



Motif Twist Operational Manual

1. Introduction

Meet The Twist

Small, easy-to-use, and cost effective, the Twist is Motif's affordable portable pump — perfect for the mom on-the-go. Weighing less than half a pound, the Motif Twist easily and conveniently fits into your bag so you can be ready to pump whenever and however you need.

All Motif Medical® products purchased from authorized retailers come with a manufacturer's warranty stating that product will be free from defects in workmanship and materials; for 2-years on double-electric breast pumps, for 1-year on internal batteries, and for 90-days on breast pump parts.

**Be sure to register your breast pump upon receiving it:
motifmedical.com/warranty-registration/**



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2. Highlights

The Motif Twist Double Electric Breast Pump utilizes a vacuum to express breast milk.

Pump On-the-Go

Dual power options. Use it stationary or on battery power.

Super Lightweight Design

Weighs less than 1/2 a pound for perfect portability.

Pump How You Want

Single or double pumping option and adjustable suction pattern designed for maximum let-down.

Closed System

Backflow protection keeps the motor and tubing clean, preventing contamination.

Quiet Motor

No loud hum. Great for discreet pumping.

3. Intended Use (Indications of Use)

The Motif Twist Double Electric Breast Pump is intended for use by lactating women to express and collect breast milk. The Twist can be used as a single or double pump.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities unless they are under supervision or instruction by persons responsible for their safety.

Please read this document completely and follow the instructions exactly. To prevent personal injury and material damage, please observe the warning and safety information provided in this document.



Caution: To avoid minor injury

- Sharing a breast pump can cause health hazards and void manufacturers warranty.

4. Symbols



Warning: Potentially dangerous situation that could result in serious injury.



Caution: A possibly dangerous situation that could result in slight bodily injury.



Notice: Useful information or information you need to know when using this product.



Manufacturer



Date of manufacture



Serial number



Refer to instruction manual



Type BF applied part



Class II equipment



Keep dry

IP22

Degree of protection against harmful ingress of water or particulate matter.



This product should not be mixed with other commercial waste for disposal

5. Safety

5.1 Prohibition, Warnings, and Cautions



Prohibition: To prevent voiding of warranty

- Do not modify this equipment without authorization of the manufacturer.
- Do not disassemble or modify the product. The device has no user-serviceable parts.



Warning: To avoid fire, electrocution, or serious burns

- Do not leave the product unattended when plugged into an electrical outlet.
- Close supervision is necessary when this product is used near children or persons with disabilities.
- Place product out of reach of children.
- Use the product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this product if it has a damaged cord or plug if it is not working properly, or if it has been dropped or damaged, or dropped into water.
- Keep cord away from heated surface.
- Never use while sleeping or when drowsy.
- Never drop or insert any object into any opening or tubing.
- Do not use outdoors, or operate where aerosol (spray) products are being used where oxygen is being administered.
- Always inspect power adapter wires prior to use for damage or exposed wire. If damage is found, immediately discontinue use of power adapter and call Motif Medical® Customer Service.
- The Motif Medical® Twist should not be positioned so that it is difficult to operate the adapter.



Warning: To reduce the risk of electrocution

- Always unplug immediately after use.
- Do not use while bathing.
- Do not place or store product where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or other liquid.
- Do not reach for a product if it has fallen into water. Immediately unplug from electrical outlet.



Warning: To avoid health risk and reduce the risk of injury

- If you are a mother who is infected with Hepatitis B, Hepatitis C or Human Immunodeficiency Virus (HIV) pumping breast milk will not reduce or remove the risk of transmitting the virus to your baby through your breast milk.
- Before each use visually inspect the individual components for cracks, chips, tears, discoloration or deterioration. In the event that damage to the device is observed, please discontinue use until the parts have been replaced.
- This product is intended for use by a single user only and should not be shared between users.
- Do not drive while pumping.
- Never use while pregnant, as pumping can induce labor.
- Clean and sanitize all parts that come in contact with your breast and breast milk prior to first use.
- Wash all parts that come in contact with your breast and breast milk after every use.
- Do not continue pumping for more than 2 consecutive pumping session if no results are achieved.
- Do not thaw frozen breast milk in a microwave or in a pan of boiling water.
- If tubing becomes moldy, discontinue use and replace with new tubing.
- If breast milk backup occurs you must clean tubing before your next pumping session.



