



Made for Me™

silicone breast pump

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.

Use your Made for Me™ silicone breast pump as a gentle low-pressure pump, as a let-down catcher or to provide relief to engorged or milk-filled breasts.

Your Made for Me™ silicone breast pump offers you a discreet and silent way to pump breast milk at home, at work or anywhere that's comfortable for you.

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

For further information or to see the full range of Tommee Tippee Made for Me™ breastfeeding products visit www.tommeetippee.com

Getting started

Your Tommee Tippee Made for Me™ silicone breast pump is a soft silicone breast pump that you can use to pump breast milk to feed your baby, catch let-down milk when you're feeding from the opposite breast and to provide relief to engorged or milk-filled breasts.

In the box, as well as your pump, you'll also find a reusable Tommee Tippee Travel & Microwave Steriliser bag that you can use to keep your silicone breast pump sterile, when you take it out and about, and use to sterilize your pump or feeding accessories in the microwave.

There's also a single-use milk storage pouch which is sterile and ready for use.

Your silicone breast pump has two sets of measurements to help you monitor milk flow. Metric millilitre (ml) and UK fluid ounces (Fl Oz) are on the side facing you (marked metric millimetres). US fluid ounces (Fl Oz) are marked on the side facing away from you (marked US).

IMPORTANT WARNINGS!

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

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 that come into contact with milk, following the instructions below. Do this before you use it for the first time and after every use.
- Always store your silicone breast pump in a cool, dry place away from heat and moisture and out of direct sunlight.
- Keep your silicone breast pump well out of reach of your baby and any young children.

How to clean

- Wash your silicone breast pump in clean soapy water. Don't use water that you've used for cleaning other products.
- Rinse thoroughly with clean water.
- Sterilise the silicone pump using either cold water sterilisation, microwave sterilisation, boiling water, or electric steam sterilisation.
- For best results use Tommee Tippee electric or microwave sterilisers or our Travel and Microwave Steriliser Bag enclosed in the pack.
- The included milk storage pouch is a single use pouch and is sterile ready for use.

Guidance when using your silicone 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.
- Remember, you're not trying to suck milk out. It comes from just behind your nipple.
- Using your breast pump shouldn't hurt. If it does, try a gentler pressure. Then 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.

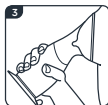
How to attach your silicone breast pump



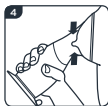
1. Squeeze the bottom part of the pump gently.



2. Gently place the cup onto your breast, with your nipple and areola in the centre.



3. Release your hand. Your nipple should sit and seal around the narrow neck of the pump and be gently drawn into the pump as you release your hand. There is no need to seal the whole pump with your breast or push your breast into the pump.



4. For best results ensure your nipple is centred in the narrow neck of the breast pump. It might take a few goes to find the right position for you.

Using your silicone breast pump as a let-down catcher

When nursing on one breast many mums find that they naturally produce some milk from the other breast. You can use your Made for Me™ Silicone Breast Pump to catch any milk you produce from the opposite breast while nursing.

Attach your silicone breast pump as shown on page 2.



1. If you are already producing milk, then leave the pump in place to collect it.



2. If you need to stimulate let-down, gently squeeze the pump a few times or massage your breast until your milk starts to flow.



3. Nurse your baby on your opposite breast while using the silicone pump to catch your let-down milk.

Using your silicone breast pump as a manual breast pump

You may need to try a few slightly different positions to find where it's most comfortable to place the pump on your breast.

2. Squeeze the pump base and release to gently pump milk from your breast.

Once the bottle expands repeat (2) to pump milk.



3. If you need to stimulate milk flow, gently squeeze the pump a few times or massage your breast until your milk starts to flow. You may find it more comfortable to support the pump as it fills with breast milk.

4. When your milk is no longer freely flowing, remove the pump from your breast. Decant your milk into a clean, sterilised bottle or pouch as shown to feed or store.

When you want to stop expressing

If you want to take a break or stop pumping, you can place your silicone breast pump on a clean dry surface. To keep it upright, the silicone pump has a suction base that will attach to the surface and prevent any accidental spills.

Pull the tab on the base to release the suction to allow you to lift the silicone breast pump up, or tilt it at a 45° angle before lifting.

Don't pull your silicone breast pump vertically from a surface that it's stuck to without releasing the suction as you may spill your milk.



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 feeding
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.

Using the breast milk storage bags

1. Express milk into your breast pump.
2. Wash your hands with soap and rinse before handling bag.
3. To open, tear off and dispose of tab, gently pull seals apart.
4. Open bag and pour the freshly expressed breast milk into the bag. If you are planning to freeze the breast milk, do not exceed 12floz/350ml to allow space at the top of the bag for expansion.
5. Squeeze out as much air as possible before double sealing the bag at the top.
6. Make a note of your name (if storing at work), date and volume expressed.
7. Place bag in fridge or freezer until required.
8. Thaw frozen breast milk by placing the bag in the refrigerator or by standing it in a bowl of lukewarm water until it has reached body temperature.
9. You will notice that stored breast milk separates into layers. Shake to remix thoroughly before feeding.
10. Dispose of bag after use, as it is non-reusable.

Using your silicone breast pump on the go

Your Tommee Tippee Made for Me™ silicone breast pump offers you a discreet and silent way to pump breast milk at home, at work or anywhere that's comfortable for you.

Important things to remember:

- To keep your silicone breast pump sterile on the go, carry it in a Tommee Tippee Travel and Microwave steriliser bag.
- Always store your silicone breast pump in a cool, dry place away from heat and moisture and out of direct sunlight.
- Keep your silicone breast pump well out of reach of your baby and any young children
- Do not allow silicone breast pump to come into contact with oil-based foods (e.g. oil/tomato-based sauces) as staining will occur.

For more information on how to use the travel and microwave steriliser bag see the enclosed instruction leaflet included in this pack.

Let us know what you think

We'd love to hear what you think of the Made for Me™ range. Share your photos, reviews and tell us about your experiences on our social channels.

★ **tommee tippee**
helping you *Parent On*™

tommeetippee.com

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