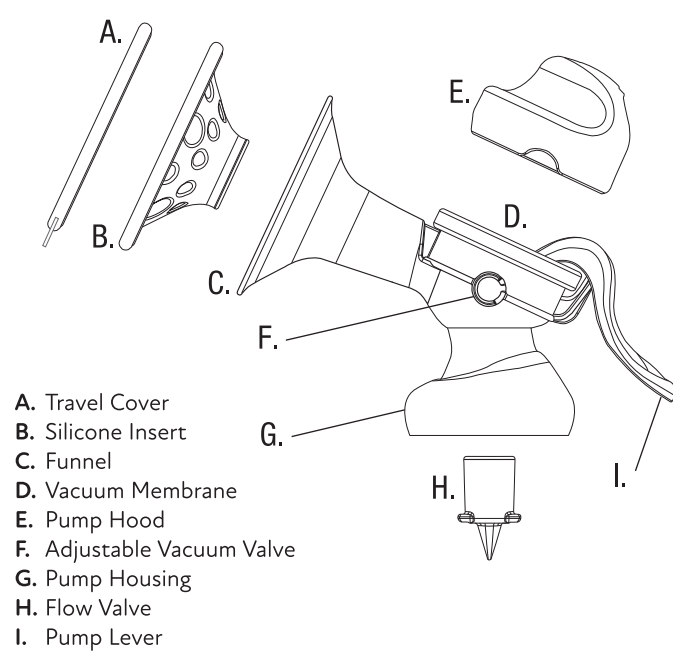


## Getting to know the parts of your

# Nuby™ Breast Pump



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## Orthodontic Dummy

### For your child's safety and health WARNING!

Inspect carefully before each use. Pull the soother in all directions. Throw away at the first signs of damage or weakness. Only use dedicated soother holders tested to EN 12586. Never attach other ribbons or cords to a soother, your child may be strangled by them. Do not leave a dummy in direct sunlight or near a source of heat, or leave in disinfectant ("sterilising solution") for longer than recommended, as this may weaken the teat. If the dummy has a removable teat protector, keep it away from children to avoid suffocation.

### CLEANING AND STERILISATION

Before first use place the dummy in boiling water for 5 minutes, allow to cool, and squeeze out any trapped water from the dummy. This is to ensure hygiene. Clean before each use. Wash in warm soapy water and rinse in clean water or use a dishwasher (top rack only). Remove any water that may have entered the teat by squeezing the teat. Do not clean with solvents or harsh chemicals. Suitable for all forms of sterilisation.

### STORAGE & USE

Do not store in direct sunlight or near a source of heat. Do not store with or allow to come into contact with solvents or harsh chemicals. Never dip teat in sweet substances or medication, your child may get tooth decay. **REPLACE DUMMY AFTER ONE MONTH, FOR SAFETY AND HYGIENE REASONS.** In the event that the dummy becomes lodged in the mouth, **DO NOT PANIC**; it cannot be swallowed and is designed to cope with such an event. Remove from the mouth with care, as gently as possible. Complies with EN 1400.

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## 4. HELPFUL HINTS FOR SUCCESS

- Using your Nuby™ breast pump may take practice - it may take several attempts before success.
- Have your baby or a photograph of your baby nearby to help encourage "let-down".
- Place a warm cloth on the breasts for a few minutes before you start pumping. This can assist milk flow and alleviate painful breasts.
- Practice. Find the technique that works best for you. Don't be discouraged if your milk doesn't flow immediately. Relax and continue. Start with only a few minutes at a time from each breast. If the process becomes painful, STOP and seek the advice from a health professional.

