



closer_{to} nature[®]

manual breast pump

instructions

Any questions? Visit our website www.closertonaturebaby.com.au or call us FREE on

AUSTRALIA: 1800 096 938

NEW ZEALAND: 0800 726 436

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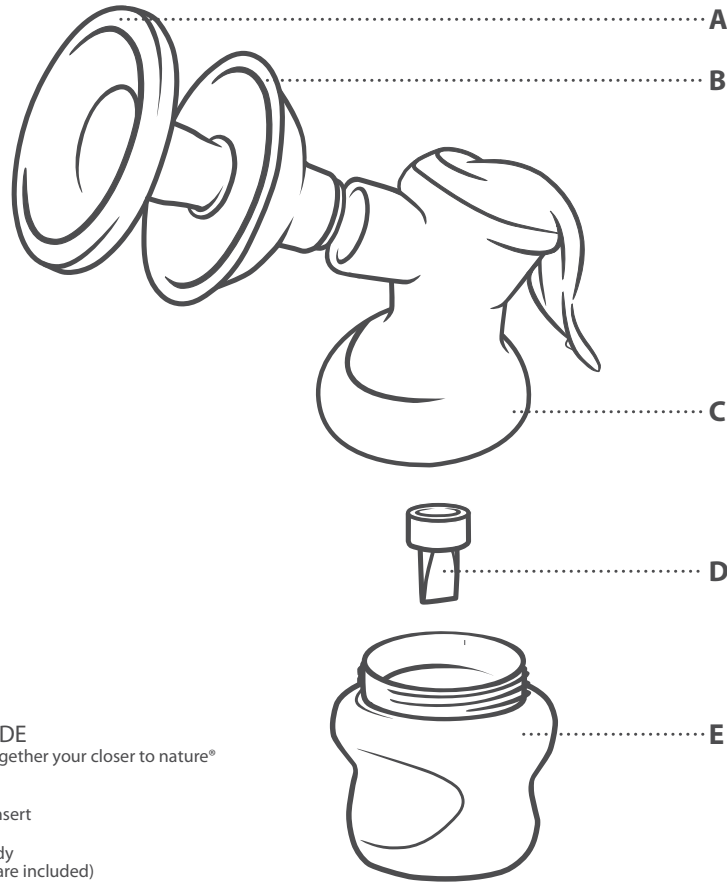
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NEW ZEALAND

Leaflet No. 0223304

www.closertonaturebaby.com

closer to nature® manual breast pump



PARTS GUIDE

How to put together your closer to nature® breast pump

- A. Silicone insert
- B. Horn
- C. Pump body
- D. Valve (spare included)
- E. Bottle

BEFORE USE ENSURE THE BREAST PUMP HAS BEEN DISASSEMBLED, WASHED AND STERILISED.
WARNING! Keep this Breast Pump away from children. Your child may choke on small parts.

DISASSEMBLING THE MANUAL BREAST PUMP

1. Unscrew bottle from the pump body.
2. Pull horn from pump body.
3. Pull off valve.

IT IS NOT ESSENTIAL TO TAKE THE SILICONE INSERT OUT OF THE HORN FOR CLEANING UNLESS MILK OR DIRT HAS BECOME TRAPPED INSIDE. IF SO, UNCLIP LIP FROM CUP AND PULL APART.

CLEANING AND STERILISING

- Wash in warm soapy water and rinse in clean water or use a dishwasher (Top shelf only). Do not clean with solvents or harsh chemicals.
- Do not allow product to come into contact with oil based foods (e.g. oil/tomato based sauces) as staining will occur.
- Suitable for all forms of sterilisation. Follow the steriliser manufacturer's instructions. If using the Steriliser Box follow instructions in section "Using the Steriliser Box".

ASSEMBLING THE MANUAL BREAST PUMP

1. Ensure all parts of breast pump have been washed and sterilised.
2. Wash your hands thoroughly before handling the pump.
3. Push horn onto pump body.
4. Push valve into place at the bottom of the pump body.
5. Attach bottle to pump body.

It is possible for the valve to seal closed during storage and cleaning. Before each use remember to clean & squeeze the valve to open.

