

Tomme
e Tippee®
closer to nature®
bottles and teats

CLEANING & STERILISING

Suitable for all forms of sterilisation. Clean before first use by placing in boiling water for 5 minutes. This ensures hygiene. Always wash both bottle and teat immediately after use. Do not turn the teat inside out for cleaning. Damage could result. Use a teat brush.



TAKE EXTRA CARE WHEN CLEANING THE SENSITIVE ANTI-COLIC TEAT VALVE.



DO NOT USE A TEAT BRUSH OR ANY OTHER IMPLEMENT TO CLEAN THE ANTI-COLIC VALVE AS THIS MAY SPLIT & DAMAGE IT.

In order to ensure optimum venting the teat valve is manufactured using a thinner silicone than the teat itself and therefore care needs to be taken during cleaning to ensure no damage is caused.

However, performance of the teat may be affected if the anti-colic valve is not cleaned thoroughly after each use. Ensure valve is flushed with warm water during cleaning. DO NOT clean or allow to come into contact with solvents or harsh chemicals. Damage could result.

USAGE WITH STERILISERS

The Tommee Tippee Closer to Nature teat and screw ring have been designed to be placed into the steriliser fully assembled, in order to avoid assembly problems after sterilisation.



After each use disassemble all parts of the bottle.



Wash thoroughly with hot soapy water.



Rinse all components using fresh water.



After rinsing re-assemble the teat and screw ring.



Place all components including the assembled teat and screw ring in the steriliser. After sterilisation, the teat can then be picked up using the screw ring and used as normal.

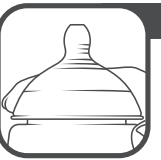
ASSEMBLY OF YOUR TEAT & SCREW RING

Due to the larger size of Tommee Tippee Closer to Nature teat and screw ring, care needs to be taken during assembly to ensure that the teat is in the correct position (a).

The area where the teat and screw ring meet should be flush (b).



The best method to assemble the teat and screw ring is to carefully pull the teat through the ring in different directions to ensure the silicone lip fully 'clips' over the edge of the screw ring.



Though you may find assembly tricky at first, you will quickly develop a technique and find it as easy as a conventional teat and screw ring.

FOR YOUR CHILD'S SAFETY & HEALTH

WARNING!

- Do not heat a sealed bottle in a microwave. Remove cap, teat, collar and any other attachment before heating in microwave.
- Always use this product with adult supervision. Keep all components not in use out of the reach of children.
- Accidents have occurred when babies have been left alone with drinking equipment due to the baby falling or if the product has disassembled.
- Never use feeding teats as a comforter. Continuous and prolonged sucking of fluids will cause tooth decay.
- 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 particularly through the night, when saliva flow is reduced.
- Heating food in a microwave oven may produce localised high temperatures. Always check food temperature before feeding.
- Inspect before each use and pull the feeding teat in all directions. Throw away at the first signs of damage or weakness.
- 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.

Note:

- Breastfeeding is the natural method of feeding babies and breast milk is the natural food for babies.

WHO CAN I TURN TO FOR HELP? All problems are easier when they're shared. The minute you feel something is wrong, or if you're not sure what you're doing, ask your midwife, community health nurse or doctor. Below are just some organizations you can contact for help and advice:	
AUSTRALIAN CONTACTS: Australian Breast Feeding Association www.breastfeeding.asn.au	NEW ZEALAND CONTACTS Health Line – 0800 611 116 www.moh.govt.nz
Child & Family Health Centres consult Whitepages.com.au	La Leche League www.lalecheleague.org.nz
Mothersafe, Medications in Pregnancy 02 9382 6539	NZ Plunket Line – 0800 933 922 www.plunket.org.nz

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For further information on Tommee Tippee® products
www.tommeetippee.com.au
www.tommeetippee.co.nz
Information Line: Australia 1800 890 011 New Zealand 0800 877 876

