

- logical properties will be lost.
- To warm the milk, place in a bath of hot water or a bottle warmer. To warm to body temperature, running water can also be used. Start with cold running water and gradually increase the temperature until the milk is warm.
- Remove the screw ring and sealing disc of the Easy Start before placing the bottle in the water bath or bottle warmer for warming. Be sure to remove teat and cap before heating.
- Breast milk should never be refrozen. Pour warmed unused milk away.
- Never mix newly expressed breast milk with frozen milk.
- Always check the temperature of the milk before feeding.
- Once your baby has drunk from a bottle of breast milk, it should be used within the hour and anything left over should be thrown away.

5.3. MAM Storage Solution

- Instructions for use:**
- Check all components before each use. Throw away at the first signs of damage or weakness.
 - This product is suitable for food contact.
 - Fill the Storage Solution only up to the 120ml level mark for freezing. Never overfill.
 - Use a pencil for the washable labelling area. Do not use permanent markers.

Cleaning & Sterilising

- Before first use, separate all parts and place them in boiling water for 5 minutes. This is to ensure hygiene.
- All components are top rack dishwasher safe (max. 65°C / 149°F).
- Components may become discoloured as a result of food contact or cleaning in the dishwasher. This does not affect their performance.
- Do not use abrasive cleaning agents. Use only soft bristle brushes or soft sponges. Rough/hard scourers can scratch the plastic.
- Sterilise using one of the following methods: steam sterilising (electric or microwave, according to the manufacturer's instructions), boiling in water for at least 5 minutes or immersing in a liquid sterilising solution.
- Can be stacked after cleaning when dry.

Warming baby food (do not overheat):

- To warm baby food, we recommend placing it in a bath of hot water or a bottle warmer.
- Remove the lid of the Storage Solution before placing the cup in a bath of hot water or a bottle warmer.
- To distribute heat evenly, stir the baby food thoroughly after heating and allow time to cool.

For your child's safety and health:

- WARNING!**
- Always use this product with adult supervision.
 - Keep all components not in use out of the reach of children.

6. Feeding

MAM recommends the MAM Easy Start™ Anti-Colic Bottle for feeding breast milk.

6.1. Easy Start™ Anti-Colic bottle

- Instructions for use:**
- Clean before first and each subsequent use.
 - Before first use separate all 6 parts and place them in boiling water for 5 minutes. This is to ensure hygiene.
 - Inspect all individual bottle parts before each use and pull the feeding teat in all directions. Throw away at the first signs of damage or weakness.
 - To ensure proper cleaning/sterilising all bottle parts MUST be disassembled.

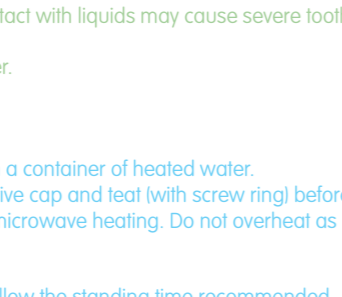
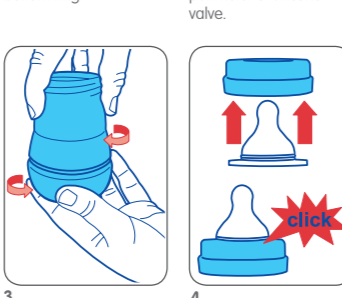
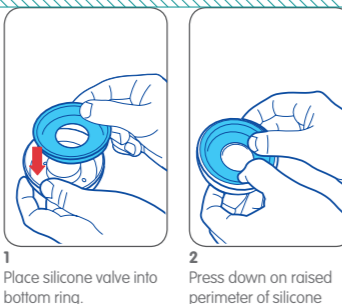
- Cleaning/sterilising while assembled can damage the bottle.
- Dishwasher safe on top dishwasher rack (max. 65°C / 149°F) but food colourings may discolour components.
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used. Hard scourers may scratch the plastic.
- Sterilise using one of the following methods: steam sterilising (electric or microwave according to manufacturer's instructions), boiling in water for at least 5 minutes or immersing in a liquid sterilising solution.
- Do not leave items standing in any cleaning solution for longer than recommended – this could negatively affect the product function.
- The bottle is made of polypropylene which is hygienic, easy to clean and relatively soft. Avoid any heavy pressure on it, as this could affect the function.
- Do not use pin or sharp object to enlarge feeding hole of teat.
- When first used and sometimes during use, the ventilation slit (in the raised bubble on the underside of the teat base) can stick together. This will prevent air from entering the bottle during feeding and as a result, cause the teat to collapse. Slowly brush over the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.