## 5. HOW TO USE YOUR NUBY™ BREAST PUMP

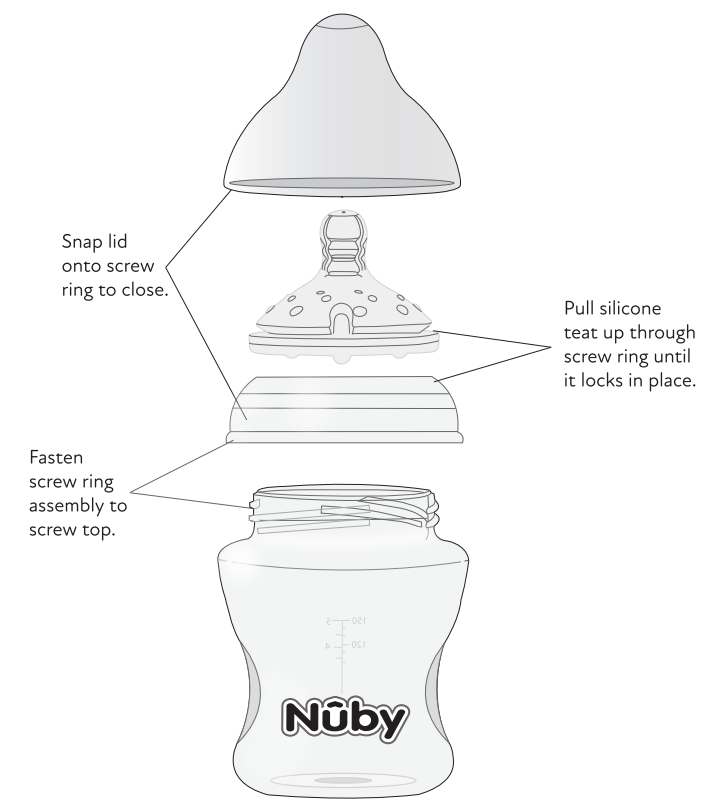
- Wash hands thoroughly.
- Make sure you have sterilised and carefully assembled your pump as indicated.
- Again, look over the (HELPFUL HINTS FOR SUCCESS) section.
- Make yourself comfortable in a chair or sofa. Have a glass of water or other drink nearby. Lean slightly forward to apply pump to your breast.
- Press the funnel and silicone insert of the pump firmly against your breast making sure that the air can escape to ensure suction.
- Push down on the Pump Lever and you will begin to feel suction. A full stroke of the lever is not needed to create a vacuum - only as much as is comfortable. (The Adjustable Vacuum Valve will allow you to increase or decrease the suction. You can customise the setting according to your personal comfort).
- Milk will begin to flow after the first few pumps. Hold the vacuum for 2-3 seconds and ALWAYS ALLOW THE PUMP LEVER TO RETURN TO ITS RESTING POSITION AFTER EACH STROKE. This will keep milk from building up in the body of the pump. MAXIMUM SUCTION IS LESS IMPORTANT THAN YOUR PERSONAL COMFORT. YOUR NUBY™ BREAST PUMP WILL GENERATE ENOUGH SUCTION WITHOUT MAKING A COMPLETE STROKE.

UNLESS YOU FEEL THE NEED FOR ADDITIONAL STIMULATION, IT IS NOT NECESSARY TO CONTINUE PUMPING THE LEVER. THE SUCTION, NOT THE PUMPING ACTION, WILL DRAW THE MILK. THE 2 TO 3 SECOND CYCLE DESCRIBED ABOVE IMITATES YOUR BABY'S NATURAL SUCK/RELEASE RHYTHM.

- While some women may prefer to use the pump without the silicone insert, studies have shown that the massaging effect of the Nuby™ Silicone Insert stimulates the areola and begins the "let-down" process more quickly.
- On average, it will take 10 minutes to express 60-120ml or 2-4oz of breast milk, however, this is just an estimate and will vary from woman to woman.

