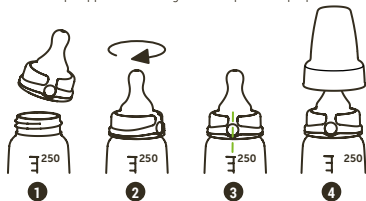


FEED PREPARATION

- If using **formula**, refer to the manufacturer's packaging instructions for preparation.
- WARNING:** Never warm feed using a microwave. Microwaves heat unevenly and may cause 'hot spots' that could scald the baby's mouth.
- Mixing formula in the bottle:** Before heating, place bottle cap on and shake well. Remove the bottle cap before heating. Using the teat to mix formula in the bottle may cause blockage and/or spillage.
- Be careful not to burn yourself.** Bottle may become hot when used to prepare feed, if you shake the upright bottle, hot liquid may gush out, causing burns. Handle the bottle carefully.
- Do not** attach the cover and shake the bottle when hot. If the cover is attached, the high temperatures may cause the pressure to build up inside the bottle, leading to leaks or spouting of the hot liquid.
- To avoid clogging** the teat with undissolved formula, use the bottle cap supplied for mixing and transportation purposes.



- 1 Select Sepal teat (feed rate) & bottle (250ml, 150ml or 50ml Vial) to suit feed size
- 2 Tighten Sepal teat to Sepal bottle or vial to create correct venting
- 3 Sepal teat collar will align with Sepal bottle or vial graduations
- 4 When pausing the feed, place cover over teat & push to secure

FEEDING

- Flow is regulated by the infant, ensuring feeding is safe and responsive to the infant's hunger, respiration, and capacity to swallow milk.



- There will be a small free-flow to begin with, until the bottle vacuum equalises and balances flow. Introduce the bottle at a shallow angle and then raise once properly placed in your child's mouth.
- Free-flow may last longer as cold air trapped in the bottle expands or if bottle size is large compared to feed size. 50ml, 150ml, and 250ml sizes are available.
- To minimise free-flow, allow some time for the air in the bottle to warm up - run under hot water to speed up this process. Use a 50ml EBM vial for very small feeds.
- Choose appropriate teat size and flow-rate. Refer to teat selection instructions over page, or download *Sepal Product Selection document* from www.sepal.com.au
- Teat size identification (XS, S, M, L)** is on the **outside circle** of the teat collar.
- Colour of the collar (USlow, XSlow, Slow, Medium, Fast)** designates the **flow** (See selection chart)
- Align teat size identification** directly under infant's nose facing upwards.
- Sepal **bottles** should be used with Sepal **teats** to ensure **accurate** and **consistent** flow-rates.

CLEANING & STERILISATION

- Sepal teats have been developed for single-use in hospitals, but are also suitable for re-use at home.
- All bottles and teats supplied loose in a product set will need to be sterilised before use and for reuse. Individually wrapped Sepal products (including 3-Pack Teats) supplied in protective packaging marked ready-to-use are clean. They do not need sterilising before first use.
- For safety and hygiene reasons** it is recommended that a feeding teat is replaced every 2-3 months, maximum.
- Before use**, be sure to thoroughly clean and sterilise the bottle, and teat if reusing.
- Immediately after each use**, wash in warm water and detergent, and rinse.

- For product longevity **Chemical sterilisation is the preferred method**. Steam sterilisation is also possible but may initially vary the teat flow rate by an average of 15% from the manufacturer's specification.
- For chemical sterilisation, remove teats from solution after 15min and store in a clean, dry container until needed for feeding.
- Use sterilisation products that are specifically for baby bottles and teats. Follow the directions specified by the manufacturer.
- For steam sterilisation ensure the teats are free standing and do not touch other items.
- In addition to the above methods, Sepal **bottles only** may be boiled. Completely submerge the bottle in boiling water for 5 minutes to sterilise. Sepal bottles are dishwasher safe.
- Sepal **teats** should **not** be boiled.