HEATING INSTRUCTIONS:

- NEVER pour boiling water into the bottle.
- Place in a bottle warmer, under hot running water or in a container of heated water.
- NEVER heat or cool a sealed bottle. Remove the protective cap and teat (with screw ring) before heating, especially before using a bottle warmer and microwave heating. Do not overheat as this may damage the bottle.
- Take extra care when heating in the microwave.
- Stir thoroughly after heating to evenly distribute heat. Allow the standing time recommended by the microwave manufacturer. Test the temperature before serving.
- Wrap cloth or towel around bottom of bottle and shake to absorb any excess water after warming in a bottle warmer or boiling water.
- After warming the bottle in a bottle warmer or boiling water it is recommended to tighten the bottom of the bottle.
- Do not place bottle in heated oven.

For your child's safety and health:

- WARNING!**
- Always use this product with adult supervision.
 - Keep all components not in use out of the reach of children.



- WARNING!**
- 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.
 - Keep all components not in use out of the reach of children.

Self-sterilising function of Easy Start:

The self-sterilising function of the Easy Start is proven to be effective for killing common household germs and bacteria. This method is completely sufficient and safe. For the best results, please follow all instructions carefully and use only as directed. This practical and time-saving function can be achieved in 3 simple steps. Always thoroughly clean individual bottle parts before beginning this process!

Step 1: Assemble clean bottle parts as follows: base with silicone valve, teat with screw ring, bottle body and protective cap.

Step 2: Fill the base with silicone valve with 20 ml of cool water. The protective cap makes a practical measuring cup.

Step 3:

- Place the screw ring with teat in the bottle base.
- Place the bottle body on it (optionally screw in slightly to avoid pouring out hot water by removing the bottle from microwave).
- Place the protective cap on top.

Sterilising in the microwave:

- Set the microwave timer according to the number of bottles being simultaneously cleaned. Set microwave from 500 to 1000 Watts.
- | Number of bottles sterilised at the same time | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
| Estimated duration of sterilising (min) | 3 | 4 | 5 | 6 | 7 | 8 |
- Allow bottle to cool down before removing from microwave. Recommended cooling time: 10 minutes at opened microwave door.

After the process is complete, the Easy Start bottle remains disinfected up to **48 hours** after self-sterilising in the microwave, provided that it stays assembled as shown on Step 3.

- For immediate usage: Pour away the leftover water from the base. Allow bottle parts to dry.
- Always store bottle assembled.

Additional instructions:

- Follow the instructions in the user manual of your microwave or multifunctional device.
- Ensure that all parts from the self-sterilising bottle and microwave (including waveguide cover and turntable) are COMPLETELY clean and free from dirt, food residue, fat or oil splashes. If not this could lead to the product melting, the microwave sparking or the waveguide-cover burning!
- The self-sterilising bottle should only be placed on solid and flat surfaces.
- Do not put the self-sterilising bottle in the center of the turntable as this could result in an uneven heat distribution.
- Do not leave your microwave unattended during the sterilising process.
- Never place the device in the microwave without water.
- Stop the microwaving process immediately if all the water has been vaporised!

- Filling the base with too much or not enough water can damage the bottle.
- Always set the microwave to the correct power and time.
- If using a combination microwave oven, ensure that the self-sterilising bottle is not exposed to the heat of the grill because this will damage it.
- TAKE CARE when handling recently disinfected items: they may still be hot.
- Wash hands before touching disinfected items.
- Always store the bottle dry.
- Hold the self-sterilising bottle upright when removing from microwave to avoid spilling out hot residual water.
- Do not wash self-sterilising bottle after disinfection.
- Do not touch the teat after disinfection. Handle teat by using the screw ring.

