



Rumble Tuff®

Rumble Tuff

MANUAL BREAST PUMP

Instructions and Assembly
for Sweet Assist

CONGRATULATIONS

Congratulations on your new Rumble Tuff Manual Breast Pump! We are delighted that you have chosen Rumble Tuff as your partner for this joyful occasion. We wish you and your baby a healthy and successful breastfeeding experience. We look forward to helping you preserve and provide the best possible nutrition for you baby. The Rumble Tuff Manual Breast Pump is perfect for many occasions.

Collecting breast milk for while you're away from your baby

- for example: expressing extra milk for "Date Night"

Relieving engorgement

- for example: when your baby's feeding habits change because they're eating more solids

Maintaining your milk supply if you have to temporarily stop breast feeding

- for example: to express unsuitable milk while you are undergoing medical treatment

Indication for Use

The Rumble Tuff Manual Breast Pump is a single user device used to express milk from the breasts of lactating women. This device is not intended for hospital use.

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IMPORTANT SAFEGUARDS

The Rumble Tuff® Manual Breast Pump is designed for a single user and should never be shared or resold; doing so will void the warranty.

READ ALL INSTRUCTIONS BEFORE USING

CAUTION:

- Do not use this product for any other purpose than as indicated in this manual.
- Make sure all of the parts are assembled correctly before operating.
- Stop using the breast pump immediately if your breasts or nipples experience pain or discomfort.
- Please wash hands before using this product.
- Keep this product out of reach of babies and children.
- Do not drop or hit the product. Doing so may cause damage not covered by the warranty.
- Do not touch the product with bare hands right after sterilizing by boiling water to avoid scalds and burns.
- Do not over-boil to avoid premature aging of the product materials.
- Do not use any accessories, parts, or attachments that are not recommended by Rumble Tuff. Doing so may void the warranty.
- Do not connect the pump of any of its accessories to any equipment not recommended by Rumble Tuff.
- Do not store the product in a dusty, moist environment, neither being exposed to light.
- If you are infected with Hepatitis A, Hepatitis B, or have HIV (Human Immunodeficiency Virus) pumping breast milk does not reduce or remove the risk of transmitting the virus to your baby through breast milk.
- Wash the Expression Collection Combo Kit parts before each use.
- Do not attempt to modify the product.

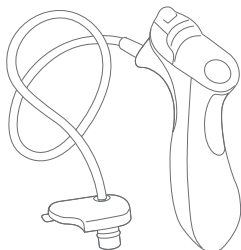
SAVE THESE INSTRUCTIONS
along with the receipt for future reference.