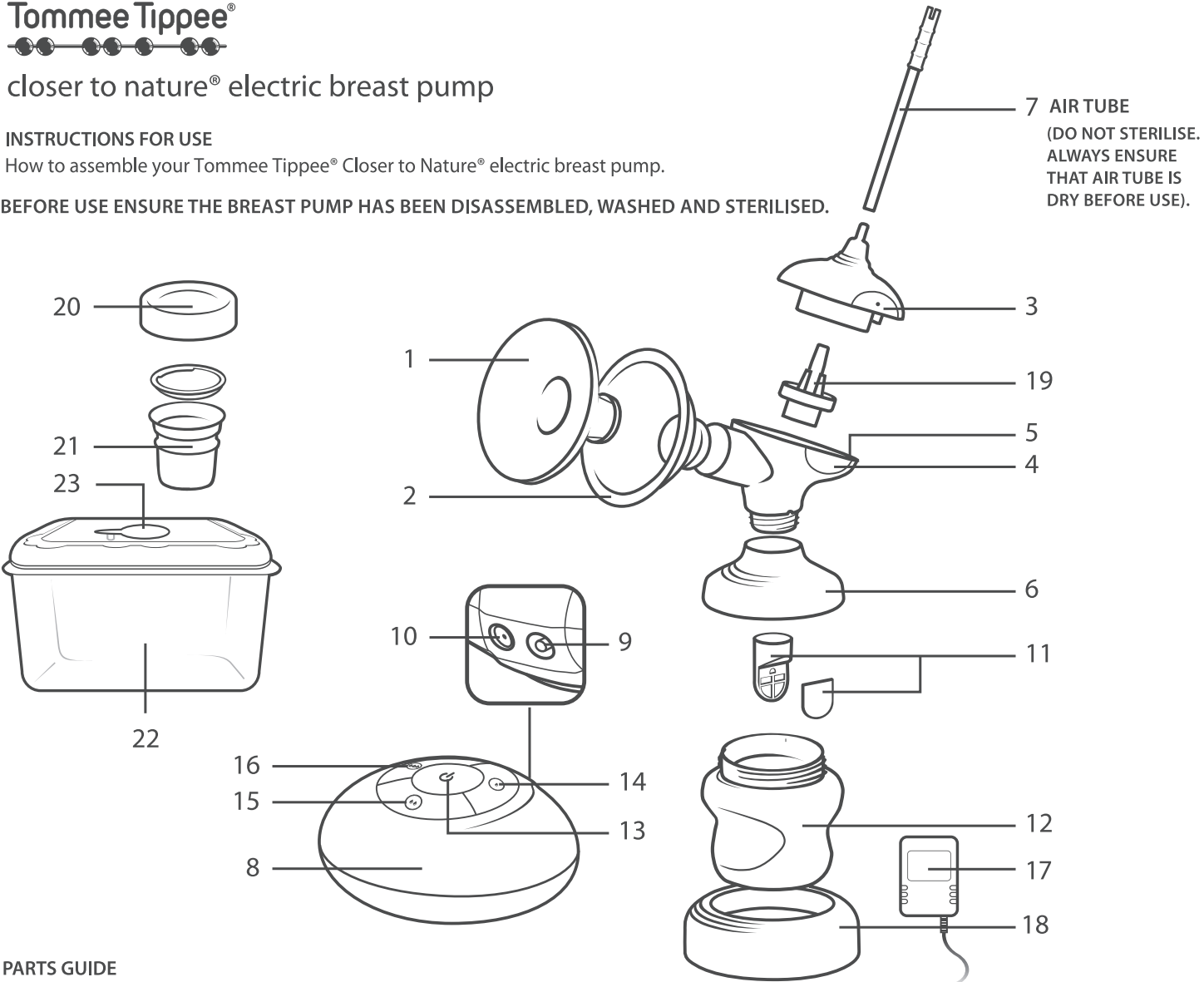
Tomme
e Tippee®

closer to nature®
electric breast pump

INSTRUCTIONS FOR USE

How to assemble your Tommee Tippee® Closer to Nature® electric breast pump.