Caution: To avoid minor injury

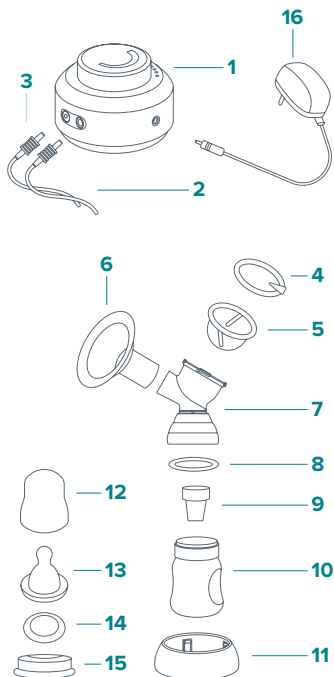
- Do not wrap cord around adapter body.
- Use only the power adapter that comes with the powered breast pump.
- Pump only with the breast pump in an upright position.
- Do not shorten tubing.
- Make sure the voltage of the power adapter is compatible with the power source.
- Plug the power adapter into the breast pump first and then into the wall socket.
- Do not use antibacterial or abrasive cleaners/detergents when cleaning the breast pump or breast pump parts.
- Never put the breast pump motor in water or sterilizer as you can cause permanent damage to the breast pump.
- Do not attempt to remove the breast shield from your breast while pumping. Turn the breast pump off and break the seal between your breast and breast shield with your finger, then remove breast shield from your breast.
- If pumping is uncomfortable or causing pain, turn the unit off, break the seal between the breast and breast shield with your finger, and remove the breast shield from your breast.
- Plastic bottles and component parts become brittle when frozen and may break when dropped.
- Bottles and component parts may become damaged if mishandled, e.g. dropped, over- tightened or knocked over.
- Take appropriate care in handling bottles and components.
- Do not use the breast milk if bottles or components become damaged.

6. Parts

6.1 What's Included

i While unpacking the box, make sure all of the following components are enclosed.

- 1** Powered Breast Pump, Motif Medical® Twist
- 2** Silicone Tubing (2)
- 3** Tubing Connector (4)
- 4** Diaphragm Top (2)
- 5** Diaphragm (2)
- 6** 19mm, 21mm, & 24 Breast Shields (2 each)
- 7** Breast Shield Connector (2)
- 8** Bottle Ring (2)
- 9** Duckbill Valves (2)
- 10** Storage Container (2)
- 11** Storage Container Base (2)
- 12** Bottle Cap (2)
- 13** Bottle Nipple (2)
- 14** Sealing Disc (2)
- 15** Screw Cover (2)
- 16** Power Adapter
 - 140 mL Milk Collection Kits (2)
- 17** Storage Bag



6. PARTS

Additional accessories and parts available for the Twist breast pump:

- Full resupply kit with replacement parts
- Individual parts



Find replacement parts and additional supplies for the Twist at:
motifmedical.com/replacement-supplies/

6.2 Features

30 Min. Timer

(10 Soft Green LED light timer 3 minutes per)



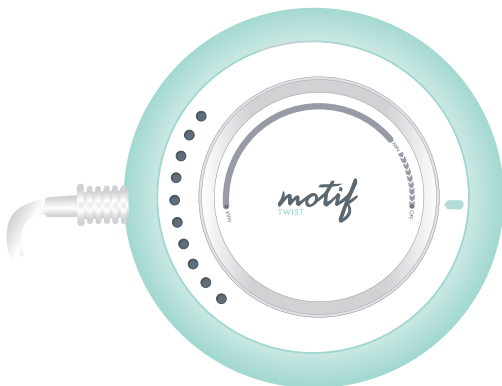
Min. Power

(Minimum Suction Power)



White Light

(White light shows suction power)



MAX

Max Power

(Maximum suction power)



On/Off

(Twist to turn On/Off)



Modes

(Dash line: Massage)
(Solid line: Expression)

6.3 Settings and Modes

The cycle level refers to the number of full pumping motions the device will complete per minute; this is measure in Cycles Per Minute (CPM). The Cycles Per Minute change as the suction strength is increased.

Suction Settings

The suction level on your breast pump refers to the suction strength; this is measured in mm-Hg. When you are using your Motif Medical® Twist, you will usually find that expressing is most effective on the highest suction level that you are comfortable with.

However, it's important not to set suction level so high that it makes you uncomfortable, as the resulting pain will hinder your milk flow.

Message Modes

Suction pattern with fast cycles and low vacuum to help with Letdown and to start the flow of milk. The Message Mode on the Motif Twist is indicated by the Dashed Line.

