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## Electrical Products

English

# Content



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## 2in1 Double Breast Pump

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# Electric Steriliser & Express Bottle Warmer

Please read all instructions carefully before using the MAM Electric Steriliser & Express Bottle Warmer for the first time. Keep these instructions for future reference. MAM Electric Steriliser & Express Bottle Warmer allows you to warm, defrost and sterilise all MAM and common Bottles and Milk Storages, as well as baby food safely and quickly.

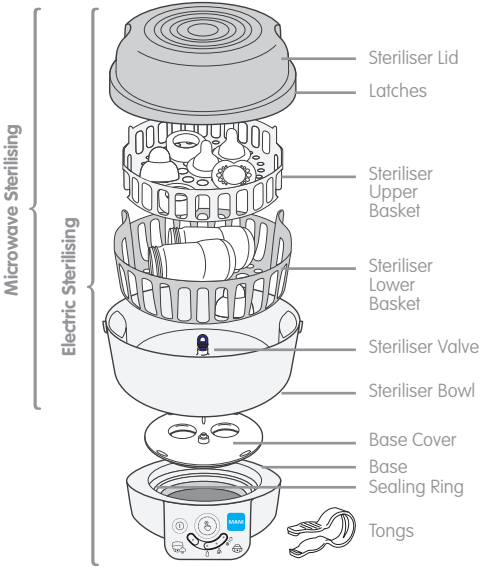
## Interface display guide



## 1 General sterilising instructions

### Assembling of the Electric & Microwave Steriliser

Suitable for sterilising bottles, soothers and cup components. Before putting the items in the Steriliser, carefully wash all items (soothers, bottles etc.) in mild soapy water and rinse with clean water. Arrange the parts into the baskets evenly by ensuring that the steam flow is not blocked. Do not use the device for metal or electronic parts. Always use the correct quantity of water. Using too much or too little water can result in incomplete sterilising function and can damage the device and the microwave. TAKE CARE when handling recently disinfected items as they may still be hot. Wash your hands before touching disinfected items. CAUTION! Only place items in the Steriliser that are suitable for sterilising. Do not disinfect items that are filled with liquid: e.g. a teether containing cooling fluid. **SCALDING HAZARD:** When opening the Steriliser after use, hot water vapour can escape and the remaining water may be very hot. Use sterilised tongs to remove and assemble the parts. Sterilised products kept in an unopened Steriliser stay disinfected for up to 48 hours. To achieve the best possible sterilising and warming efficiency, do not operate other powerful electrical items at the same time on the same socket or circuit.



In order to achieve a sufficient disinfection effect up to 24h, the number of products sterilised together must not exceed the maximum numbers mentioned below:

	Easy Start 130 ml	Easy Start 160 ml	Easy Start 260 ml	Trainer+ 220 ml	Easy Active 270 ml	Easy Active 330 ml	Feel Good 160 ml	Feel Good 260 ml
number of bottles	6	6	4	6	6	5	4	4
number of soothers	3	3	3	3	3	3	3	3

**To achieve a disinfection effect up to 48h, the maximum number of products sterilised together shall not exceed:**

	Easy Start 130 ml	Easy Start 160 ml	Easy Start 260 ml	Trainer+ 220 ml	Easy Active 270 ml	Easy Active 330 ml	Feel Good 160 ml	Feel Good 260 ml
number of bottles	4	4	3	6	5	4	3	3
number of soothers	7	5	10	5	5	10	5	5

