



Made for Me™

EN manual breast pump

EN Contents

Getting started	1
Remember	2
How to clean	2
Putting your pump together	3
Using your breast pump	4
Using your pump on the go	5
Pros and don'ts	5
Storing breast milk	6
Health and Safety	6
Advice and FAQs	7
Warnings	8

Mum, you're one
of a kind.

Treat yourself like the true wonder you are and let us support you through your unique breastfeeding experience with the Made for Me™ range from Tommee Tippee.

Your Made for Me™ manual breast pump is the simple, comfortable and discreet way to express your breast milk. Its ergonomic design is specially shaped to fit women's hands. Together with the narrow neck and curved handle this helps to maximise the power of your pumping action while reducing the strain on your hand as you express your breast milk.

Made especially for you because you're a one off..

Check out the rest of our Made for Me™ range, designed to help you on your breastfeeding journey.
www.tommeetippee.com.

Getting Started

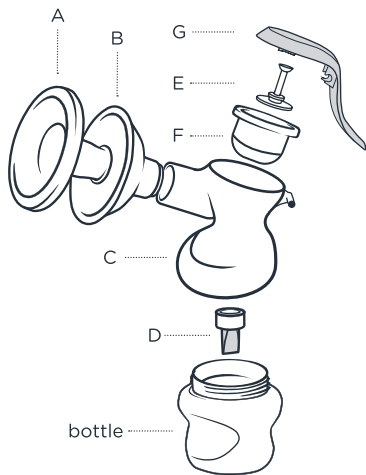
IMPORTANT WARNINGS!

Please keep this instruction guide for future reference as it includes important information.

Mum, we know you have a lot to think about, but can we suggest that you get to know your breast pump before you need to start using it? It should make for a more relaxed experience, and you'll soon be an expert at this (as well as many other new things).

Get to know your breast pump

- A. **Cup** - rounded, soft silicone part that fits into the horn to sit comfortably against your breast.
- B. **Horn** - trumpet shaped part that supports the cup while you use the pump.
- C. **Body** - duck-shaped part that connects the horn and cup to your bottle and attaches to the handle.
- D. **Duck-bill valve (purple)** - small one-way valve that lets breast milk into your bottle, but doesn't let it back through.
- E. **Connector** - rod shaped piece that connects the handle to the diaphragm.
- F. **Diaphragm** - small, transparent cup-shaped part that creates the pump pressure.
- G. **Handle and cap (purple)** - The curved handle that you use to pump. This snaps onto to the body and diaphragm via the connector.



Remember

DO wash your hands with soap and water and dry thoroughly before handling your breast pump.

DO thoroughly clean and sterilise all the parts of your breast pump following the instructions below.

DO this before you use it for the first time and after every use.

How to clean

1. Unscrew the bottle from the pump body.
2. Pull the horn away from the pump body and remove the duck-billed valve.
3. Disconnect the handle from the body by pulling away from the body horizontally.
4. Lift out the diaphragm from the body.
5. Pull out the connector rod from the diaphragm.
6. Wash all parts in clean soapy water. Don't use water that you've used for cleaning other products.
7. Rinse thoroughly with clean water.
8. You can also wash the pump components in the top rack of a dishwasher. Place the purple duck-bill valve in the cutlery rack or dishwasher pod to help keep it safe.
9. Sterilise all parts of the pump using either cold water sterilisation, microwave sterilisation, boiling water, or electric steam sterilisation.
10. For best results use Tommee Tippee electric or microwave sterilisers.

Putting your pump together

Each time you use your breast pump, check all parts of the pump for any damage.

Wash your hands with soap and water and dry thoroughly before handling your breast pump.

1. Make sure that all parts of the pump have been washed and sterilised.



2. Push the connector rod through the bottom of the diaphragm.



3. With two hands gently squeeze the bottom of the diaphragm over the ring in the base of the connector rod. The rod should be securely held by the diaphragm.



4. Place the diaphragm in the top of the pump body and push the diaphragm edge down around the whole circumference of the pump body to make a good seal.



5. Pick up the pump body and, from the side, slide the handle onto the body, so that the clips on the top slide onto the top of the connecting rod, and the two clips at the side snap onto the back of the pump body.



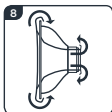
6. The handle should now freely move up and down and you should see the diaphragm lift up when you press the handle down.