6.2. MAM Teat with SkinSoft™ silicone surface

94%* of babies accept this teat quickly and easily. This is thanks to the time and energy invested in the choice of material, wall thickness, shape and surfaces during product development.



The oval shape of the MAM teat is modelled on the shape of mother's nipple during feeding. When baby pauses from drinking, the oval nipple shape can be briefly seen before returning to its original state.

*Market research 2009–2017, tested with 1,508 babies

MAM teat size 0 with especially small mouthpiece and opening – ideal for breast milk



- MAM TEAT**
- with SkinSoft silicone surface
 - Especially soft lip rest and small mouthpiece – ideal for newborns
 - Easily accepted by babies – for a familiar feeling

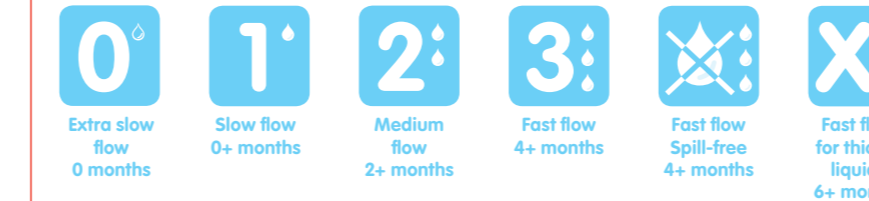
SYMMETRIC SHAPE

- Unique flat shape fits perfectly in baby's mouth
- Prevents the teat from collapsing
- Allows for a smooth drinking flow

MAM teat size 0 has been especially developed for newborns.

The very soft lip rest with its SkinSoft™ silicone surface and small mouthpiece fits perfectly with newborns' features. The teat is especially small, symmetrical and flattened, with an opening that has been carefully adapted to allow thin breast milk to pass through.

The MAM teat is available in six different sizes:



7. Troubleshooting for breast pump

If the monitor is not running

- Check to see that the power cord is properly attached to the pump if the pump is running on battery.
- Check to see if the toggle switch is ON without the adapter.
- Ensure battery power is available without the adapter. If not, plug in for charging or pumping.

If there is low or no suction

- Check that all connections are properly attached at all connection points.
- Check that the silicone cushion is firmly seated in the funnel adapter.
- Check that the valve body is firmly connected to the funnel adapter.
- Check that the valve membrane is securely seated and flat on the valve body.
- Check that the membrane cap/handle holder is properly connected.
- Check that the tubing is not bent and there is no liquid in the tubing.
- Ensure that the breast shield forms a complete seal around the breast.

Milk backflow

- If milk or water is found in the membrane or tubing, rinse the tubing with clean, hot water. Hang up to air dry completely before using.
- Check to ensure that the membrane is not damaged.
- If E1 or E2 appears on the LED display, it means that there is an open or short circuit in the internal battery. Please contact the MAM Customer Service department.
- If E3 appears on the LED display, it means that the internal temperature of the pump unit is over or below the optimal working temperature (from 5° to 60°). After this message occurs please turn the device off. You can start reusing the electric breast pump after 15 minutes.

8. Environment/Disposal

This product contains rechargeable batteries. In the interests of protecting the environment, please do not dispose of the product in household waste at the end of its useful life. Disposal should take place at an approved recycling location. A lithium-ion battery is built in: DO NOT remove the battery yourself. As the battery needs to be collected, please ask for help to remove the battery from the appliance at the recycling location.

9. Warranty

This appliance is covered by a statutory 2-year warranty period from the date of purchase upon presentation of proof of purchase. This does not include damage that is attributable to natural

wear and tear, improper use and insufficient or incorrect maintenance. If handled carefully and in accordance with the instruction manual, the manufacturer provides a 2-year warranty from the date of purchase. The power cord and electric adapter are excluded from the warranty in cases of normal wear and tear. When returning the appliance under warranty, always be sure to enclose proof of purchase.

10. Repair notes

If the appliance ever needs repairing, under no circumstances attempt to open it. The appliance cannot be opened. In the event of a malfunction or if the power cord and adapter develops a fault, please send the appliance directly to the MAM Customer Service department. **Important:** improper repairs can make the appliance extremely dangerous to use.