Refer to warnings

STORAGE

- Between uses, store Sepal products at room temperature away from direct sunlight or heat.
- Store in a clean, dry container until needed for feeding.
- Sepal products are suitable for storing contents in the freezer, however, do not fill above the top graduation.

MATERIAL SAFETY

- Sepal products are free from:
 - BPA
 - Latex
 - Cyclic Siloxanes
 - Silicone
 - Nitrosamines

For your child's safety and health

WARNINGS!

- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- When not in use, keep in a dry, covered container.
- Before use, be sure to wash and sterilise thoroughly.

- Always wash your hands with soap before cleaning, sterilising and feeding.
- Caution:** Be careful not to burn yourself when using boiling or steam sterilisation.
- Do not** heat the bottle above **100°C**.
- Do not** heat teat with bottle.
- Before attaching the teat**, allow the bottle to cool to below **50°C**.
- Heating above 50°C** may initially vary the flow rate by an average of 15% from the manufacturer's specification.
- Inspect before use** and pull the feeding teat in all directions. Discard at the first signs of damage or weakness.
- Keep all components not in use out of the reach of children.

EXPRESSED BREAST MILK

The Sepal feeding system is suitable for formula and breast milk.

When collecting, storing and preparing to feed with breast milk, the following is recommended:

- If expressing smaller amounts of breast milk throughout the day, ensure you add the milk portions to the bottles after they have cooled down in the refrigerator. It is **not recommended** to add freshly expressed milk to previously cooled/frozen milk.
- Use the coldest part of the refrigerator to store breast milk. The door of the fridge is **not recommended**. Instead, store at the back of the fridge on the lower shelves.
- When Freezing:** Do not overfill the bottles/vials above the top graduation as this may cause the lid to deform slightly when frozen.
- Label the bottles with details of date and time of when the milk was expressed. Sepal tamper-evident labels are recommended.
- It is **not recommended** to defrost or heat frozen breast milk in a microwave or in boiling water.
- In order to preserve the quality of the breast milk, it is best to thaw the milk in the refrigerator overnight. Alternatively, you can immerse the bottle in warm water (max 37°C).
- Avoid shaking or stirring the milk. Gently swirl the milk instead.

PRODUCT DISPOSAL

- Sepal teats, bottles & vials are fully recyclable.
- Please dispose of thoughtfully.

CONTACT

Sepal Pty Ltd

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1300 4 SEPAL

1300 4 73725

www.sepal.com.au

- Latest Information
- Online Orders & Where to Buy
- Frequently Asked Questions

QUALITY MANUFACTURING

- Australian Designed
- Australian Made
- Australian Owned
- Patented



The Sepal feeding teat was developed in response to requests from dietitians, speech pathologists and specialist paediatric nursing staff.

PRODUCT SELECTION

GENERAL USE

REDUCED FEED



Ultra Slow Flow



Extra Slow Flow



THICKENED FEED



Slow Flow



Medium Flow



EXTRA SMALL TEAT

SMALL TEAT

MEDIUM TEAT

LARGE TEAT



Ultra Slow Flow



Extra Slow Flow



Slow Flow



Medium Flow



Slow Flow



Medium Flow



Fast Flow



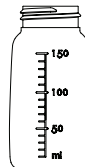
Medium Flow



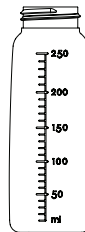
Fast Flow



50ml Vial



150ml Bottle



250ml Bottle

HOME CARE & USE INSTRUCTIONS

Congratulations on your choice of these quality Sepal products, proudly developed in response to requests from Australian Children's Hospitals.

Please read the following instructions carefully before use, and retain for future reference.

TEAT SELECTION

Teat Size = Baby Age



0-1 Month



0-5 Months



4-9 Months



8-12+ Months

Collar Colour = Flow



WHITE

U-SLOW



BLUE

X-SLOW



GREEN

SLOW



YELLOW

MEDIUM



ORANGE

FAST