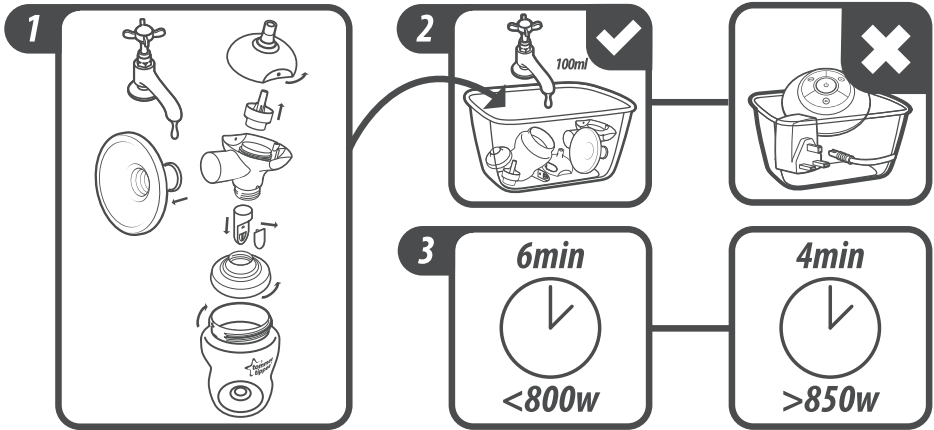
BEFORE USE ENSURE THE BREAST PUMP HAS BEEN DISASSEMBLED, WASHED AND STERILISED.



PARTS GUIDE

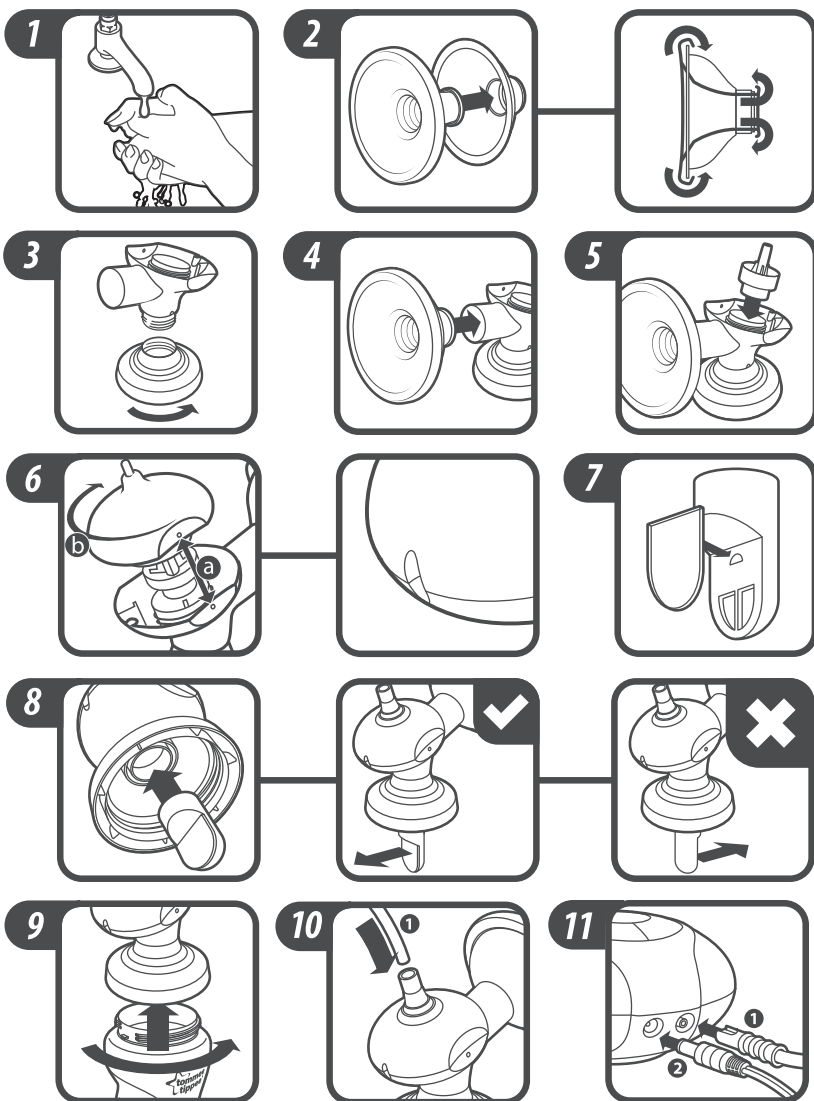
- 1. Silicone insert
- 2. Cup
- 3. Upper Pump Body
- 4. Lower Pump Body (including Pump Body Insert)
- 5. Air tube holder
- 6. Bottle Neck Adaptor
- 7. Air tube with connector – **DO NOT STERILISE**
- 8. Motor unit
- 9. Air tube socket
- 10. Mains adaptor socket
- 11. Valve (with membrane)
- 12. 150ml bottle
- 13. On/off button
- 14. Slow Expression Button/Light indicator
- 15. Medium Expression Button/Light indicator
- 16. Fast Expression Button/Light indicator
- 17. Mains Adaptor
- 18. Bottle Stand & Cup Hygiene Cover
- 19. Pump Body Insert
- 20. Milk Storage Lid
- 21. Milk Storage containers
- 22. Steri-Box
- 23. Venting Valve

