

Cleaning and sterilizing:

- Clean nipple shields before first and each use.
- Before first use place nipple shields in boiling water for 5 minutes. This is to ensure hygiene.
- Sterilize using one of the following methods: steam sterilizing (electric or microwave according to manufacturer's instructions), boiling in water for at least 5 minutes or liquid sterilizing solution. Do not use abrasive cleaning agents.
- In order to store the sterilized nipple shields hygienically, keep them in the closed sterilized carry box.

Instructions for use:

- Inspect the nipple shields before each use and replace at the first signs of damage.
 1. Wash your hands!
 2. Invert the wings.
 3. Place on nipple and smooth out wings.
 4. Check that the shield fits the nipple and is firmly attached before breastfeeding.
- Before first use contact a midwife or health consultant. Can be sterilized in an autoclave (up to 134°C / 273°F, up to 18 min).

**Sterilizer Box Instructions:**

- Before first use: remove tamper-proof closure and any stickers from the box.
- Wash nipple shields and box with mild soapy water and then rinse with clear water before use. This is to ensure hygiene.
- When using the self-sterilizing method, please ensure the nipple shields, box and microwave (including the 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 or box melting and the microwave sparking or the waveguide cover burning!
- First, hold box and fill to the mark with 15 ml / 0.5 fl. oz. of water.
- Next, place nipple shield(s) in the box.
- Close box and heat in the microwave at 750 – 1000 watts for 3 minutes. Up to 2 boxes can be sterilized at the same time.
- Follow the user manual of your microwave. Don't put the sterilizer box at the center of the turntable. Don't leave your microwave unattended during sterilizing process! Stop the microwaving process immediately if water is evaporated.
- Allow to cool for at least 3 minutes.
- Open microwave. CAUTION! The box, water and nipple shields may still be very hot after the 3 minute cooling period!
- After microwave sterilizing, nipple shields kept in the closed box will remain disinfected for up to 48 hours. For immediate use open box and drain remaining water. Leave nipple shields to dry in slightly open box.
- Check the temperature of the nipple shields before use!
- Improper water level, power level or time setting can damage the microwave, nipple shields and box and result in poor disinfection!
- For use only with MAM Nipple Shields!
- Keep sterilizer box away from children.