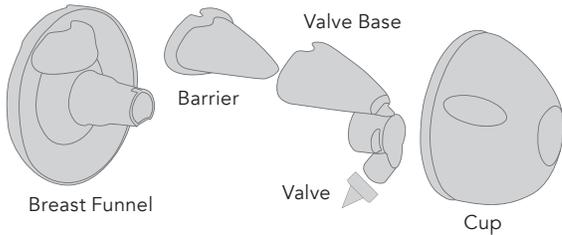


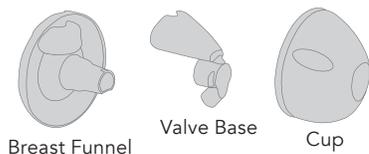
Collection Cup Assembly Layout



See reverse side or User Manual for pump **Connection Diagrams**

1. Preparing for first use

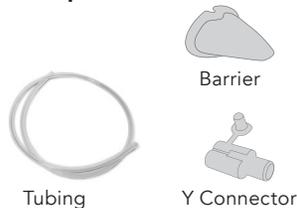
Must boil these parts for 10 minutes before first use only for secure fit between parts.



Clean parts with hot soapy water and rinse thoroughly after each use. Leave parts disassembled between use.

Ensure all parts are dry prior to use. Do not steam sterilize or use abrasives on any Freemie components. Steam may damage parts and cause these parts to not fit securely.

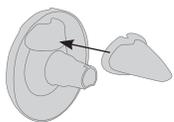
Do not boil or steam these parts:



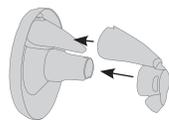
Hand wash valve in hot, soapy water. Rinse thoroughly.

2. Assemble Freemie® Collection Cups

Incorrect assembly of the milk backflow barrier will cause low or no suction.



Step 1: Place Barrier onto funnel mounting ridge and against cone surface.



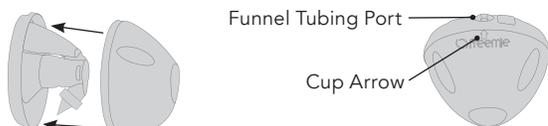
Step 2: Align Valve Base with Barrier and Funnel and push together.



Step 3: Press Breast Funnel and Valve Base firmly together.



Step 4: Press Valve onto valve base.



Step 5: Align cup arrow with funnel tubing port, seat cup rim into the outer ring of the funnel, and snap together to secure the assembly.

Ensure all connections are secure and tight to prevent loss of suction. Replace valves approximately every 3 months

3. Before using Freemie® Collection Cups



Practice pouring water from Freemie Collection Cups into a storage bottle or bag before trying with pumped milk to help ensure successful transfers.

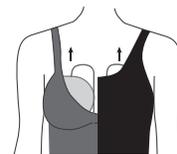
Bra fit is critical for proper use.

Before choosing a bra, pump with the Freemie Collection Cups using your hands to hold the Cups in place.

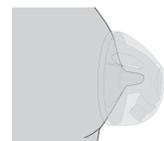
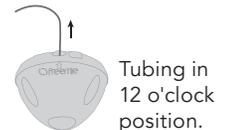
To achieve the same pressure and sensation with the Freemie Collection Cups in your bra, it may be necessary to adjust your bra or try different bras to find the best fit for you. A sports bra or stretchy nursing bra works well for some women.

Freemie Collection Cups can be used discreetly with proper wardrobe planning. Loose clothing with easy access and scarves will be most discreet. Before first use in public, put water in the Collection Cups and practice placement and removal of the Collection Cups in your bra. This exercise will help in determining wardrobe requirements.

4. Freemie® position and placement



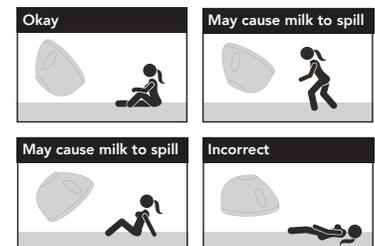
Place Freemie Collection Cups inside your bra with tubing facing upright in the 12 o'clock position.



