


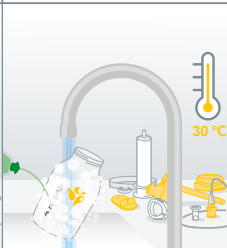
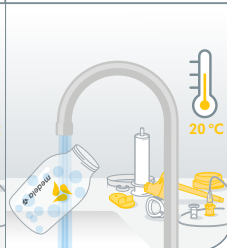
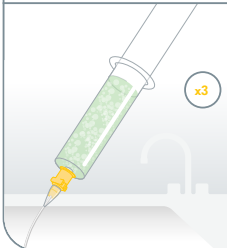
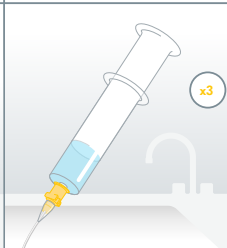
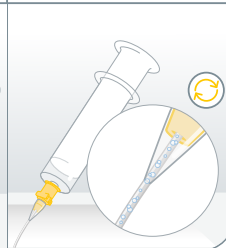


Supplemental Nursing System (SNS)

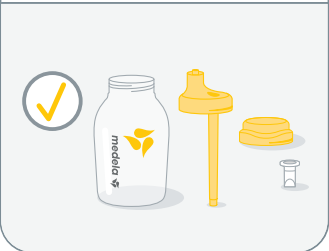

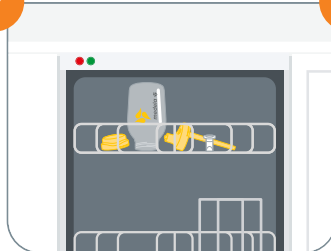
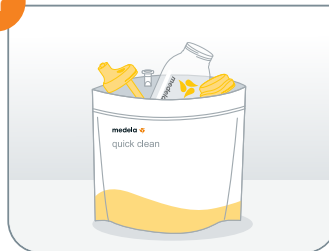
Step by step guide on how to clean, assemble and use your SNS

How to clean your SNS

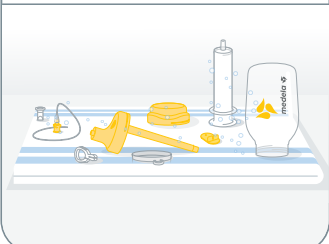
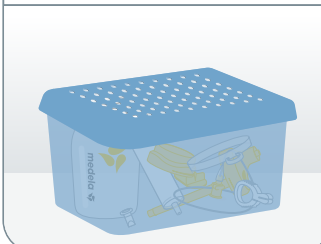
Clean before first use and after each use

<p>Rinse all parts with cold water (approx. 20 °C).</p>	<p>Clean all parts with plenty of warm, soapy water (approx. 30 °C).</p>	<p>Rinse all parts again with cold water (approx. 20 °C).</p>	<p>Fill the cleaning aid with warm, soapy water and flush the tube 3 times.</p>	<p>Flush the tube again 3 times with clean water.</p>	<p>Finally, flush the tube with air until the inside is visibly dry.</p>
					

Clean before first use and once a day

<p>Further clean the container, TwistLok lid, valve and lid with either boiling water, in the dishwasher or with Medela Quick Clean™ bags.</p>	<p>To clean with boiling water, cover the container, TwistLok lid, valve and lid with water and boil for five minutes.</p>	<p>To clean in the dishwasher, place the container, TwistLok lid, valve and lid on the top rack or in the cutlery section.</p>	<p>To clean the container, TwistLok lid, valve and lid in the microwave, use the Medela Quick Clean™ bags in accordance with the instructions on the bag.</p>
	<p>5 mins</p> 		

Drying and Storage

<p>After cleaning, dry all parts with a clean cloth or leave to dry on a clean cloth.</p>	<p>Store the clean parts in a clean place. Do not store parts in an airtight container or bag.</p>
	

Your SNS system

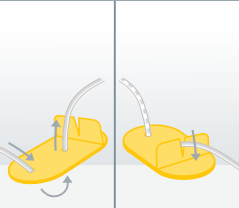
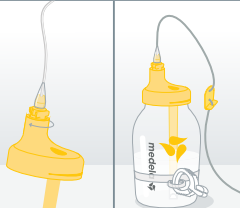


Container Lid TwistLok Lid Tube Cleaning Aid

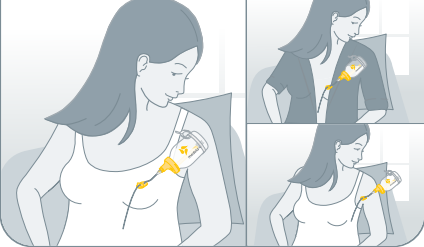
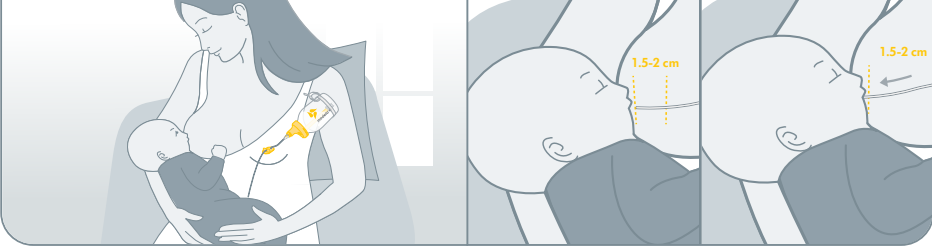
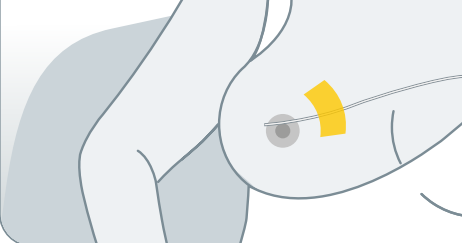
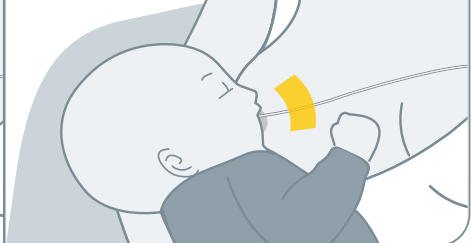

Ring Clip Valve Clamp

How to assemble your SNS

Wash your hands thoroughly with soap and water before use.

1 Fill the container with the required amount of milk.	2 Attach the clip to the ring. Place the assembled ring and clip around the base of the container.	3 Place the valve on the end of the TwistLok lid. Screw the assembled TwistLok lid onto the container.	4 Thread the TwistLok tube through the clamp and press the tube into the clamp so that milk cannot flow.	5 Screw the assembled tube and clamp onto the TwistLok lid.
				

How to position and feed with your SNS

1 Clip the SNS securely and comfortably to your bra strap, top, or pillow behind you.	2 – Option A To position the tube, first attach the baby to the breast. Once the baby has a good latch, gently insert the tube about 1.5-2cm into the top corner of the baby's mouth.	
		
2 – Option B Alternatively, fixation tape may be used to help position the tube. First, tape the end of the tube to the breast with it protruding past the nipple by about 0.5cm at either the 10 o'clock or 2 o'clock position.	Then, attach the baby to the breast as you would normally.	3 Release the clamp to let the milk flow.
		

If you are unsure how to use the SNS please contact your breastfeeding specialist or healthcare professional.

Tips and tricks

- The height of the system can be raised to increase flow and lowered to decrease flow.
- Using the SNS may take a couple of attempts before it becomes an easy way to feed together. If either you or your baby are experiencing difficulties or becoming upset, try again at the next feed.

Scan the QR code for further SNS information