11. Technical data

Power adapter:
 Power input: 100–240 V; 50–60 Hz /
 Power output: 10V 1,5A
 Power rating: 15W
 Lithium battery: 1750mAh
 Stimulation speed: 100CPM
 Stimulation vacuum: –0,002MPa to –0,018MPa
 Expression speed: 26 – 60 CPM
 Expression vacuum: –0,013 to –0,036MPa
 Timer: 30 min
 Operation conditions: +5°C to +40°C, relative humidity ≤ 90%

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XXXXXXX (Company's name)
 XXXXXXX (address, incl. street or post box and postal code)
 XXXXXXX (website)
 XXXX (telephone number)

XXXXXXXXXX

MAM
 mambaby.com



Contents

- Product description
- Safety notes
- Cleaning and maintaining the appliance
- Using the appliance
 - Electric pumping
 - Manual pumping
 - Use in combination with the MAM Storage Solution
- Storing and warming breast milk
- Feeding
 - MAM Easy Start™ Anti-Colic bottle
 - MAM Teat with SkinSoft™ silicone surface
- Troubleshooting for breast pump
- Environment/Disposal
- Warranty
- Repair notes
- Technical data



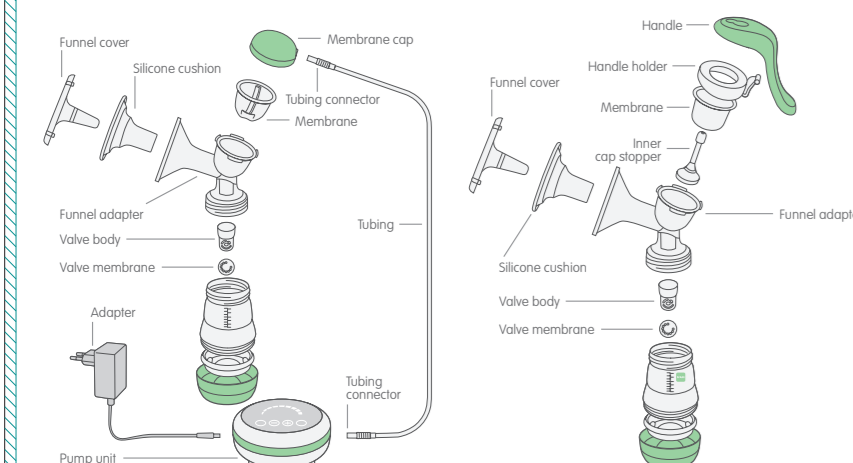
2in1 Single Breast Pump

2in1 Single Breast Pump

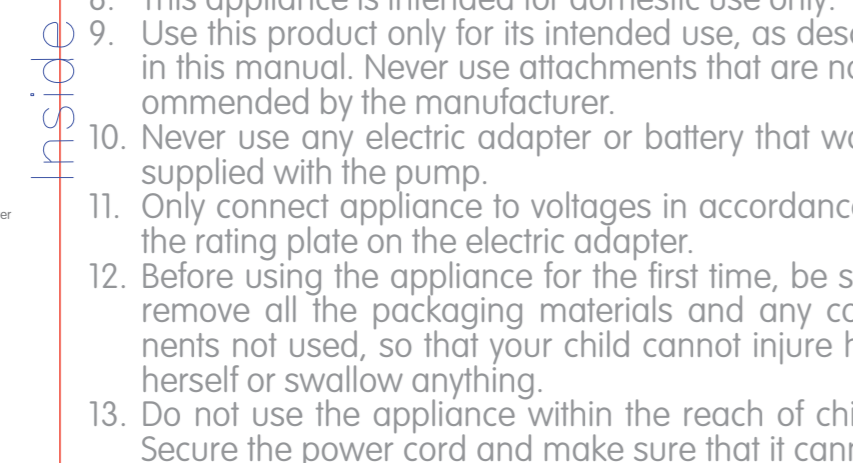
Please read all instructions carefully before using the MAM 2in1 Single Breast Pump for the first time. Keep these instructions in a safe place for future reference.