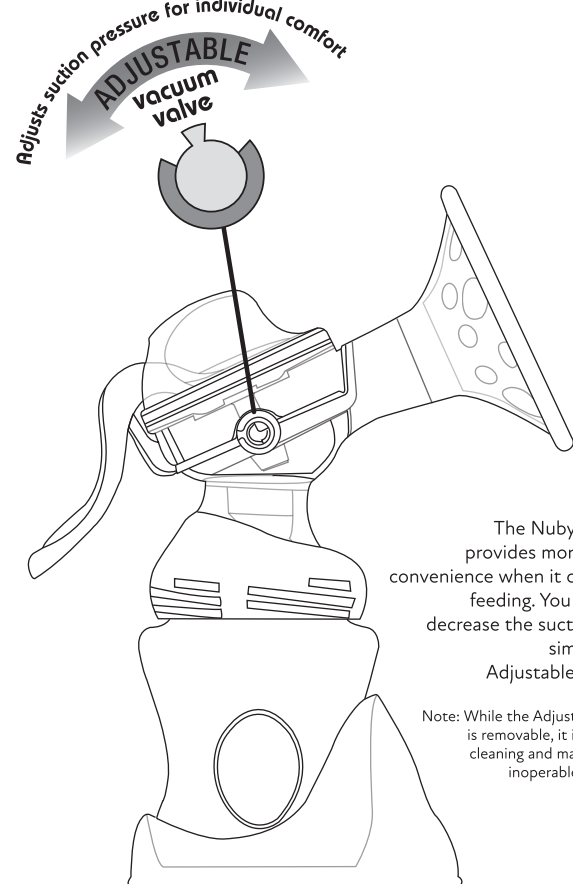
7

## Assembly and Disassembly of the feeding bottle:



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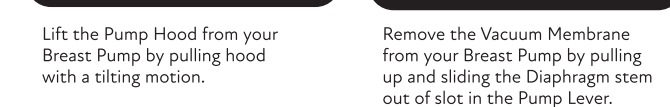
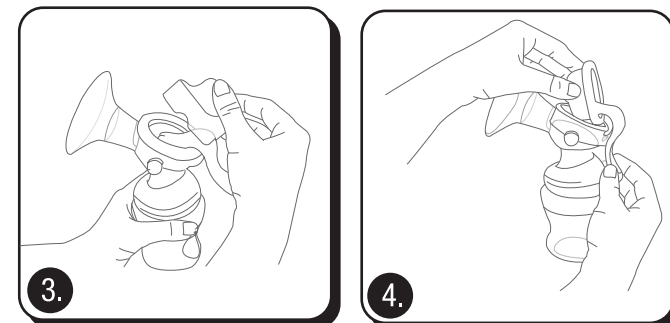
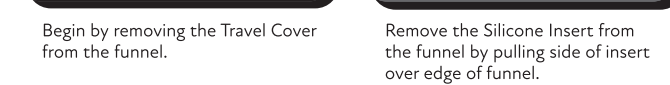
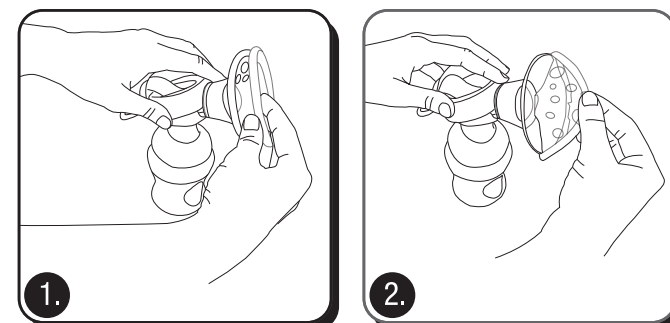
## Customise your Breast Pump with the Adjustable Vacuum Valve.



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## Instructions for Disassembly:

Before beginning it is suggested that you start by laying a clean towel onto a flat workspace. This is to place your disassembled parts on and to keep them from getting lost.



Disassembly continued next page.

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## Combat Colic Bottle with Slow Flow Teat

### For your child's safety and health WARNING!

- Continuous and prolonged sucking of fluids will cause tooth decay.
  - Always check food temperatures before feeding.
  - Throw away at first signs of damage or weakness.
  - Keep components not in use out of reach of children.
  - Never attach to cords, ribbons, laces or loose parts of clothing. The child can be strangled.
  - Never use feeding teats as a soother.
  - Always use this product with adult supervision.
  - When making up a feed, follow the formula milk manufacturer's instructions and allow the freshly boiled water to cool before pouring it into the bottle.
- Accidents have occurred when babies have been left alone with drinking equipment due to the baby falling or the product has become disassembled. Never use feeding teats as a soother. Tooth decay in young children can occur even when non-sweetened fluids are used. This can occur if the baby is allowed to use the bottle for long periods through the day and night, when saliva flow is reduced or if it is used as a soother.