Sterilising the breast pump in the Steri-Box



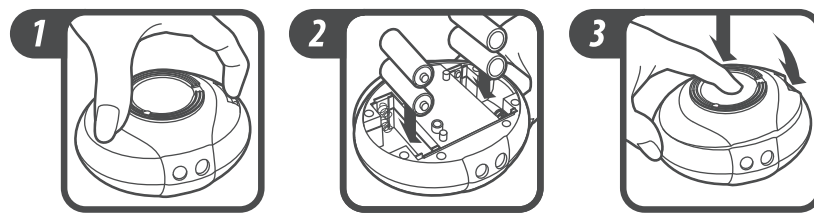
- Disassemble all parts, wash, rinse or wash in top rack of dishwasher and then place them in the steri-box.
- Place 100ml of water into steri-box DO NOT STERILISE THE AIR TUBE OR MOTOR.
- Securely fit steri-box lid.
- Open venting valve by lifting tab on side of disc and rotate to the side exposing the small hole opening.
- Place steri-box into the microwave.
- Check the microwave wattage and then sterilise for the required time.
- CAUTION:** To avoid risk of burning, always ensure that the box is cool to touch before lifting it out.
- Once sterilisation is complete, immediately fit the venting valve to make the box airtight and sterile.

Assembling the breast pump



1. Wash hands.
2. Place silicone insert inside cup and secure firmly, the folded grooves of the silicone insert must be firmly fixed over the wide and narrow ends of the cup.
3. Screw bottle neck adaptor onto lower pump body.
4. Connect cup to lower pump body.
5. Place pump body insert into lower pump body.
6. (a) Line up dots on upper & lower pump bodies, (b) half turn or twist clockwise to secure. This will align air tube holder at back of pump body.
7. Fit membrane to valve.
8. Insert valve to bottom of lower pump body with membrane facing back of pump.
9. Screw bottle onto bottle neck adaptor.
10. Attach air tubing to upper pump body.
11. Connect air tube with connector into motor as well as mains adaptor.

