

To Steam Breast Pump Parts and Accessories:

1. Ensure all breast pump parts and accessories are completely disassembled, washed and cleaned.
2. Pour 2 oz. (60 ml) of cold water into the bag.
3. Put microwave-safe breast pump parts and accessories into the bag. *Do not use if the microwave is too small for the bag to fully rotate.
4. Place the bag standing upright in the center of the turntable in the microwave.
5. Microwave on full power for: 1.5 minutes = 110W (and above) 3 minutes = 800W-1100W 5 minutes = 500W-750W
6. Once the cycle is complete, let the bag cool for 5 minutes.
7. Before opening the seal on the bag, carefully pour away any excess water through the side steam vent.
8. Open the zip seal and remove contents for use.
9. Let the bag dry before storing away for reuse.
10. Do not use the bag more than 20 times.

To Steam Breast Pump Tubing:

1. Ensure breast pump tubing is washed and cleaned.
2. Pour 4 oz. (129 ml) of water into the bag.
3. Lay tubing flat on the bottom of the bag ensuring water is covering the tubing. *Do not place any other items in the bag.
4. Follow instructions for Use above from Step 4 onwards.