### CLEANING AND STERILISATION

Before first use, disassemble and clean the product and then place the components in boiling water for 5 mins. This is to ensure hygiene. Before each subsequent use clean carefully to ensure hygiene. Always wash the product immediately after use. Wash in warm soapy water and rinse in clean water or use a dishwasher (top shelf only). Do not turn the teat inside out for cleaning. Damage could result. Use a teat brush. Suitable for all forms of sterilisation.

### STORAGE & USE

INSPECT BEFORE EACH USE AND PULL THE TEAT IN ALL DIRECTIONS. Do not store in direct sunlight or near a source of heat. Do not store with or allow to come into contact with solvents or harsh chemicals. Not suitable for use in a conventional oven or a combination microwave oven with the grill feature switched on. Do not leave a feeding teat in direct sunlight or heat, or leave in disinfectant ("sterilising solution") for longer than recommended, as this may weaken the teat. **FOR SAFETY AND HYGIENE REASONS IT IS RECOMMENDED THAT THE FEEDING TEAT IS REPLACED AT LEAST EVERY 2 MONTHS.** Do not heat in a microwave with the bottle sealed. Remove the teat, locking ring and dome cap. Take extra care when microwave heating: localised oven heating may occur. Always mix the heated food and check the temperature before feeding. Microwave safe.

### ASSEMBLY INSTRUCTIONS:

- Wash hands in warm soapy water and rinse in clean water.
- Push the teat through the screw ring collar.
- Screw the bottle base to the teat collar.

Complies with EN 14350

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## 1. CLEANING & STERILISING YOUR NUBY™ BREAST PUMP

Before first use, clean the product. Clean before each use. Always wash the product immediately after use. Wash in warm soapy water and rinse in clean water or use a dishwasher. Do not clean with solvents or harsh chemicals. Before first use place in boiling water for 5 minutes. This is to ensure hygiene. Do not turn the teat inside out for cleaning. Damage could result. Use a teat brush. Suitable for all forms of sterilisation.

## 2. RE-ASSEMBLING YOUR PUMP BEFORE USE

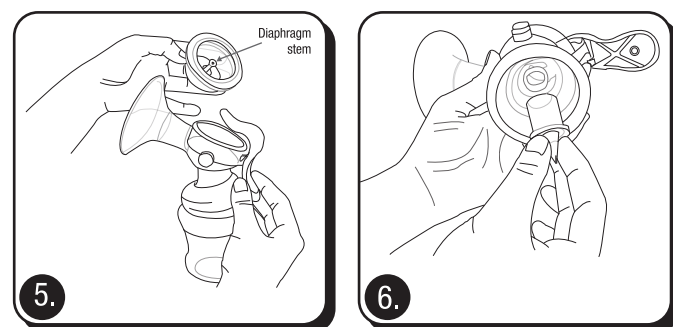
- Wash hands thoroughly. Replace the Flow Valve onto the cylinder located in the (throat) portion of the pump. Make sure this fits securely and high on the cylinder.
- Screw the 5oz/150ml feeding bottle onto the bottom of your Nuby™ Breast Pump.
- Insert the Vacuum Membrane at the top of pump and slide Diaphragm stem into the slot at the front of Pump Lever. Push down and run finger around outside edge to secure the seal.
- Replace Pump Hood over Vacuum Membrane and push down.
- Fit the Silicone Insert inside the Comfort™ funnel and pull edges over the lip of funnel.

Your Nuby™ Comfort™ Breast Pump is now ready to use or, if you need to travel, just snap the Travel Cover on the front of the Pump Funnel and it will remain Clean and Sterile until ready for use.

