



Breast Milk Storage Bags

Online Shop

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Breast Milk Storage Bags

Instructions for use

Please read these instructions carefully before first use.
Keep in a safe place for future reference.

MAM Breast Milk Storage Bags are hygienically manufactured and can therefore be used immediately. They do not need to be cleaned before use. This product is suitable for food contact.

Safety Notes

- Check bags before use. Throw away at the first signs of damage or weakness.
- These breast milk storage bags are intended for single use only.
- Keep the product and packaging out of reach of children.
- Never put the bags into the microwave.
- Never put the bags into boiling water.

Filling

1. When bag is still empty: Use a pen or permanent marker to fill in the name, date, time and volume in the labelling area. Avoid using felt tip markers.
2. Open bag by tearing away the safety seal and pulling the zipper apart carefully. Do not touch the inside of the bag and handle it as hygienically as possible until filling it with milk.
3. Pour expressed milk into the bag.

DO NOT FILL PAST 180 ML MARKING. Breast milk will expand when frozen (Fig. 1).

4. Remove air before sealing (Fig. 2).

5. Seal the zippers completely.

DO NOT STAND BAG UPRIGHT ON ITS OWN UNTIL ZIPPER IS SEALED (Fig. 3).

Pump into bag

Compatible with MAM Manual Breast Pump & MAM 2in1 Breast Pumps. No additional adapter needed.

1. Open bag by tearing away safety seal and pulling zipper apart carefully. Do not touch the inside of the bag and handle it as hygienically as possible until filling it with milk.
2. Tilt the pump and slide it into the bag. (Fig. 4)
3. Make sure that the bottom of the pump is fully placed inside the bag (Fig. 5). Tug gently on bottom of bag to ensure that the bag is secure.
4. Repeat as needed for a double pump, then start pumping.
5. To remove, securely hold the bag, gently tilt the pump and slide off bag (Fig. 6). Do not pull the bag straight down.
6. Remove air before sealing bag (Fig. 2).

Storing breast milk

TYPE OF BREAST MILK	RECOMMENDED STORAGE LOCATIONS AND TEMPERATURES		
	Room temperature (25°C) or colder	Refrigerator (4°C)	Freezer (-18°C) or colder
Freshly expressed or pumped	Up to 4 hours	Up to 4 days	Up to 6 months
Thawed, previously frozen	Up to 2 hours	Up to 24 hours	NEVER refreeze breast-milk
Leftover from a feeding (baby did not finish the bottle)	Use within 1-2 hours after the baby is finished feeding		

- These guidelines are for healthy full-term babies only and may vary for premature or sick babies. Check with your midwife or health care provider.
- Always use the longest stored breast milk first.
- Do not store breast milk in the door of the refrigerator. Instead, choose the coldest part of your refrigerator.
- Lay bags flat to freeze. Tip: To prevent sticking, separate bags



Fig. 1



Fig. 2

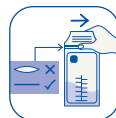


Fig. 3



Fig. 4



Fig. 5

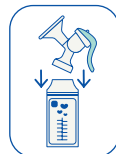


Fig. 6

- with paper towels until frozen.
- When transporting breast milk, it is important that the cooling chain is not interrupted.

Defrosting breast milk

- Do not defrost breast milk in the microwave, as this will reduce its nutritional value.
- Do not defrost breast milk in boiling water.
- Defrost frozen breast milk by either placing the bag in the refrigerator overnight; by running it under warm water; by setting it in a container of warm water; or by using a bottle warmer that offers a defrost setting (according to manufacturer's instructions).

Warming breast milk

- To warm the milk, open the zipper of the bag carefully and pour the thawed milk into a baby bottle such as the MAM Easy Start™ Anti-Colic Bottle.
- Place bottle in a water bath or a bottle warmer as recommended by the manufacturer.
- 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.

For your child's safety and health

WARNING!

- Do not use boiling water, an oven or a microwave to heat breast milk.
- 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 1-2 hours and anything left over should be thrown away.