HOW TO USE:

1) CLEAN AND STERILIZE YOUR BAGS BEFORE FIRST USE.

To sterilize, you can boil the bags in hot water for 3 minutes. Please remove the plastic arms before boiling or steam sterilizing the bags. Strong detergents can leave an odor in silicone so we don't recommend putting them in the dishwasher. Wash bags with warm soapy water after each use; fragrance-free or mild dish soap is preferred.

2) ALLOW YOUR BAGS TO DRY COMPLETELY BEFORE USE.

For more convenient drying, the bags will stand upright when placed upside down (when the plastic arms are installed). The bags can also be hung to dry by their handles.

3) PUMP YOUR MILK INTO BOTTLES OR DIRECTLY INTO THE SILICONE BAGS (BAG ADAPTER SOLD SEPARATELY).

The measurement indicator on the bags is accurate when they are propped open. Please do not fill beyond 8 oz/240 ml. Use a dry erase marker or permanent marker to mark the amount, date, time, and/or name of your child.

4) SNAP THE CLASPS CLOSED AND STORE YOUR MILK IN THE FRIDGE OR FREEZER.