## 3. WHEN TO USE YOUR NUBY™ BREAST PUMP

- Six weeks after birth, your milk supply and feeding schedule should be well established. This would be a perfect time to begin getting familiar with the operation of your new breast pump.
- You can begin sooner or exceptions apply if:
  - After delivery, you need to express milk for your baby while in the hospital.
  - Your breasts are engorged (painful and swollen), expressing some milk before or between baby's feeding times can ease discomfort and help with infant latch on.
  - You are separated from your baby and wish to continue to breast feed when you are reunited, expressing your milk regularly will stimulate your milk supply.
- Find the time of day that's best for you to express milk, for instance:
  - Early in the when your breasts are full or just before or after your baby's first feed, or
  - After a feed, if your baby has not emptied both breasts, or
  - Between feeds, or during a break, if you have returned to work, or
  - Whilst feeding baby from opposite side.

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\* Note: While the Adjustable Vacuum Valve is removable, its loss would render the pump inoperable.

### STORING BREASTMILK\*

You can store breast milk in a sterilised container.

- In the fridge for up to 5 days at 4°C or lower.
- For 2 weeks in the ice compartment of a fridge.
- For up to 6 months in the freezer.

Breast milk that's been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours. Breastmilk must always be stored in a sterilised container. Always sterilise the breast pump before and after use.

Storing breast milk in small quantities will help to avoid waste. If you're freezing it, make sure you label and date it first.

### Defrosting frozen breastmilk

If you have frozen your breastmilk, defrost it in the fridge before giving it to your baby. Once it is defrosted, use it straightaway. Don't refreeze milk once it has thawed.

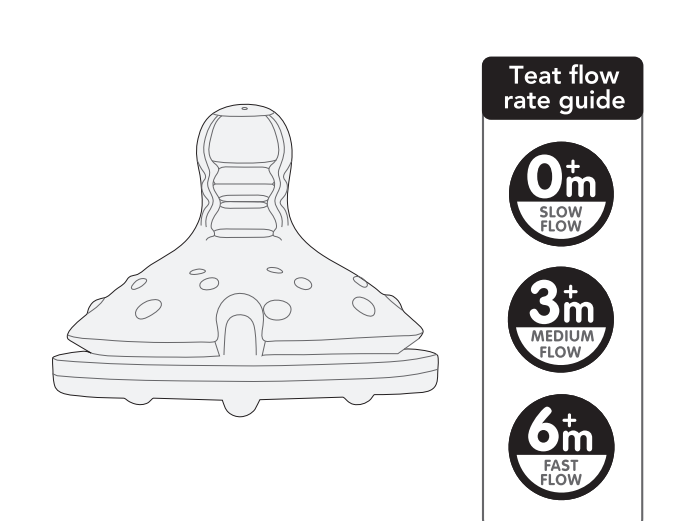
### Warning breastmilk

You can feed expressed milk straight from the fridge if your baby is happy to drink it cold. Or you can warm the milk to body temperature by placing the bottle in lukewarm water or use Nuby's Electric Bottle Warmer.

Once your baby has drunk from a bottle of breast milk it should be used within the hour and anything left over thrown away. Don't use a microwave to heat up or defrost breastmilk as it can cause hot spots in the milk which can burn your baby's mouth.

\*Correct as per NHS guidelines April 2017

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Nuby™ offers a wide range of various size bottles and teats with different flow rates to fit your baby's needs. The Nuby™ teat massages infant's gums, aiding the teething process. With your baby's comfort in mind, an anti-colic feature was designed into the teat, helping to prevent ingestion of air by baby, which may cause colic. **WARNING: DO NOT let a child take a bottle to bed or self-feed for long periods. ALLOWING YOUR CHILD TO USE THIS PRODUCT FOR PROLONGED PERIODS SEPARATE FROM REGULAR MEALTIMES OR TO GO TO SLEEP WHILE DRINKING LIQUIDS, OTHER THAN WATER, FROM THIS BABY BOTTLE MAY CAUSE OR CONTRIBUTE TO EARLY CHILDHOOD TOOTH DECAY.** Always use this product with adult supervision. Never use feeding teats as a soother. Always test temperature of liquid before feeding to baby. Please retain these instructions for future reference.

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# Nuby™

## Manual Breast Pump

**NUBY UK**

Form CWK\_UK  
99153

**EC REP**

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www.nuby.com  
Made in China

**Warning:** Use only as directed. Breast pump not intended for use by children.

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**Instructions for use**