ACCESSORIES AND PARTS

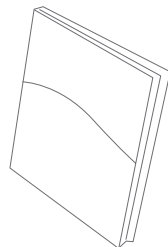
Included Accessories



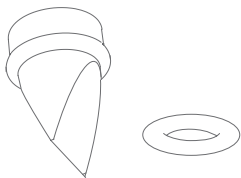
Expression Collection Combo Kit



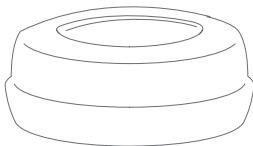
Sweet Assist Handle Kit



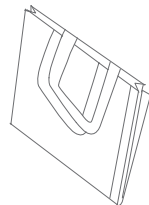
User Instructions & Assembly



*Spare Parts
(1 Valve and 1 O-Ring)*



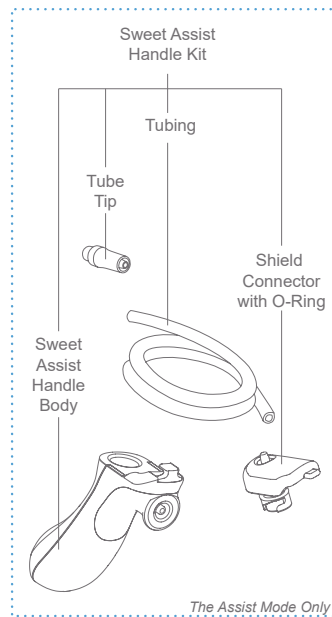
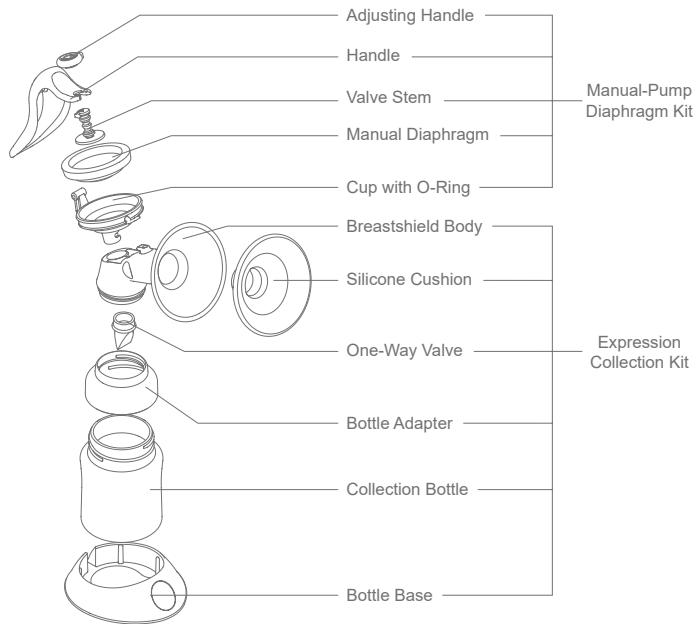
Bottle Adapter Kit



Non-Woven Bag

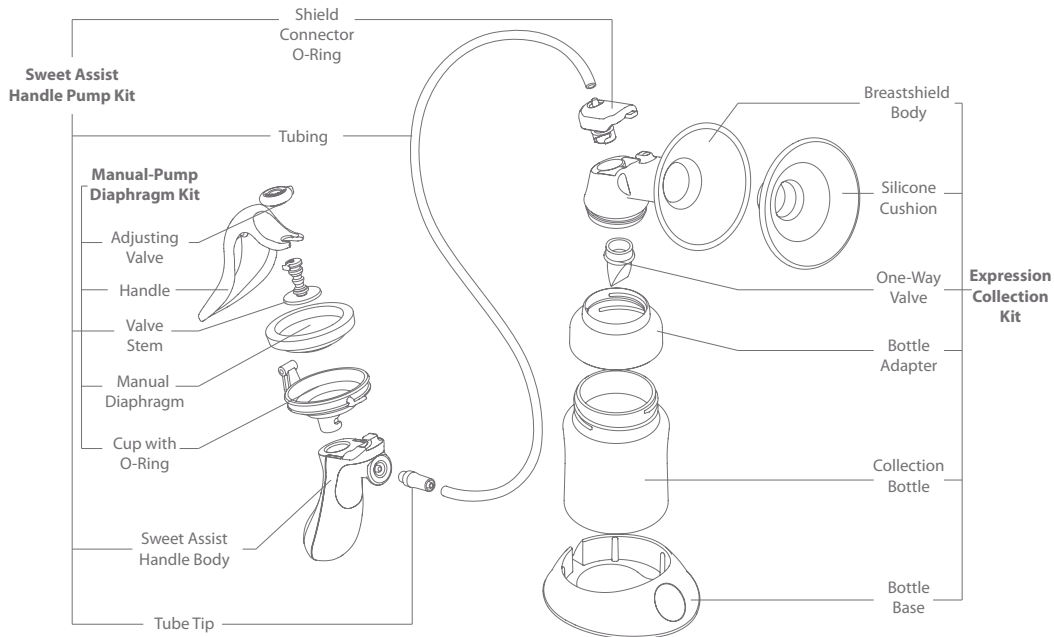
ACCESSORIES AND PARTS

Expression Collection Combo Kit (Classic Mode)



ACCESSORIES AND PARTS

Expression Collection Combo Kit (Assist Mode)