Expression Modes

Suction pattern with slower cycles and higher vacuum to express milk gently and efficiently. The Expression Mode on the Motif Twist is indicated by the Solid Line.

7. Sterilization and Cleaning

- i** Before initial use sterilize each part of the:
- Diaphragms
 - Breast Shields
 - Bottle Caps
 - Valves
 - Bottles
 - Nipples

***Do not sterilize or wash the tubing.**

Repeat sterilization of other listed parts once daily after pump use.

Sterilization Instructions

1. If parts have been used previously, following cleaning instructions first.
2. Place your breast pump parts in a pot and cover them with water.
3. Bring water to a boil and let boil for five minutes.
4. Remove parts with clean tongs.
5. Place pump parts on a clean paper towel or dish towel and allow to air dry completely.

- i** Parts can also be sterilized in a steam sterilizer or microwave sterilization bag to sterilize breast pump parts quickly and efficiently.

- i** Be sure not to place tubing into the Sterilizer Bags in attempt to clean the tubing.

Cleaning Instructions

1. Thoroughly wash your hands with warm soap and water.
2. Disassemble each breast pump part that came into contact with breast milk. This includes the valves, bottles, breast shields, and nipples. ***Do not clean the tubing or diaphragms. Diaphragms do not need to be cleaned unless milk or moisture develops in them. If moisture or milk becomes present in the tubing, replace it as soon as possible. Do wash and hang it to dry if you need to use it again before replacing. Assure the tubing is dry before use. Moisture in the tubing could be pulled into the pump and damage the motor.**
3. Rinse each part with cool water to remove milk residue.
4. Options for washing pump parts:
 - Separately wash each part in the sink with a soft brush and soap. (Be sure to use a new brush or washcloth exclusively for breast pump parts.)
 - Soak each part in warm, soapy water for 5 minutes and then thoroughly rinse them.
5. Dry each part with a clean towel or allow to fully air dry on a sanitary surface, such as a clean paper towel or clean dish towel. Do not pat dry.
6. Wipe the outside of your breast pump with a dry, clean towel. ***Do not wash the outside of your breast pump with water or get your breast pump wet when cleaning it.**



It is not recommended to wash and dry Motif Breast Pump parts in the dishwasher. There is no standard temperature for dishwashers and some may warp parts. Parts damaged in the dishwasher are not covered under warranty.

After Every Use

1. Thoroughly wash your hands before handling each breast pump component.
2. Disassemble each part that comes into contact with breast milk including the valve, bottle, bottle nipple, breast shield, bottle disk, and bottle cover.
3. Rinse each part in cool water to remove milk residue.
4. Options for washing individual parts:
 - Separately wash each part with a soft brush or a clean dishcloth.
 - Soak each part in warm soapy water for 5 minutes then thoroughly rinse them.
5. Dry each part with a clean towel and/or allow them to completely air dry on a sanitary surface.
6. Wipe the main body with a dry, clean towel after each use.
***Never use water to wash the outside of your breast pump.**
7. Store parts after they completely dry in a clean bag or container. ***Do not store any damp parts.**

8. Operating Your Breast Pump

8.1 Breast Shield Sizing

Understanding size

Pumping should not hurt. This guide is a starting point to help determine your optimal breast shield size based on your nipple diameter.

How To Find The Right Size Breast Shield For You

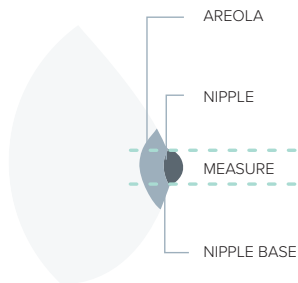
Step 1

Using a ruler or measuring tape measure the diameter of your nipple at the base (across middle) in millimeters (mm).

Step 2

Take your measurement and add 4mm to determine your breast shield size.

Example: If your nipple size measures 26 mm in diameter, the recommended breast shield size is 30 mm.



*1 cm = 10 mm

Do not include the areola.

See below for the recommended breast shield size based on your measurements



Test your breast shield size



Too Small

During pumping some or your entire nipple rubs against the sides of the breast shield tunnel.



Good Fit

During pumping your nipple is able to move freely in the breast shield tunnel. You will have space around your nipple and not much of the areola is drawn into the tunnel with the nipple.



Too Large

During pumping more of your areola is drawn into the breast shield tunnel with your nipple. You may experience your areola rubbing up against the side of the breast shield tunnel.