1. Product description

1.1. Product description for electric use



1.2. Product description for manual use



2. Safety notes

- Children must not play with the appliance.
- This appliance must not be used by children because children do not understand the hazards involved.
- Children should be supervised to ensure that they do not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- This appliance may be used by people with reduced physical, sensory or mental capabilities or a lack of experience and knowledge, provided that they have been given supervision or instruction concerning the safe use of the appliance and understand the hazards involved.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This appliance is intended for domestic use only.
- Use this product only for its intended use, as described in this manual. Never use attachments that are not recommended by the manufacturer.
- Never use any electric adapter or battery that was not supplied with the pump.
- Only connect appliance to voltages in accordance with the rating plate on the electric adapter.
- Before using the appliance for the first time, be sure to remove all the packaging materials and any components not used, so that your child cannot injure him or herself or swallow anything.
- Do not use the appliance within the reach of children. Secure the power cord and make sure that it cannot be pulled inadvertently, causing the appliance to fall onto the floor.
- Check the breast pump each time before use and only use it if the appliance and power cord are intact. At the first sign of any damage, the component in question must be either disposed of or repaired.
- The appliance may only be opened by an authorized service center. Opening by any unauthorized person will automatically make the warranty invalid. Repairs may only be performed by specialist personnel. Improper repairs can create serious safety hazards for users. This also applies to the replacement of the power cord.
- This electric appliance must not be immersed in water or washed in a dishwasher. If it accidentally falls into water, do not reach for it. Unplug immediately.
- When cleaning the pump unit, unplug the adapter.
- Ensure that the tubing is clean and does not contain any drops of water.
- Never place the device's electric pumping unit or adapter in the microwave or expose to high temperatures.

- Turn the toggle switch off if the device is out of use for long time.
- Charge the battery at least once a month. To maximize the working life of the device, charging time should not exceed 6 hours.
- Always unplug the power cord from the outlet after each use.
- Always keep the instruction manual in a safe place.
- Appliance is only to be used with the power supply unit provided with the appliance.
- This appliance contains batteries that are only replaceable by skilled persons.
- This appliance contains batteries that are nonreplaceable.
- For the purposes of recharging the battery, only use the detachable supply unit provided with this appliance.
- This appliance is intended for domestic use only. Do not use outdoors.
- Use this product only for its intended use, as described in this manual. Never use attachments that are not recommended by the manufacturer. Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in improper operation.
- Never operate this product if it has a damage cord or plug, if it is not working properly, if it has been dropped or damaged or dropped into water.
- If the electric adapter or supply cord is damaged, it must be replaced by manufacturer, an approved service agent or similarly qualified person in order to avoid a hazard. Separation of the casing can result in electric shock.
- DO NOT remove the battery yourself. Inbuilt lithium battery is non-removable, it's prohibited to discharge for use. As the battery needs to be collected, please ask for help to remove the battery from the appliance at the recycling location.
- This breast pump should not be operated while traveling on an airplane.
- The device is not suitable for use in the presence of flammable

- anesthetic mixtures with air or with oxygen or nitrous oxide.
- This product should never be left unattended when plugged in.
- If the power adapter outer casings become loose or separating, stop use and contact the device manufacturer immediately. Separation of the casing can result in electric shock.
- Do not place the product in direct sunlight.
- Do not use while bathing.
- Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the 2in1 Double Breast Pump, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

3. Cleaning and maintaining the appliance

Before using your MAM 2in1 Single Breast Pump for the first time and after each use, all parts that come into contact with the breast and breast milk must be separated, cleaned and sterilised.

- Only drinking-quality water must be used for cleaning.
- Do NOT sterilise the tubing or pump unit.
- Do NOT clean the inside of the tubing as no milk should enter it!
- Completely air dry or towel dry before reassembly and next use. Partially wet components may affect the operation of the electric breast pump.
- Ensure that the tubing is free from any liquid. Do not operate the electric breast pump if any liquid is visible in the tubing (see chapter 6 – Troubleshooting).
- Take care not to damage parts of the pump set during cleaning.