HOW TO ASSEMBLE THE EXPRESSION COLLECTION COMBO KIT

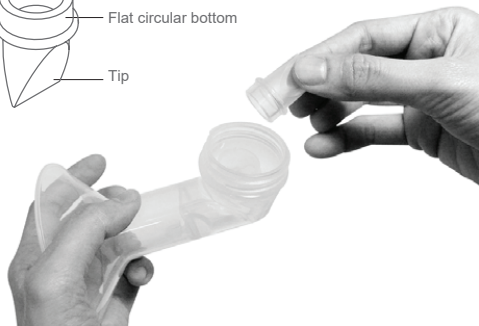
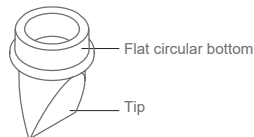
Your Rumble Tuff® Manual Breast pump comes pre-assembled; however, you will need to re-assemble it after each cleaning. (For cleaning instructions, see page 20) Below is a step-by-step guide for assembling the Expression Collection Combo Kit.

1. Hold the "horn" of the Breastshield Body in one hand. Make sure the bottle-thread side opening is facing up.



2. With the thumb and forefinger of the other hand, hold the tip of the One-Way Valve and place the flat circular bottom into the opening. Be sure to stretch, bend, or twist the tip of the One-Way Valve. Seal all the edges of the flat circular bottom firmly.

Note: *The One-Way Valve tip does not have to align with anything, as long as all the edges are securely sealed.*

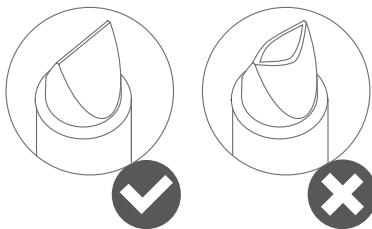


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HOW TO ASSEMBLE THE EXPRESSION COLLECTION COMBO KIT

3. With your thumb and forefinger, gently smooth closed any openings on the tip of the One-Way Valve and shape into a straight line.

Note: This is critical to the optimal performance of the Pump.



4. Carefully twist the Bottle Adapter to the Breastshield Body for a secure fit.

Note: Be sure not to bump the One-Way Valve when twisting the Breastshield Body & the Adapter pieces together. If you bump the One-Way Valve, repeat step 3.



5. With the Bottle Adapter in one hand, twist on the Collection Bottle for a secure fit.



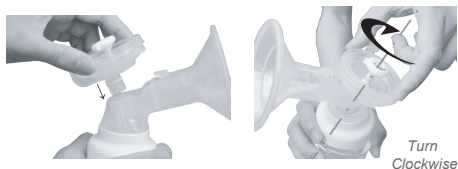
HOW TO ASSEMBLE THE MANUAL-PUMP DIAPHRAGM KIT

Expression Collection Combo Kit (Classic Mode)

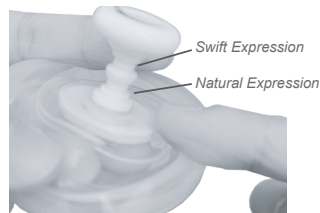
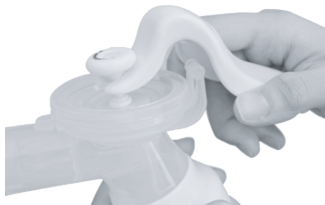
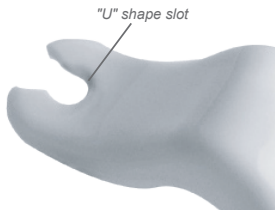
1. With the Cup in one hand, place the Manual Silicone Diaphragm in the Cup (matching the shape of the Cup). Press around the edges of the Diaphragm for a secure fit. Make sure the Diaphragm is evenly mounted on the Cup and there is no gap in between them.



2. Twist the Manual-Pump Diaphragm Kit clockwise into the Brestshield Body until it locks into place.



3. Place the "U" shape slot of the handle onto the recess of the Adjusting Valve Stem. (There are 2 recesses on the Adjusting Valve Stem. The upper recess replicates the Swift Expression setting, and the bottom recess replicates the Natural Expression setting.)