## 1.1. Using the Electric Steriliser



Fig. 1

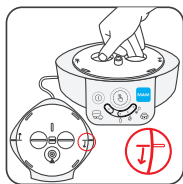


Fig. 2

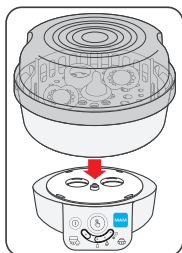


Fig. 3

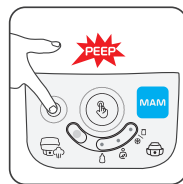


Fig. 4

- 1.) Correct assembly of the Electric Steriliser is illustrated at the beginning of Section 1.
- 2.) Check that the sealing ring is pressed down firmly in its place, this never needs to be removed.
- 3.) Pour 200ml/7 fl oz tap water directly into the Base (Fig. 1).
- 4.) Fix the Steriliser Base Cover onto the Base using the grooves to "fit and twist" the cover (Fig. 2).
- 5.) Place the disassembled bottle and components in the upper and lower Baskets of the Steriliser.
- 6.) Close the Steriliser. The Steriliser Lid must "click" into place.
- 7.) Place the Steriliser on the Base Cover (Fig. 3).
- 8.) Insert the plug into the wall socket. Place it on a flat, stable surface.
- 9.) Switch the device ON ① (Fig. 4). The light on the sterilising programme will appear, along with a short beep.
- 10.) Press the programme selection button ② for 2 seconds to start the sterilising programme (Fig. 8). A long beep is heard and the light flashes constantly while the programme is running.
- 11.) The programme will run for 7 minutes and will automatically stop afterwards with 3 long beeps. Light stops flashing.
- 12.) Cooling down period starts: all 4 LEDs are lit. Allow the Steriliser to cool before removing the lid. Cooling period will automatically stop after 4 minutes along with 3 long beeps.
- 13.) Press OFF ① to turn the device off. Pour out any remaining water from the Base and dry with a soft cloth. The programme can be interrupted by pressing the programme selection button ②. If programme is interrupted – please restart the entire process.

## 1.2. Using the Microwave Steriliser

- 1.) Correct assembly of the Microwave Steriliser is illustrated at the beginning of Section 1.
- 2.) Open the latch on the Microwave Steriliser and remove the Steriliser Lid.
- 3.) Remove the Steriliser Upper and Lower Baskets as necessary.
- 4.) Close the blue Steriliser Valve on the bottom of the Steriliser Bowl.
- 5.) Pour 200ml tap water into the Steriliser Bowl. Place the disassembled bottles and components in the upper and lower Baskets of the Steriliser.
- 6.) Close the Steriliser. The Steriliser Lid must "click" into place. Place the Steriliser in the microwave.
- 7.) The Steriliser works with all commercially available microwave devices. There must be some space between the microwave and Steriliser. Using a microwave that is too small can damage the steriliser and the microwave. Never place in the microwave without water. Do not use bleach. If using a

combination microwave oven, ensure that the Microwave Steriliser is not exposed to the heat of the grill because this could damage the steriliser, products and microwave.

8.) Sterilising times correspond to the microwave's wattage (Fig. 5).

9.) Allow the Steriliser to cool before removing from the microwave. Recommended cooling time: minimum of 3 minutes with the microwave door open.

10.) For immediate use of the products any leftover water in the products can be removed by using the draining function in the lid. There are drainage grooves on the inside of the Steriliser Lid.

11.) Items can be placed inside the upturned Steriliser Lid individually or within the Steriliser Baskets.

Power	Time	Cooling time
650 – 1000 W:	11 min	3 min
1050 – 1800 W:	6 min	3 min
1850 W:	5 min	3 min

Fig. 5

## 2. Bottle & Food Warmer instruction

### Assembling the Bottle & Food Warmer



Fig. 6



Fig. 7

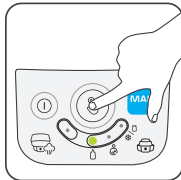


Fig. 8

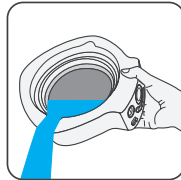
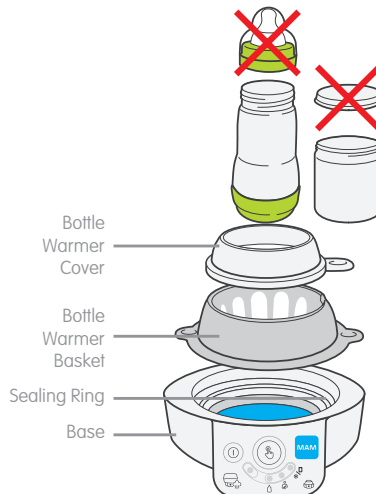


Fig. 9









1.) Correct assembly of the Bottle & Food Warmer is illustrated at the beginning of Section 2.

2.) Use the **Bottle & Food Warmer chart** (Fig. 10) or the **Gentle Warming Chart** (Fig. 11) to determine how much water you need. Pour the correct quantity of water into the base (Fig. 6). You can use the MAM Bottle Cap as a measure.