3.1. Cleaning by hand

Before cleaning, all parts of the pump must be separated. Begin by rinsing all parts in cold, clear water. Then wash all parts in warm soapy water with a damp cloth or sponge and rinse thoroughly with cold water afterwards. Do not use any abrasive cleaning agents such as anti-bacterial solutions, as these could attack the appliance's surface. Leave the separated parts to drip dry or use clean paper towel.

3.2. Cleaning in the dishwasher

To clean the breast pump in the dishwasher, place the separated parts on the top rack of the dishwasher or in the cutlery section. When washing the pump parts in the dishwasher, the

components may become discoloured by food pigments – this does not affect their function. We recommend to carefully clean the valve body and valve membrane by hand to prevent damages and to ensure that those small components do not get lost.

3.3. Cleaning the electric pump unit

To clean the electric pump unit, unplug the appliance, switch it off and wipe it with a clean, damp cloth. Never place it in a dishwasher for cleaning. The appliance must not be immersed in water.

3.4. Sterilising the breast pump

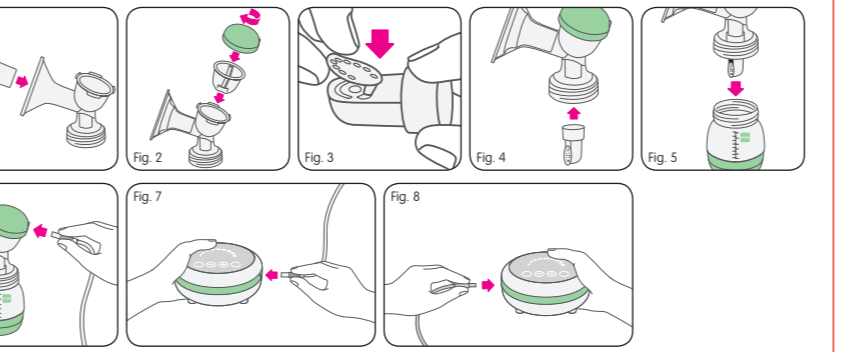
Before using the pump for the first time and once a day, all parts of the pump except the tubing and the electric pump unit must be sterilised. The separated pump parts can be sterilised in boiling water, in an electric or microwave steam steriliser as well as in cold sterilising liquid. Store the pump set in a clean bag / container and use the funnel cover for further protection of the silicone cushion until next use. **Please note:** never sterilise the assembled pump – always separate the parts. **Important:** allow all parts of the breast pump to fully cool and dry before use.

4. Using the appliance

4.1. Electric pumping

4.1.1. Assembly

- For hygienic reasons, please wash your hands thoroughly before assembling the breast pump.
- Place the silicone cushion into the funnel adapter. Make sure to connect the silicone cushion to the rim of the funnel properly by fitting it over the rim (Fig. 1).
- Place the membrane into the funnel adapter, cover with the membrane cap and screw on tightly (Fig. 2).
- Carefully press the valve membrane into the hole of the valve body until it engages. The valve membrane should be pressed flat and tight to avoid air leakage (Fig. 3).
- Please note:** the valve membrane ensures that there is a total barrier between the breast milk and any pathogenic agents.
- Now correctly place the valve membrane with the valve body onto the funnel adapter (Fig. 4).
- Firmly screw the bottle onto the funnel adapter (Fig. 5).
- The tubing has two connectors on the two ends. Attach the connector to the air vent of the membrane cap (Fig. 6) and the one on the pump unit separately, ensuring a tight fit (Fig. 7).



4.1.2. Charging the electric pump unit and pumping in mains operation

- When the adapter is connected to the pump, the pump can be powered and the battery charged at the same time.

