Freestyle Flex™ double electric breast pump

Compact and light, easy to carry and fits in the palm of your hand

Built-in USB-chargeable battery for pumping anywhere you are

Multifunctional interface with intuitive touchscreen controls

Connects to MyMedela app to monitor your pumping progress

PersonalFit Flex™ breast shields for your comfort and increased milk flow

Visit medela.com/breastfeeding for more information about the Freestyle Flex™ double electric breast pump, as well as our range of breastfeeding essentials, pumping accessories and intimate apparel. You’ll also find expert advice to support you through your breastfeeding and pumping journey.

The flexibility to pump any time, anywhere

Freestyle Flex™ is a breast pump designed to fit into your life: its light, compact design and USB-chargeable battery give you the flexibility to express wherever and whenever you like, with no compromise on pumping performance.

Intuitive multifunctional interface with:
- Count-up timer
- Delay start & pause functions
- Pumping setting & battery charge indicators

Compact design fits easily into your palm, pocket, or bag, and weighs under 300 g (10 oz)

Built-in rechargeable battery lasts up to eight double pumping sessions — no need to search for an outlet

Detachable lanyard loops round your wrist to keep breast pump secure

Get connected

Freestyle Flex™ connects to the MyMedela app, to give you additional support and encouragement. You can use the app to track and log your pumping sessions, and create a personalised profile tailored to you, your baby, and your feeding choices.

Research-based technology

Freestyle Flex™ also benefits from Medela’s research into pumping technology, tested by scientists with the help of breastfeeding mums.

Double pumping with Freestyle Flex™ yields more milk in less time than pumping from each breast in turn.

2-Phase Expression® technology mimics babies’ natural sucking rhythm – faster at first to stimulate milk flow, then slower to feed – for more comfortable and efficient pumping.

PersonalFit Flex™ breast shields can be adapted to fit your shape for individual comfort and increased milk flow.

Overflow protection (a closed system) prevents your breast milk from entering the tubing and motor.

*Only use the power adapter and cable that come with the breast pump.