Should you try a new breast shield size?

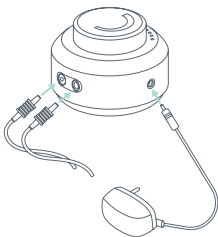
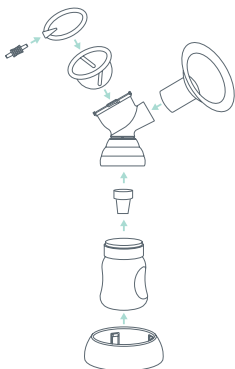
- Does your nipple rub sides of the tunnel, to the point of causing discomfort?
- Do you see excessive areola being pulled into the tunnel?
- Do you see any redness?
- Is your nipple or areola turning white?
- Do you feel unexpressed milk after pumping?

If you answered “YES” to any of these questions, consider trying a new size by following the measuring instructions above.

If you are still unsure if you selected the correct size, see a lactation consultant, or breastfeeding specialist for assistance in choosing the right size breast shield.

8.2 Assembling The Twist Pump

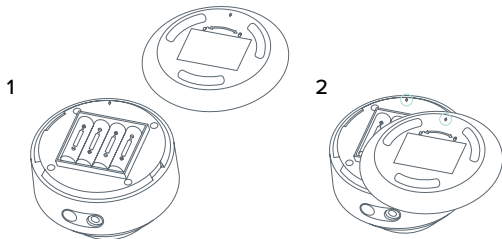
1. Wash hands before touching breast pump components.
2. Place the valve up into the connector and make sure the seal is tight.
3. Attach the diaphragm on top of the connector.
4. Connect the diaphragm top by attaching it to the top of the diaphragm.
5. Insert the tubing connector with the tubing attached into the diaphragm.
6. Screw the storage container onto the connector.



7. Insert the tubing connector into the tubing port on the breast pump.
8. Insert the DC connector on the power cord into the DC port on the pump, then insert the USB into the USB socket adaptor and plug it into a power outlet.
9. After pumping, store your breastmilk in the refrigerator and clean your pump. Make sure all electric components are dry.

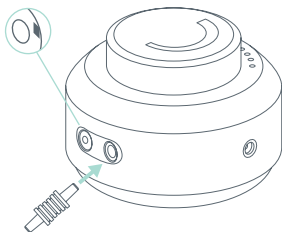
Battery Installation

1. Open the battery cover by rotating it to the left, and install four AA batteries and close the cover.
2. Align the battery cover arrow with the arrow on the base and twist it to the right to lock.



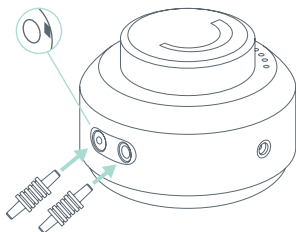
i Be sure to turn off the pump and disassemble the parts when not in use.

8.3 How to use The Dual Pump



While single pumping make sure to insert the tubing connector into the port on the right side.

Do not use the port on the left with a black button or you may experience suction loss.




For double pumping, plug both of the tubing connectors into the ports and make sure that the black button in the left port is completely held down by the tubing connector, as this will allow suction on both sides of the pump.

8.4 Turning On/Off The Twist Pump

1. Turn the dial on the pump body. The device will power ON.
2. Begin pumping with Massage Mode by setting the dial between “Min” and the midpoint of the dial.
3. To transition to Expression Mode, turn the dial anywhere between midpoint and “Max.”
4. Move dial to adjust suction to your preferred comfort level.
5. When you wish to stop expressing:
6. First twist the dial to turn off the pump, then remove the breast shield and milk collection kit from your breast.

9. Using Your Motif Twist Pump

9.1 Pumping Guide

 Even when you are using the breast pump, it is recommended to breastfeed your baby whenever you can.

- Gently massage your breasts or apply warm compresses from the breast toward the nipple before starting your pumping session.
- Express milk from each breast for 10 - 15 minutes. It is recommended to pump frequently rather than pumping for a long duration. (Every 2 - 3 hours, 8 times a day.)

9.2 Getting Ready to Pump

1. Check to see if you are using the correct size breast shield. See section **8.1 Breast Shield Sizing** for more details.
2. Wash hands thoroughly.
3. Check each component for wear or damage before use and replace parts when/if necessary.
4. Assemble the breast shield, diaphragm, and bottle according to the instructions and connect to the pump body via the tubing.
5. Ensure tubing is tightly connected to prevent air leakage.
6. Check battery level before use to ensure the device is fully charged.
7. Massage the breast for about 5 minutes with a warm towel to promote expression.