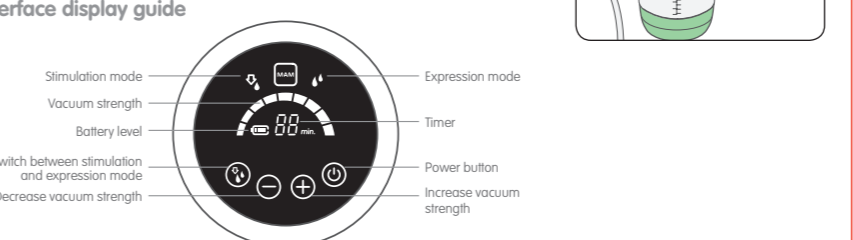
- For charging or pumping when the battery is empty, connect the plug to the pump unit and insert the adapter into an electrical socket (Fig. 8). To charge, switch the toggle switch at the bottom of the pump to OFF.
- For pumping, make sure that the toggle switch is switched to ON. The LED on the pump will flash, indicating that the device is in standby mode.
- When the battery power is low, the pump will switch off automatically.
- Once the battery is fully charged, it will stop charging to protect the battery from damage.

4.1.3. Preparing for pumping

- Wash your hands with soap and your breasts and nipples using a warm washcloth and clean fresh water.
- Squeeze a little bit of milk out of each nipple to make sure the milk ducts are not clogged.
- Ensure that all parts of the pump are clean and disinfected before use.
- Before using, make sure that the pump is properly assembled and fully screwed onto the bottle.
- Ensure that the toggle switch at the bottom of the pump unit is switched to ON and that the battery is charged or the pump plugged into an electrical socket.
- Place the funnel firmly on your breast. Make sure that no air escapes through the side, otherwise no suction will develop.
- Support the breast with your hand from below and hold the funnel onto your breast with your thumb and index finger (Fig. 9).
- Expressing milk without using the silicone inlay is more effective than with the silicone inlay. So you may want to remove the inlay once you become more comfortable with expressing!



4.1.4. Pumping Interface display guide



Turn on the breast pump by pressing . The 2-phase expression process begins with the stimulation mode. This produces a short, quick sucking rhythm until your milk starts to flow. The pump will start with Level 1 of the stimulation mode by default. There are 9 different levels of suction strength, which can be adjusted by pressing . You can see the selected level on the display: .

Once the milk starts flowing, you can switch to the expression mode. To do this, simply press . The expression mode starts with Level 1 and has a slow rhythm to express the milk. The expression icon will then appear on the right of the display. The expression strength can be adjusted to 9 different levels by pressing . The simple up/down buttons allow you to control the vacuum to suit your comfort level, as this is when milk will flow best. Research has shown that pumping is more efficient – getting more milk in less time – when pumping at a maximum vacuum level during the expression phase.

When the pump is running on battery power, the battery icon will show how much power is left. When the battery runs out, will flash. A timer starts running as soon as you start pumping. After 30 minutes, the pump switches off automatically. Healthcare professionals recommend that you pump for 15 minutes per breast. To

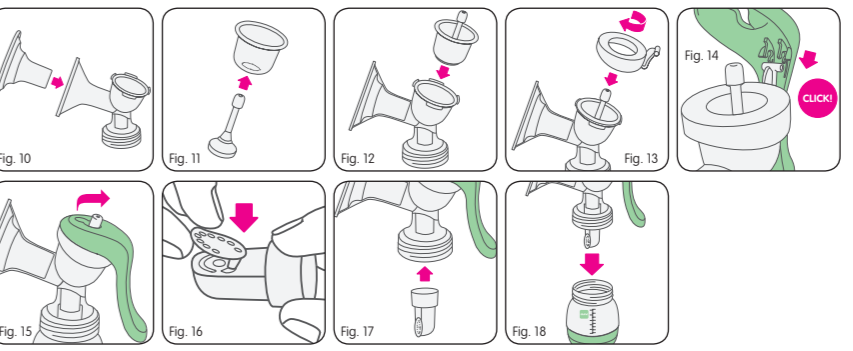
resume pumping, press . To stop pumping before the end of the 30 minutes, press . After pumping and for transportation always switch the toggle switch to OFF to avoid starting the pump unintentionally.

Expressing milk or stimulating does not come easily to everyone. If you find it is less comfortable than you had hoped, ask your midwife or other healthcare professional for advice.