Battery operation



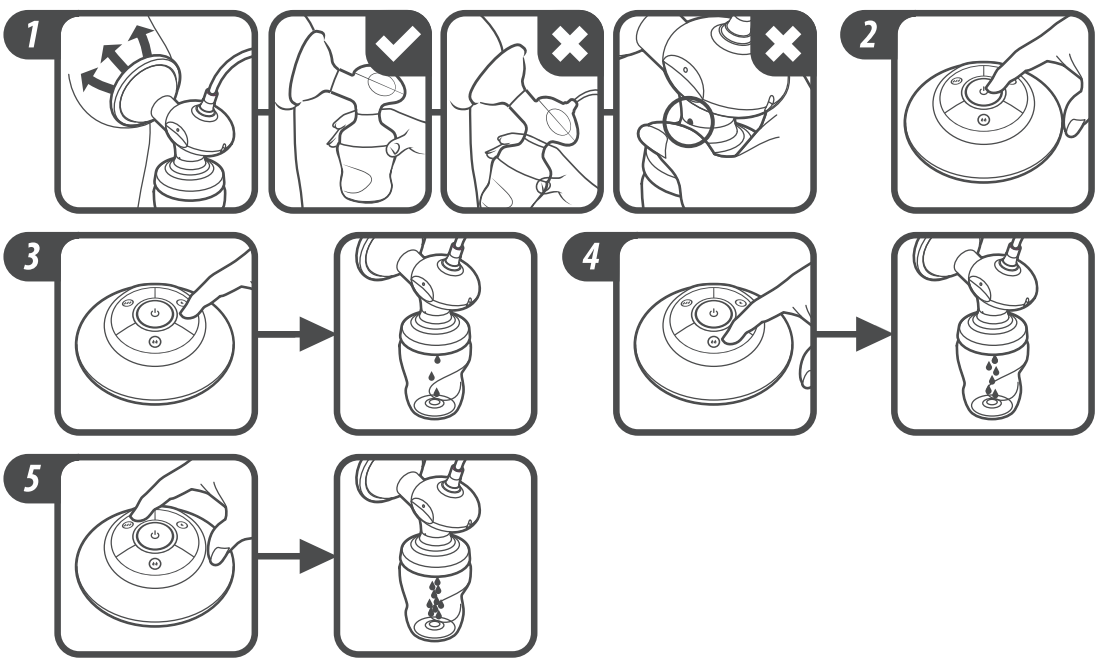
TO INSTALL BATTERIES, DISCONNECT THE AIR TUBE AND MAINS ADAPTOR

1. Push the clip of the battery compartment towards the centre of the motor whilst pulling upwards, remove the cover.
2. Insert batteries as indicated inside the compartment – requires 4 AA batteries (sold separately). DO NOT USE RECHARGEABLE BATTERIES AS THEY MAY CAUSE THE MOTOR TO MALFUNCTION.
3. Push the cover back into place until it snaps shut.

When expressing:

- Be in a comfortable position, relax with a drink handy.
- You can stimulate your milk flow by gently stroking your breast tissue, massaging towards your nipple.
- Become aware of your milk flow – when the volume slows or stops switch breasts – express both breast twice.
- Have baby or a picture of baby close to you – this can help with letdown.
- Express anytime you are relaxed and comfortable.

How to use the breast pump



USING YOUR PUMP

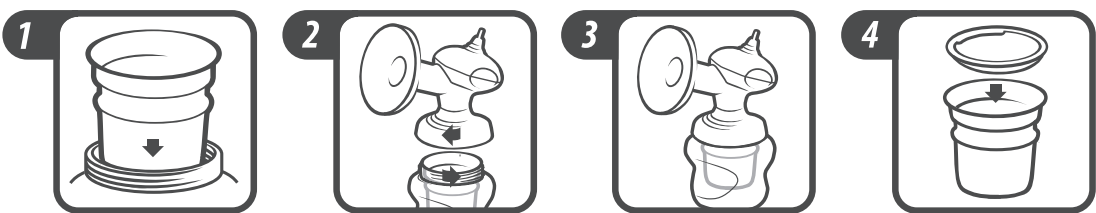
Hold the pump in whichever hand is most comfortable.

1. Place the silicone insert of the cup over your breast so that it creates a seal all the way around – if air can get in there will be little or no suction.
2. Press the on/off button– this is a gentle suction with a quick rhythm to promote milk let-down.
3. After approximately a minute or so press * - the suction is slightly stronger, the rhythm is the same to encourage milk flow.
4. Once milk is flowing press ** - the suction is stronger again and the rhythm is now slower and more drawn out – like a baby feeding.
5. If you require a stronger suction and the rhythm to be a little faster then press ***.

When you press any button it should light up to show you which setting you are using.

STOP EXPRESSING IF YOU ARE EXPERIENCING PAIN OR DISCOMFORT FROM ANY SETTING

Using the milk storage pots



ENSURE POT IS CLEAN AND STERILISED

1. Place pot inside of bottle.
2. Screw bottle onto bottle neck adaptor.
3. Continue to follow assembly of breast pump instructions.
4. Once you have expressed 60 mls stop pumping and place lid on storage pot.

Store pot in fridge or freezer refer to storing and using milk guide as shown below.

STORING YOUR MILK

Breast milk status	Room Temperature. <26°C	Refrigerator <4°C	Freezer
Freshly expressed	6 – 8 hours Store in fridge whenever possible	3 – 5 days Store in back where it is coldest	2 weeks in single door fridge 3 months in freezer with separate door 6 – 12 months in deep freeze -18°C
Previously frozen breast milk – thawed in fridge	4 hours – usually the next feed	24 hours	Do not refreeze
Thawed in warm water	End of feeding	4 hours – until next feeding	Do not refreeze
Baby has begun feeding	Only until end of feed	Discard	Discard

SOURCE: NHMRC Guidelines 2003