Once fitted, you don't have to take the silicone cup out of the horn unless milk or dirt becomes trapped inside. Then you can ease the edges of the cup from the horn and gently pull them apart for cleaning.



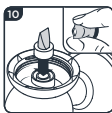
7. Push the soft, silicone cup into the widest part of the horn and smooth its lip evenly over the edge. Work your way all around the rim to make sure the cup fits smoothly, evenly and securely. The two dimples in the cup should be clear to allow air into the horn.



8. Now smooth the lip of the silicone cup around the narrow end of the horn in the same way.



9. Push the horn with cup attached onto the body until it's fully engaged and secure. **Turn your pump upside down.**



10. Insert the duck-bill valve. Gently squeeze the sides of the valve to make sure it opens.



11. Screw in a Tommee Tippee Closer to Nature or Advanced Anti-Colic bottle. This breast pump is designed to fit all Tommee Tippee Closer to Nature and Advanced Anti-Colic bottles and Express & Go / Pump & Go milk pouches with adaptor rings (excludes glass bottles).

12. Place the assembled pump on a flat surface.

Using your breast pump

Okay mum. You've cleaned and assembled your breast pump. You're prepped and ready to go... Let's do this.

The best time to use your breast pump is after the first feed of the day (unless your breastfeeding advisor has told you something different).

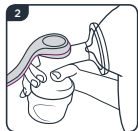
Hygiene

- ✓ Hands washed and dried before touching your breast pump or body?
- ✓ Breast pump parts washed and sterilised?

About you - Get yourself in a comfortable position, sitting, standing or half-lying. The important thing is to keep the pump handset vertical while you hold it against your breast. You'll also need a flat surface nearby to put the pump and bottle on when you're done.



1. Hold the pump handset around the narrow neck of the body. Hold it in whichever hand feels most comfortable. As you use it, you may find it's more comfortable to cup your hand around the bottle.



2. Place the soft silicone cup attached to the horn over your breast so that it creates a seal all the way around with your nipple at the centre of the hole. You don't need to cover the whole of your areola or breast with the horn, so don't force it. It should sit comfortably. If it doesn't feel right, relax and reposition.

3. Gently squeeze the handle and you'll feel the suction.
4. Release the handle and allow it to return to its resting position. Releasing the handle opens the valve so your milk can flow into the bottle.
5. Try to imitate the rhythm of your baby as they suck. You don't have to squeeze hard - just as much as is comfortable for you.
6. When you first start expressing milk, use the pump for 3-5 minutes on each breast. Over time you will be able to build up to 10-15 minutes on each breast.
7. You can help stimulate your milk flow by gently stroking and massaging your breast.
8. The amount of milk you express and the time it takes will vary. Don't worry, this is normal.
9. If air is getting in around the silicone cup, your pump may not suck milk effectively. Adjust your position and replace the cup on your breast so that it feels comfortable and the pump is expressing milk.

When you want to stop expressing

- When your milk is no longer freely flowing, stop pumping.
- You can store your breast milk in the bottle, by adding a clean sterilised lid or teat and hood (see page 6 for storage advice). Or use it to feed it to your baby.
- When you've finished using the pump, disassemble all the parts and clean it. You do not need to sterilise it until you're ready to use it again.

If using this breast pump is more painful than when you breast feed, stop using it immediately.

The soft silicone cup should feel comfortable against your breast. If it doesn't, you may need a different size. Contact us at www.tommeetippee.com for help.

When pumping your nipple should sit comfortably in the centre of the silicone cup and will be extended down the tube of by

gentle suction. The pump creates a seal around your areola and nipple. You do not need to cover the whole of your areola or breast with the horn. Do not force your breast or nipple into the horn.

Don't tilt the bottle while expressing. Keep it upright to keep your milk flowing into the bottle.

You don't need strong suction to express milk from just behind your nipple.

Using your pump on the go

Your Tommee Tippee Made for Me™ manual breast pump is designed to give you the freedom to express breast milk at home, at work or anywhere that's comfortable for you.

Important things to remember:

- To keep your breast pump sterile on the go, carry it in a Tommee Tippee Travel and Microwave Steriliser bag.
- Always store your breast pump handset in a cool, dry place away from heat and moisture and out of direct sunlight.

Dos and don'ts

DO

- ✓ **DO** always wash your hands and any surfaces that your breast pump will come into contact with.
- ✓ **DO** follow the cleaning, sterilising and set up instructions in this guide. Do this before you use it for the first time and after every use.
- ✓ **DO** keep the pump away from direct sunlight.