USING THE MANUAL BREAST PUMP

1. Wash your hands before touching the breast pump or your breasts and avoid touching inside the breast pump or the storage pot.
2. Find a comfortable chair where you can relax.
3. Hold the pump in whichever hand is most comfortable. Press the cup firmly against your breast so that it creates a seal all the way round. **IF AIR CAN GET IN THERE WILL BE NO SUCTION.**
4. Gently squeeze the handle and you will feel the suction. Release the handle and allow it to return to its resting position. Releasing the handle opens the valve so that the milk can flow into the bottle. Try to imitate the rhythm of your baby as he sucks. You won't need to squeeze hard – just as much as is comfortable. When you first start expressing milk, use the pump for only 3-5 minutes on each breast. Over time you will be able to build up to 10-15 minutes on each breast.
5. You can help stimulate your milk flow by gently stroking your breast.
6. Your milk will start to be released in drops and will gradually build up to a stream. First you will release your "fore" milk, a thin yellowish liquid. This will be followed by your "hind" milk which resembles skimmed milk. Don't worry that it looks thin and watery – both fore and hind milk are ideal for your baby and rich in nutrients.
7. The amount of milk you express and the time it takes will vary – don't worry, this is normal. Usually you will express 30-75mls (1-3oz) at a time, and it may take up to 30 minutes to drain full breasts. The first few times you express, the quantity may be less than this.
8. After use, take the pump apart and wash it to remove milk deposits. You do not need to sterilise your pump until you are ready to use it again.
9. Cover and store the expressed milk for later use.

FOR HYGIENE REASONS THIS PRODUCT CANNOT BE RETURNED ONCE OPENED UNLESS FAULTY.

HELPFUL ADVICE

- The best time to use your breast pump is after the first feed of the day (unless otherwise advised by your breastfeeding advisor)
- Be comfortable and relax, e.g. watch the TV or have your favourite music playing.
- Remember you are only trying to express milk from just behind the nipple – strong suction is not necessary.
- If water gets inside the pump body during sterilisation, simply lift the handle slightly and pour out the water.
- There should be no pain using your breast pump. If you feel pain, try using the pump more gently. Then examine your breasts. If there are any red or hot areas contact your breastfeeding advisor as soon as possible.
- Do not continue to use the pump once your milk has stopped flowing.
- Wash all breastfeeding equipment after use and before sterilisation.

THE CLOSER TO NATURE® MANUAL BREAST PUMP CAN ONLY BE USED WITH CLOSER TO NATURE® BOTTLES.

A SEPARATE INSTRUCTION SHEET ON HOW TO CLEAN AND STERILISE THE CLOSER TO NATURE® BOTTLE IS ENCLOSED. PLEASE READ AND RETAIN THIS IMPORTANT INFORMATION FOR FUTURE REFERENCE.

USING THE STERILISER BOX

The Sterilising box has been specifically designed to microwave steam sterilise all of your breastfeeding equipment quickly and efficiently. To use:

1. Pour 100ml of water into sterilising box
2. Load upturned bottle, disassembled breast pump and any accessories.
3. Securely fit box lid
4. Open valve, on lid of box
5. Place steriliser box in microwave
6. Follow instructions according to microwave output
7. **CAUTION:** To avoid risk of burning, always ensure box is cool to touch before lifting out.
8. Immediately fit valve on lid to make box airtight and sterile.

Wattage	Full Power	Cooling Time
Under 800 W	6 Minutes	3 Minutes
Over 850 W	4 Minutes	3 Minutes

STORAGE OF 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 milk in a microwave • Never refreeze breast milk • Once defrosted, the milk should be kept in the fridge and used within 12 hours • Do not boil breast milk • Throw away any leftover milk after a 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	

- a. You will notice that stored milk separates out into layers. Shake to remix thoroughly before feeding.
- b. When freezing milk, allow space at the top of the bottle for expansion. It is easiest to freeze milk in individual feed quantities of 60-125ml (2-4oz).
- c. Thaw frozen milk in the fridge or by standing the bottle in luke warm water until it has reached body temperature.
- d. If you want to take expressed milk with you when you are out, make sure it stays cold or frozen until needed.