Freemie Breast Funnel should be centered over the nipple.

Pump with Freemie Collection Cups in an upright position, such as sitting or standing

You may pump in any of these positions. The position of the cups relative to the horizon is important, as your milk needs to flow downhill in the funnel.



Note: Depending on the shape and orientation of your breasts, you may be able to comfortably pump in a wide variety of positions.

5. Transfer milk from Freemie® Collection Cups

- Turn off pump, remove tubing from Freemie Collection Cups.
- Carefully remove Freemie Collection Cups from your bra.

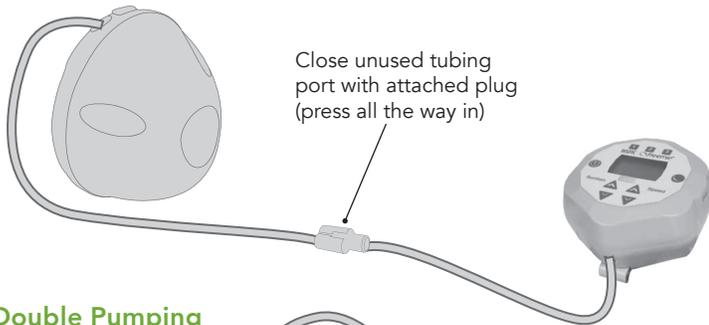
Handle cups with care. Milk pours out from pour spout. Placement at any other position may cause milk to flow into the tubing or leak out of cups. Transfer milk to storage container or a NUK Simply Natural bottle after pumping. Pour quickly with breast funnel up. Handwash all components that come into contact with breast milk in hot soapy water, then rinse thoroughly.

Leave parts disassembled until ready for next use.

Connecting your NUK Simply Natural Freemie Pump

Single Pumping

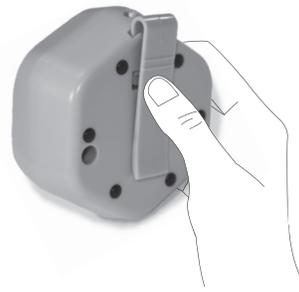
Note: For all tubing connections, press in firmly until you get a secure connection



Double Pumping

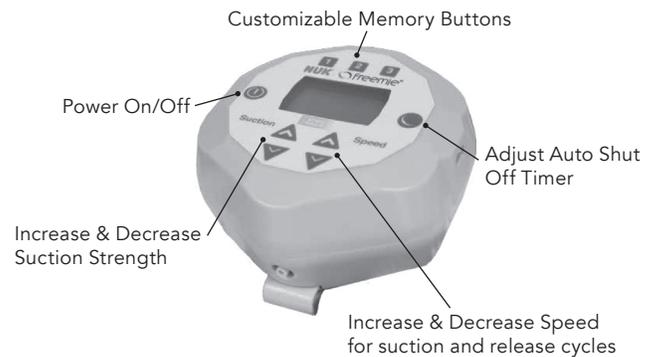


Removing Your Clothing Clip



- 1 With gentle pressure just below ribs, slide clip down (towards pump) to disengage latch.
- 2 Press clip slowly towards the base of the pump and carefully begin to slide upward to disengage from catch.
- 3 Slide clip away from pump (out of slot).

NUK Simply Natural Freemie Pump Controls



You may find it helpful to start with a higher speed and weaker suction to trigger the stimulation phase and adjust to a lower speed and stronger suction as you move into the expression phase.

Charging Your Pump



Charge battery before use For longest lasting battery a 2-3 hour charge is recommended. A full charge will provide approximately 2.5 hours of operation (approximately six 20min "pumping" sessions). Pump will operate at full strength until battery is depleted.

NUK Simply Natural Freemie Pump Display Indicators