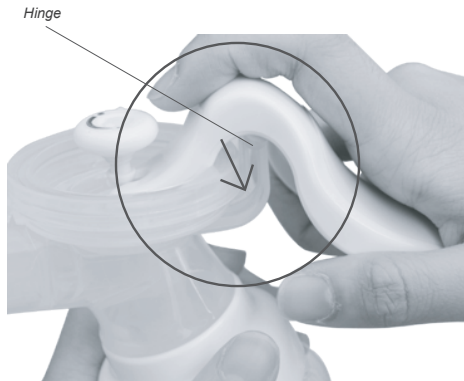


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HOW TO ASSEMBLE THE MANUAL-PUMP DIAPHRAGM KIT

Expression Collection Combo Kit (Classic Mode)

4. Push the handle down onto the hinge of the cup until it snaps into place.



5. With the Breastshield Body in one hand, place the Silicone Cushion in the Breastshield Body (matching the shape of the horn). Secure the lip of the Cushion around the edges of the horn. Your Manual Breast Pump will work with or without the Silicone Cushion. Your comfort depends on your preference.



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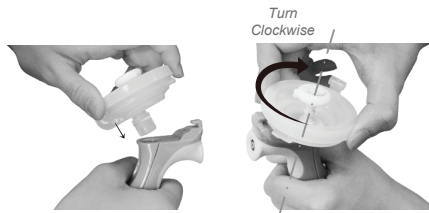
HOW TO ASSEMBLE THE MANUAL-PUMP DIAPHRAGM KIT

Expression Collection Combo Kit (Assist Mode)

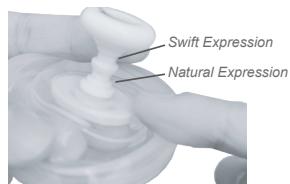
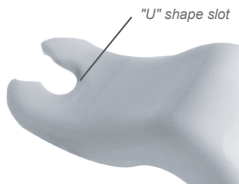
1. With the cup in one hand, place the Manual Silicone Diaphragm in the cup (matching the shape of the cup). Press around the edges of the Diaphragm for a secure fit. Make sure the Diaphragm is evenly mounted on the cup and there is no gap in between them.



2. Twist the Manual-Pump Diaphragm Kit clockwise into the Sweet Assist Handle Body until it locks into place.



3. Place the "U" shape slot of the handle onto the recess of the Adjusting Valve Stem. (There are 2 recesses on the Adjusting Valve Stem. The upper recess replicates the Swift Expression setting, and the bottom recess replicates the Natural Expression setting.)



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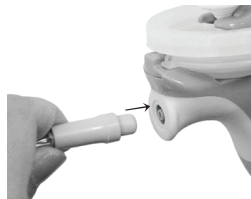
HOW TO ASSEMBLE THE MANUAL-PUMP DIAPHRAGM KIT

Expression Collection Combo Kit (Assist Mode)

5. Twist the Shield Connector clockwise into the Breastshield Body until it locks into place. Make sure the Tube Tip is properly inserted in to the top of the Sweet Assist Handle Body.



Vacuum Tubing with Shield Connector and Tube Tip



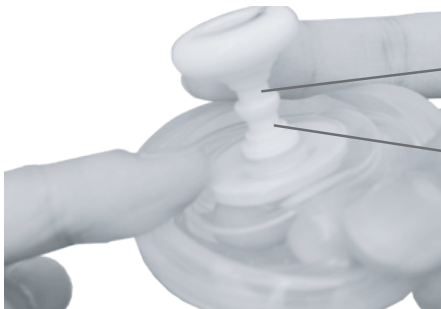
6. With the Breastshield Body in one hand, place the Silicone Cushion in the Breastshield Body (matching the shape of the horn). Secure the lip of the Cushion around the edges of the horn. Your Manual Breast Pump will work with or without the Silicone Cushion. Your comfort depends on your preference.



