

Not made
with BPA



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INSTRUCTIONS FOR USE BOTTLE SET Bottles for breast milk

Package contains:

3 bottles (150 ml), 3 lid rings, 3 lid liners

Intended use:

This breast milk bottle is used for expressing (in combination with a pumpset), storing and feeding breast milk. It is intended for multiple use and can be safely sterilized.

Expressing breast milk

To express breast milk, connect the milk bottle directly to the pumpset (e.g. Ardo pumpset).

Storage of breast milk

After expressing the milk, close the milk bottle using the lid. Breast milk can be stored as follows:

- at room temperature 16–29 °C (60–85 °F): 3–4 hours optimally; 6–8 hours are acceptable under very clean conditions
- in the refrigerator ≤ 4 °C (39 °F): 72 hours optimally; 5–8 days are acceptable under very clean conditions
- in the freezer < -17 °C (0 °F): 6 months optimally; 1 year is acceptable

DO NOT fill more than 150 ml into bottles, as milk expands when frozen.

Feeding breast milk

Breastfeeding must be well established before using other feeding methods.

Thaw the breast milk, which was stored in the freezer, first in the refrigerator or at room temperature. Then warm the breast milk to about 37 °C (98 °F) by immersing the bottle in warm water or holding under lukewarm running water. Breast milk should not be heated in a microwave.

Cleaning Instructions

- Prior to first use, disassemble and place the components in a large pot filled with water. Boil for 10 minutes. After boiling, put them on a clean surface and let them air-dry.
- After each use, wash all bottle components with washing-up liquid and rinse well. Boil the components once every day for 10 minutes or use one of the following cleaning methods:
 - a. dishwasher
 - b. Ardo Easy Clean microwave bag
 - c. steam steriliser.

After cleaning, let all components air-dry and cover with a clean cloth.

Material

Milk bottle, lid ring, lid liner: Polypropylene

Important notice: Plastic bottles and lids may become brittle if frozen and damaged if dropped. DO NOT use breast milk if bottles and lids are damaged.

Disposal

According to the local regulations