your M5 Smart

1. Turn on the pump

Press and hold the power button to turn the pump on.

2. Position the pump

Place the pump inside your bra with your nipple centered in the flange tunnel. Make sure your nipple is centered and can move freely inside the tunnel. The flange should sit comfortably against your breast and create a good seal.

Pumping should not hurt. If pumping is painful, stop and check your flange size, positioning, and suction level.

3. Choose your pumping mode

The M5 Smart has three modes:



Stimulation Mode (Heart Icon)

Uses quick, shorter suction patterns to encourage milk to begin flowing. This is a good place to start your pumping session.

Expression Mode (Droplet Icon)

Uses slower, deeper suction patterns to remove milk once your milk is flowing.

Mixed Mode (Heart + Droplet Icon)

Combines stimulation and expression patterns in one mode.

You can switch between modes during your pumping session.

4. Choose your suction level

The M5 Smart has **9 suction levels**. Start with a comfortable level and gradually increase the suction if desired. Higher suction is not necessarily better for milk removal.

The most effective setting is one that is comfortable and does not cause pain. Use the **+** and **–** buttons on the pump or adjust the suction level through the Momcozy app.

5. Using the Momcozy app

Download the **Momcozy app** and connect to your M5 Smart pump.

The app allows you to:

- Start and stop your pumping session
- Switch between Stimulation, Expression and Mixed modes
- Adjust suction levels 1–9
- Control one or both pumps
- View and record pumping information

The app can be especially helpful when the pumps are inside your bra and the buttons are difficult to reach.

6. Ending your pumping session

The M5 Smart will automatically stop after **30 minutes**. You can also stop the pump at any time using the power/start-stop control. When you are finished, carefully remove the pump from your bra and break the seal between the flange and your breast before removing the pump completely.

Cleaning your pump

After each use:

- Separate the pump motor from the milk collector.
- Remove the flange.
- Remove the duckbill valve.
- Remove the silicone diaphragm.
- Wash the milk collector, flange, diaphragm and valve with warm, soapy water.
- Rinse well and allow all parts to dry completely before reassembling.

Do not wash or submerge the pump motor. Wipe the motor with a clean, damp cloth as needed.

How often should you pump?

If your baby is not feeding at your breast, pump about as often as your baby would normally feed. Many families need to pump about **8 times in 24 hours** during the early weeks.

If you are separated from your baby, try to pump whenever your baby would normally feed.

Your individual pumping schedule may vary depending on your baby's age, feeding pattern, milk supply and your pumping goals.

How long should you pump?

Pumping time varies from person to person. Many parents pump for about **10–20 minutes**, or until milk flow has slowed and the breasts feel comfortably softer.

If pumping is painful, stop and reassess the flange fit, positioning and suction level.

If you have concerns about milk supply, milk removal or your baby's feeding, schedule an appointment with a MilkWorks lactation consultant.

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