9.3 Aligning The Breast Shield



Center the breast shield on your breast so that the nipple is drawn into the breast shield tunnel.

It's important that the breast shield is positioned properly before pumping begins to avoid any pain that may be caused by rubbing or twisting of your nipple onto the side of the breast shield. If double pumping, place the second breast shield in place as well.

If you're concerned about the fit or want to ensure you've placed the breast shield on correctly, please reference the "Test your breast shield size" portion of Section **8.1 Breast Shield Sizing**.

While some discomfort may be felt when first using a breast pump, using a breast pump should not cause pain. If you are unsure about breast shield sizing, please contact a healthcare professional or Motif Medical® representative who can help you get a proper fit.

9.4 Expressing Your Milk

1. Turn the breast pump on to begin pumping.
2. Ensuring proper let down is vital to successful expression. To achieve let down, begin pumping with the dial set between “Min” and the midpoint of the dial.
3. Once let down is achieved, increase suction by turning dial to any point between the midpoint and “Max,” this will allow you to transition to expression mode.
4. Normal pumping durations last between 15 to 30 minutes, but vary between individual moms.
5. After your pumping session, turn off the power and slide a finger between your breast and the breast shield to separate them.

9.5 After Pumping

After each pumping session, be sure to take apart the assembly. Never attempt to clean or sterilize pump parts when still assembled; ensure you are cleaning and sterilizing each part individually.



1. Twist the diaphragm assembly off the breast shield.
2. Remove the breast shield from the milk collection bottle and close the bottle tightly with the bottle cover and bottle disk, and store safely.
3. Remove the tubing from the diaphragm assembly and breast pump.
4. Make sure no moisture comes in contact with or gets inside the tubing. Store the tubing in a clean bag/container. **Do not wrap tubing around the breast pump.**

9.6 Storing Breast Milk

i When storing breast milk in a milk storage bag, make sure to only use non-toxic markers when writing on the bag.

		Storage Locations / Temperatures		
		Room Temperature 77°F (25°C) or colder	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Type of Breast Milk	Freshly expressed or pumped	0 - 4 hours	0 - 4 days	0 - 6 months is best 6 - 12 months is acceptable
	Thawed, previously frozen	1-2 hours	0 - 24 hours (one day)	Never refreeze human milk after it has been thawed
	Leftover from a Feeding (baby did not finish the bottle)	0 - 2 hours after the baby is finished feeding		

Source: CDC.gov

How to Thaw Breast Milk

1. Always make sure to check the date on the milk's container before using. Do not use undated milk, or milk that has been stored longer than recommended.
2. Thaw frozen milk in the refrigerator or under cool, running water.
3. Heat the milk under warm, running water and gently swirl the container to mix the milk. Be sure not to shake the bottle.
4. If warm water is not available, heat a pot of water in the stove. Once the water is warm, not boiling, remove the pot from the stove and place milk container in the pot. Never warm the milk container directly on the stove.
5. Never microwave breast milk because microwaves can cause dangerous hot spots that could burn you or your baby.
6. Always test the temperature of the milk on the inside of your wrist before feeding it to a baby. The milk should feel warm, not hot.
7. After thawing, milk should be stored in the refrigerator for no more than 24 hours.
8. Never refreeze thawed milk. Throw away previously frozen milk that is not used within 24 hours.

10. Troubleshooting

10.1 Troubleshooting

Below you will find general conditions that may occur with your Motif Twist and corresponding troubleshooting solutions.

Condition	Possible Causes	Checks	Solutions
No power	Adapter	Check if the power cord is not connected or is damaged.	Plug into the outlet. If it has damage, contact Motif customer service at 844-272-8390 or where you purchased the pump.
	Power Knob	Inspect the power knob and pump exterior for any foreign objects. Make sure the power adaptor is properly plugged in.	
	Batteries	Replace the batteries with new fully charged ones.	
No suction	Tubing	Check the tubing is connected to the main body.	Connect the air tube to the main body.
	Valve	Check if the valves are connected to breast shield properly.	Disassemble and reassemble them properly.
	Air Flow Port Plug	Check if the air flow port plug is closed.	Close the air flow port plug.
Main body becomes wet		Unplug the power adapter from the socket. Turn off the Breast Pump. Wipe the main body with a clean dry cloth and store it in a warm dry area for about 12 hours.	