DON'T

- ✗ Don't clean with solvents or harsh chemicals.
- ✗ Don't use whilst driving or operating machinery.
- ✗ Don't use whilst bathing or showering.
- ✗ Don't use whilst sleeping.
- ✗ Don't use in temperatures below 10 degrees centigrade.
- ✗ Don't share your breast pump with other mums.

Storing breast milk

Method of storing milk	Use within	REMEMBER
Room temperature <25°C	6 hours	<ul style="list-style-type: none">• Never defrost or heat breast milk in a microwave• Never refreeze breast milk• Once defrosted, the breast milk should be kept in the fridge and used within 12 hours• Do not boil breast milk• Throw away any leftover breast milk after feed
Refrigerated at 5-10°C	3 days	
Refrigerated at 0-4°C	6 days	
Refrigerated before freezing	24 hours	
Once frozen	6 months	
Defrosted before feeding	12 hours	

- When you want to freeze breast milk, allow space at the top of your bottle for it to expand. It's easiest to freeze breast milk in individual feed quantities of 60-125ml/2-4oz.
- Your breast milk may separate out into layers when you store it. Give it a shake to remix it thoroughly before feeding your baby.
- Thaw frozen breast milk in the fridge or by standing your bottle in lukewarm water until it has reached body temperature. Or use a Tommee Tippee bottle warmer.
- If you want to take expressed milk out and about with you, make sure it stays cold or frozen until you need to feed your baby.

Health and Safety

- Keep your breast pump and anything else you use around breastfeeding clean. Wash all the washable parts of your pump and sterilise them before using.
- Keep this breast pump away from children who may choke on small parts.

Get comfortable with your breast pump

- Unless you've been told otherwise, the best time to try your breast pump for the first time is after your baby's first feed of the day.
- Make sure you're in a comfortable position and try to relax.
- You're not trying to suck milk out. It comes from just behind your nipple.
- Using your breast pump shouldn't hurt. Check your breasts. If you have any red or hot areas, stop using the breast pump and get in touch with your breastfeeding advisor as soon as possible.
- Every mum is different. You may only produce a little milk, or flow freely. You may produce more milk at different times of the day (morning or evening) or different volumes from one breast to another.
- Don't continue using the pump once your milk has stopped coming. Give your breasts a break.
- The Made for Me™ range includes nipple cream to help keep your nipples supple.

FAQs

Help – there's no or very little suction. What can I do?

It's most likely that there's some air

getting in somewhere, which means the pump won't work properly.

- Make sure that the soft silicone cup is securely attached to the horn at the top and bottom and forms a comfortable seal around your breast. Adjust your position if you need to.
- Check that the diaphragm cup is sitting on the top of the pump body. Make sure it's been pushed down all the way around the top of the circumference to make a good seal.
- Check that the connector rod is sitting properly in the diaphragm cup. The rod should be pushed through so that the big part sits under, and the small part sits above the base of the diaphragm.
- Check that there are no tears on the diaphragm cup.
- Check the valve is clean and opens easily. Give it a gentle squeeze if it's stuck.

Why do I have to use a Tommee Tippee bottle?

The Tommee Tippee Made for Me™ manual breast pump is designed to be a perfect fit for Tommee Tippee bottles and pouches (excludes Tommee Tippee Closer to Nature glass bottles). You may get leaks and spills if you use other brands of bottles and containers that don't fit correctly.

WARNINGS

- This appliance shall not be used or played with by children. Keep the appliance out of reach of children.
- Do not clean with solvents or harsh chemicals.
- Do not place fingers between the handle and the pump body or bottle when pumping as you may trap them.
- User maintenance, other than cleaning and sterilising is not required.
- Do not leave the unit in direct sunlight.
- Do not allow product to come into contact with oil-based foods (e.g. oil/tomato-based sauces) as staining will occur.
- This product is a personal care product and therefore cannot be returned once opened unless faulty.

★ **tommee tippee**
helping you *ParentOn*

tommeetippee.com

Mayborn (UK) Limited,
Balliol Business Park,
Newcastle upon Tyne,
NE12 8EW, UK

Copyright © Mayborn (UK) Limited 2020.
TOMMEE TIPPEE is a registered trademark.
Mayborn (UK) Limited retains all
intellectual property rights to this product
Made in China.

0423621