USING THE MANUAL PUMP

Expression Collection Combo Kit (Classic Mode)

Note: There are two recesses for attaching the handle to the Manual Pump. You can toggle between these two settings by pushing the Adjusting Valve Stem away from the “U” shape tip of the handle to dislocate the connection. Reattach the tip of the handle using a different recess on the Adjusting Valve Stem.



Swift Expression Setting: This setting is for fast, shallow suction. Often when a baby is hungry or has just “latched on,” their nursing pattern is fast and shallow to start the mother’s milk flow.

Natural Expression Setting: This setting is for longer, deeper suction. When the mother’s milk begins to flow into the baby’s mouth, they often naturally change to a longer deeper suction pattern.

Note: You can use the Manual Pump in either Expression pattern. To achieve the best results, use an expression pattern or combination of expression patterns, that closely match your baby’s sucking and swallowing habits.

CONTINUED USING THE MANUAL PUMP

Expression Collection Combo Kit (Classic Mode)

1. Hold the Manual Breast Pump to your breast so that your nipple is centered inside the Breastshield, then squeeze the handle toward the bottle to test the suction.

Note: If an adjustment is necessary, turn the round knob of the Adjusting Valve until the suction is comfortable.



2. You can adjust the suction level by turning the round knob on the top of the Adjusting Valve Stem. Turn clockwise to increase the suction and counter-clockwise to decrease it.

Note: Do not over-turn the Adjusting Valve, as it will cause the Adjustin Valve to bulge and leak air, creating a suction problem. Make sure the gap opening on top of the Adjusting Valve is lined up properly on the top of the Valve Stem so the Adjusting Valve turns smoothly. If necessary, re-adjust the Adjusting Valve by turning back and forth a few times.

Increase



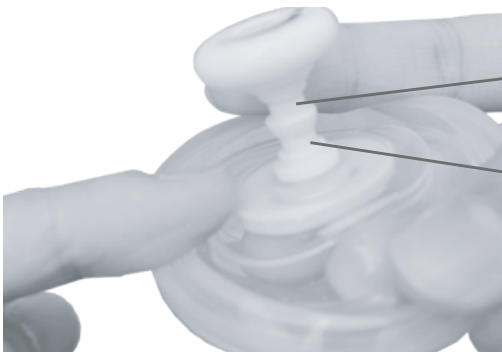
Decrease



USING THE MANUAL PUMP

Expression Collection Combo Kit (Assist Mode)

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CONTINUED USING THE MANUAL PUMP

Expression Collection Combo Kit (Assist Mode)

1. Hold the Manual Breast Pump to your breast so that your nipple is centered inside the Breastshield, then squeeze the handle toward the bottle to test the suction.

Note: If an adjustment is necessary, turn the round knob of the Adjusting Valve until the suction is comfortable.



2. You can adjust the suction level by turning the round knob on the top of the Adjusting Valve Stem. Turn clockwise to increase the suction and counter-clockwise to decrease it.

Note: Do not over-turn the Adjusting Valve, as it will cause the Adjustin Valve to bulge and leak air, creating a suction problem. Make sure the gap opening on top of the Adjusting Valve is lined up properly on the top of the Valve Stem so the Adjusting Valve turns smoothly. If necessary, re-adjust the Adjusting Valve by turning back and forth a few times.

Increase



Decrease



CONTINUED USING THE MANUAL PUMP

Expression Collection Combo Kit (Assist Mode)

3. You can operate the Sweet Assist handle in the way which is most comfortable for you, or let another give you a helping hand.

Press by thumb



Press by fingers



By another's help



Note: The Sweet Assist Handle is perfect for women with smaller hands, or those who have hand or wrist injuries. It can also be used by another to "assist" in the pumping. It can be used with either the left or right hand, by fingers or thumb pressure.

CLEANING INSTRUCTIONS

Sanitize Prior to First Use:

Before you use your Rumble Tuff® Manual Breast Pump for the first time, disassemble and boil all parts of the Expression Collection Combo Kit in water for 10 minutes.