Condition	Possible Causes	Checks	Solutions
Low suction	Suction Level	Check if there is a low vacuum level on the vacuum regulator valve or if there is an abnormal noise.	Contact Motif customer service at 844-272-8390.
	Defective Assembly Kit	Check the connection of the kit.	Disassemble and reassemble them.
	Breast Shield	Check if there is a problem with the breast shield.	Visit motifmedical.com
	Valve	Check if there is damage in valve head.	Replace the valve.
Pain	Suction too high	Check the suction level.	Set to the lowest suction level and consult your lactation consultant or physician.
Breast milk in tubing		Turn off the breast pump. Disconnect the tubing from the diaphragm. Remove the milk and tubing from the diaphragm.	

i If you need additional help troubleshooting your breast pump, please reach out to the Motif Medical® Customer Service Department. You can access them online at motifmedical.com via chat, through email at hello@motifmedical.com or by phone (844) 272-8390.

10.4 Disposal

Please send components that are no longer used to Motif Medical® or properly dispose of the device in accordance with local, state, and federal regulations.



As electrical and electronic equipment, the device must be disposed of according to a specialized procedure for collection, pick-up and recycling or destruction in accordance with Directive 2012/19/EU of the European Council on Waste Electrical and Electronic Equipment [WEEE].

10.5 When to Replace Parts

How often you should replace your breast pump supplies can vary based on how often you use your breast pump. For example, a mom that exclusively breast pumps about 9 times a day and sanitizes their pump more frequently than a mom that only pumps 3 to 4 times per day will need to replace her parts more often.

 **A good reference to keep in mind is replacing your parts every 90 days.**

Replacing Breast Pump Tubing

As the tubing becomes stretched and worn out over time it can impact your breast pump suction strength.

- If the tubing easily slides on and off the motor and backflow protector then it's time to replace it.
- You should also immediately replace the tubing if any moisture gets inside.
- There's no way to completely sterilize the tubing to prevent bacteria from collecting inside and the moisture could damage your breast pump motor.

Replacing your Valves

The silicone valves need to be replaced between 1 to 3 months based on how frequently they're used because they can affect suction power.

- It's important to remember that smaller breast pump parts may not show any visible damage.

Replacing the Backflow Protectors

The membranes within the backflow protectors may stretch and lose elasticity over time, making them less effective at keeping moisture out of your breast pump motor.

- They need to be replaced between 3 to 6 months depending on use.
- If you see any tearing, warping, rips, or discoloration then it's time to replace them.

Replacing your Breast Shields (Flanges)

Your breast shields will collect residue, can crack, or become discolored over time depending on how often you pump.

- They should be replaced every 6 months.
- However, keep an eye out for any cracks, tears, or warping because that could indicate that need to be replaced sooner.
- The discoloration will not affect how well your pump works but may not be pleasing to the eye.

11. Warranty

**Be sure to register your pump upon receiving it at:
motifmedical.com/product-registration**


All Motif Medical® products purchased from authorized retailers come with a manufacturer's warranty stating that product will be free from defects in workmanship and materials; for 2-years on double-electric breast pumps, for 1-year on internal batteries, and for 90-days on breast pump parts and the Manual Breast Pump.

Motif's sole obligation under this express warranty shall be, at Motif's discretion, to replace or repair the product or part(s) thereof (in case the product is not available, to deliver a similar type of product).

The warranty starts on the proven purchase date and is a single warranty ending from this starting date. The warranty does not extend if the product is replaced. The warranty is non-transferable. Motif breast pumps are single-user pumps and the warranty only applies to the original pump user.

The warranty covers manufacturing defects. Motif Medical® cannot replace a pump part which was damaged by the end user while using the pump. The warranty does not cover lost or stolen items, normal wear and tear to breast pump parts, and items that are misused, abused or improperly stored. Failure to comply with operating instructions or alterations made to the product will result in the warranty being voided.

Warranty products are shipped using standard ground. Express; overnight and 2-day shipping are available for an additional fee. The warranty is valid in the United States only. Warranty items will only be shipped to addresses in the US.

 If you have a warranty question, you can call 844-272-8390, visit us online at motifmedical.com, or email customer service at hello@motifmedical.com



Manufactured for:
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Dover, DE 19901

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Email: info@motifmedical.com
Web: www.motifmedical.com



Thank you for choosing the
Motif Twist Double Electric
Breast Pump.

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