

New! **NUK**

simply  
natural™

simply the most discreet way to pump

freemie® Double Electric Breast Pump  
hands-free pumping system

# QUICK START GUIDE EASY SET UP TIPS!



## BEFORE FIRST USE

### BOIL FOR 10 MINUTES

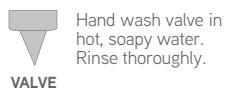


BREAST FUNNEL

VALVE BASE

CUP

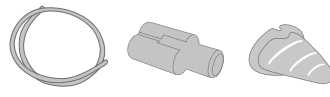
### HAND WASH



VALVE

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

### NO PREPARATION REQUIRED BEFORE USE



TUBING

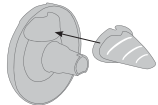
Y CONNECTOR

BARRIER

\*DO NOT steam, sterilize or use abrasives on any Freemie® Components. Steam may damage parts & cause these parts to not fit securely.

## CUP ASSEMBLY

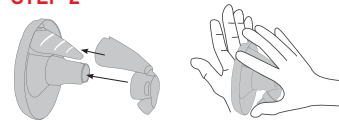
### STEP 1



FUNNEL BARRIER

Place Barrier onto funnel mounting ridge & against cone surface. Lip of Barrier should fit snugly around ridge & flush with the funnel.

### STEP 2



FUNNEL WITH BARRIER VALVE BASE FUNNEL WITH BARRIER & VALVE BASE

Align Valve Base with Barrier & Funnel & push together. Be sure that the Valve Base fits securely inside the lip of the Barrier. Press Breast Funnel with Barrier and Valve Base firmly together.

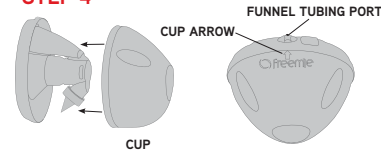
### STEP 3



VALVE

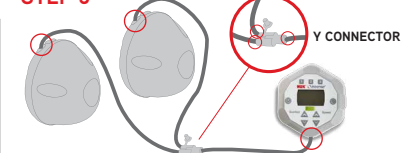
Place Valve onto Valve Base.

### STEP 4



Align Cup arrow with Funnel tubing port then snap together. You should feel a crisp 'snap' and then assembly is secure.

### STEP 5

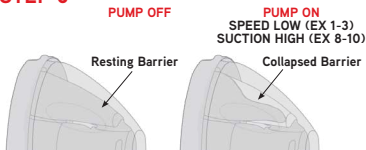


Attach connection kit tubing to your pump & collection cups. Slightly wet the tip of the tubes before inserting them into the cup. This will help ensure they are fully inserted & sealed. Press in **FIRMLY** to each connection.

### TIP

\*Long tubing lengths have been included for your convenience. Tubing may be cut to fit your desired length. Tubing must be cut with a straight edge in order to ensure proper suction.

### STEP 6



PUMP OFF Resting Barrier

PUMP ON SPEED LOW (EX 1-3) SUCTION HIGH (EX 8-10) Collapsed Barrier

Test it out before using! Turn on your pump & increase the **SUCTION** setting to level 10. Gradually lower the **SPEED** & look for the barrier to collapse with the cycles of the pump. This can be seen from the side of the cup or from the Funnel.

\*If the barrier does not collapse, check tubing connections & barrier assembly. If the barrier is not assembled properly the barrier will not collapse & will provide low or no suction when pumping. Follow the instructions to reattach the barrier & retest for movement.

## OPERATING YOUR PUMP SPEED & SUCTION CONTROLS

High speed/low suction settings may be used for the first few minutes to initiate let down, then lower speeds & higher suction may be desired for expression.

When the pump is first turned on, it will default to low SUCTION (1) & high SPEED (10).



**SUCTION:** Slowly increase suction & decrease speed until a comfortable & effective suction is felt for expressing.

**SPEED:** Slowly decrease speed & increase suction as you move from stimulation to let-down.

Since no two women are the same, there are 11 speed settings & 10 suction settings so you can find what works best for you.