- Be sure to use enough water to keep all parts afloat while boiling.
- Do NOT boil Tubing or Tubing Adapter.
- Remove all parts from the water immediately after sterilizing. To avoid scalds and burns, do NOT touch the product with bare hands right after sterilizing.
- Completely air-dry or towel-dry the parts before reassembling.

Before Each Use:

- Wash your hands thoroughly with soap and warm water before handling the Expression Collection Combo Kit.
- Make sure all parts are clean and dry.
- Ensure the tubing is free from any liquid (see Tubing Cleaning Instruction on page 21).

General Cleaning Instructions:

Caution: Please use extra caution when cleaning the One-Way Valve. If it gets damaged, your breast pump will not function properly. To clean the One-Way Valve, rub it gently between your fingers in warm soapy water, then rinse thoroughly in clean warm water. Do not insert any objects into the One-Way Valve as this may damage the valve.



- Set aside the Tubing. Under the normal working conditions of the pump, the Diaphragm prevents the backflow of milk. Therefore, the cap and tubing do not need to be washed. If any liquid or liquid vapor is found inside the tubing, follow the Tubing Cleaning Instructions carefully before use.
- The rest of the Expression Collection Combo Kit may be cleaned in the upper compartment of your dishwasher or hand washed with dish soap in hot water. Make sure to place the small parts and accessories in the dishwasher basket with the lip closed to avoid any lost or damaged parts.

Tubing Cleaning Instructions:

- Wipe the outside of the tubing with a clean, damp cloth. Avoid getting water or other fluids inside the tubing.
- If liquids are found inside the tubing, rinse the tubing with clean hot water. Hang to AIR DRY COMPLETELY BEFORE USING. Do NOT insert any object into the tubing.

Note: Before each use, visually inspect the individual components for cracks, chips, tears, discoloration or deterioration, as they may affect the efficiency of the Rumble Tuff® Manual Breast Pump. In the event that damage to the device is observed, please discontinue using the device until parts have been replaced.



To view the cleaning page, please visit Rumble Tuff online at www.rumbletuff.com/troubleshooting or scan this QR Code with your smartphone or tablet.

BREASTMILK STORAGE GUIDELINES

Check with your healthcare provider or an International Board Certified Lactation Consultant for specific storage instructions. This information is based on current research and applies to mothers who have healthy, full-term babies who are storing their milk for home use.

Important Notes

Storage Containers: The best option for storing human milk is glass or hard-sided plastic containers with well-fitting tops. When you are freezing your breastmilk, do not fill the container more than 3/4 full to allow for expansion from freezing. Store milk in the main refrigerator or freezer compartment, away from the door, to avoid changes in temperature that may compromise the milk.

Re-Warming the Frozen Milk: Frozen milk can be thawed in the refrigerator overnight or under cool running water. Gradually increase the temperature of the water to heat the milk to feeding temperature.

Re-Warming the Refrigerated Milk: Refrigerated milk can be warmed by running under warm water for several minutes. ALWAYS test the temperature of the milk on the inside of your wrist before feeding it to your baby. The milk should feel warm, not hot.

What To Do: Storing milk in 2 to 4 oz amounts may reduce waste. Write the date you expressed your milk on the container (include you baby's name on the label if your baby is in a day-care setting). Use the oldest milk first. Throw away previously frozen milk that is not used within 24 hours.

What Not To Do: Do NOT heat milk directly on the stove. Do NOT thaw in hot or boiling water. Do NOT microwave milk. Microwaving alters the composition of the milk and may create hot spots that may burn your baby. Do NOT refreeze thawed milk.

That's Weird: Human milk may separate into a milk layer and a cream layer when it is stored. This is normal. Gently swirl to redistribute the cream before giving to baby. Sometimes thawed milk may smell or taste soapy. This is due to a breakdown in the milk fats. The milk is safe and most babies will still drink it.

Is It Dangerous: Expressed milk can be kept in a common refrigerator at the workplace or day care center. The US Center for Disease Control (CDC) and the US Occupational Safety and Health Administration (OSHA) agree that human milk is not among the body fluids that require special handling or storage in a separate container.