4.2. Manual pumping

4.2.1. Assembly

- For hygienic reasons, please wash your hands thoroughly before assembling the breast pump.
- Place the silicone cushion into the funnel adapter. Make sure to connect the silicone cushion to the rim of the funnel properly by fitting it over the rim (Fig. 10).
- Insert the inner cap stopper into the membrane until it engages properly (Fig. 11).
- Insert both parts into the funnel adaptor (Fig. 12).
- Screw the handle holder on top of the membrane (Fig. 13).
- Connect the handle to the handle holder so that it clicks firmly into place (Fig. 14). Then place the inner cap stopper in lock position by pulling the upper part of the cap stopper into the opening closer to the pump handle (Fig. 15).
- Carefully press the valve membrane into the hole of the valve body until it engages. The valve membrane should be pressed flat and tight to avoid air leakage (Fig. 16).
- Now correctly place the valve membrane with the valve body onto the funnel adaptor (Fig. 17).
- Screw the bottle onto the funnel adaptor tightly (Fig. 18).



4.2.2. Preparing for pumping

- Wash your hands with soap and your breasts and nipples with a warm washcloth and clean fresh water.
- Squeeze a little bit of milk out of each nipple to make sure the milk ducts are not clogged.
- Ensure all parts are clean before use.
- Before using, make sure that the pump is properly assembled and fully screwed onto the bottle.
- Sit comfortably and lean forward slightly. Place a glass of water within easy reach.
- Place the funnel firmly on your breast. Make sure no air escapes through the side, otherwise no suction will develop.
- Support the breast with your hand from below and hold the funnel onto your breast with your thumb and index finger (Fig. 19).
- Expressing milk without using the silicone inlay is more effective than with the silicone inlay. So you may want to remove the inlay once you become more comfortable with expressing.

4.2.3. Pumping

- Use your other hand for pumping.

- Hold the adaptor neck with your thumb and the handle with your remaining fingers.
- Press and release the handle to operate the pump at a speed of approximately 60 times per minute. Only squeeze the handle as far as it remains comfortable and adjust the speed to your personal preference (Fig. 20).
- We recommend a faster pump rhythm to stimulate milk flow. Once the milk starts flowing, you can switch to a slower rhythm.
- Try to pump consistently to keep the milk flow established.

Expressing milk or stimulating does not come easily to everyone. If you find it is less comfortable than you had hoped, ask your midwife or other healthcare professional for advice.

4.3. Use in combination with the MAM Storage Solution (for electric or manual pumping)

- Remove the Easy Start base with its silicone valve and screw the Storage Solution on in its place. This unit can now be screwed onto the pump. All sizes of Easy Start bottle can be used in this way (Fig. 21).
- Bring the pump to the breast and express. Please refer to the instructions for electric or manual pumping.
- Unscrew the Storage Solution and close securely with the lid (Fig. 22).
- To label with the date and time of expression, use the special two-part area on the Storage Solution. A pencil is best.

5. Storing and warming breast milk

5.1. Storage

- Expressed breast milk can be stored either in the MAM Easy Start bottle or in the Storage Solution.
- The Easy Start bottle with the expressed milk can be sealed either with the bottle screw ring, teat and cap, or with the bottle screw ring and sealing disc (Fig. 23).
- Breast milk can be stored in the fridge in the Easy Start bottle or Storage Solution for up to 24 hours.
- Breast milk can be kept in the Storage Solution in the freezer for 3 months. Please note: the Easy Start bottle is not suitable for storing expressed milk in the freezer or freezer compartment.
- Do not store breast milk in the door of the refrigerator. Instead, choose the coldest part of your refrigerator (this is at the back of the glass shelf above the vegetable compartment).
- If you have a 3-star freezer in your fridge, do not store milk for longer than 2 weeks.
- It is recommended that breast milk is frozen in small portions of 50-120ml / 1.5-4.0 UK fluid ounces. Fill the Storage Solution only up to the 120ml level mark for freezing. Never overfill.
- Use milk that has been stored the longest first.
- When transporting breast milk, it is important that the cooling chain is not interrupted.

5.2. Milk warming

- Defrost frozen milk in the fridge overnight, carefully in a water bath or with a bottle warmer that offers a defrost setting, such as the MAM Electric Steriliser & Express Bottle Warmer.
- Do not put the milk in a microwave to heat: if you do, micronutrients and important immuno-