### Bottle & Food Warmer Chart (Fig. 10)



Please note: This chart provides you with approximate values for warming liquid & food. The time required for the food to reach the right temperature varies according to the container you are using, how much food you are warming and the temperature of the food before warming. Make sure you use the correct quantity of water. With a little practice, you will quickly learn which settings will give you the ideal food temperature. The programme automatically stops at the end of the heating cycle.


**Fig. 10**

Programme	Container	Volume	Initial temperature	Water quantity approx.	app. Time
Express Warming 	Plastic Bottle 	130ml	Room temperature	35ml	Minimum of 2.30 min.
			Refrigerator temperature	45ml	
		160ml	Room temperature	35ml	
			Refrigerator temperature	45ml	
		260ml	Room temperature	45ml	
			Refrigerator temperature	75ml	
	Glass Bottle 	170ml	Room temperature	15ml	Minimum of 1.50 min.
			Refrigerator temperature	20ml	
		260ml	Room temperature	15ml	
			Refrigerator temperature	20ml	
Defrosting and Food Warming 	Milk Storage 	60ml	Freezer temperature	50ml	Minimum of 10.10 min.
		90ml	Freezer temperature	65ml	
		120ml	Freezer temperature	75ml	
	Baby Food 	190g	Room temperature	40ml	Minimum of 9.30 min.
			Refrigerator temperature	60ml	
		250g	Room temperature	40ml	
			Refrigerator temperature	60ml	




**Gentle Warming Chart (Fig.11)** Please note: This chart provides you with approximate values for warming breast milk. The time required for the breast milk to reach the right temperature varies according to how much breast milk you are warming and the temperature of the breast milk before warming. Make sure you use the correct quantity of water and the Easy Start Bottle. With a little practice, you will quickly learn which settings will give you the ideal temperature. The gentle warming process helps to preserve nutrients and maintain the optimal integrity of breast milk. For handling volumes below 140 ml the programme has to be stopped manually. If you want to warm 150 ml or more, the programme will stop automatically after one hour (including keep warm time). Always check the temperature of the milk before feeding your baby.

**Fig. 11**

Programme	Container	Volume	Initial temperature	Water quantity approximately	manual turn off time	waiting time after turn off
Gentle warming 	Easy Start 	40 ml	Refrigerator temperature	200 ml	2 min	15 min
		50–60 ml		200 ml	2,5 min	15 min
		80–100 ml		200 ml	4 min	15 min
		120 ml		200 ml	6 min	15 min
		140 ml		200 ml	7,5 min	15 min

- 3.) Place the Bottle Warmer Basket and Bottle Warmer Cover on the Base.
- 4.) Remove the teat/cover/lid from the bottle, container, then place the container in the Bottle Warmer Basket (Note: To avoid damaging bottles or containers, always use the Bottle Warmer Basket and Cover for bottle & food warming). Insert the plug into the wall socket.
- 5.) Press ON  to switch on the device (Fig. 7). The light on the sterilising programme will appear, along with a short beep.

- 6.) Now press the selection button (8) to move from sterilising to the bottle warmer programme (Fig. 8). Select the desired programme by briefly pressing programme selection button (8) until the light on the programme you need appears:

	Express Bottle Warming: Quick warming of all bottles up to drinking temperature.
	Gentle Warming: for breast milk
	Defrosting and Food Warming: frozen milk can be defrosted and warmed up. Baby food in containers can also be warmed up.

- 7.) Press the selection button (Fig. 8) for about 2 seconds to start the programme. A long beep is heard and the light flashes while the programme is running. The programme can be interrupted by pressing the selection button (8).
- 8.) The programme automatically stops at the end of the heating cycle along with 2 long beeps. The light stops flashing and all 3 LEDs on the selected warmer programmes are lit.
- 9.) Food/milk in the Baby Food Warmer can get extremely hot! If warming less than stated in our instructions please be aware that it can be very warm. **ALWAYS test the temperature of the food, before feeding it to baby.** Stir the contents of the food with a spoon so that the heat spreads more evenly and quickly. If the food is not warm enough, add a little more water to the Base the next time you heat up food. If the food is too hot, let it cool down a little and use a little less water next time.
- 10.) All 3 warmer programmes have an integrated "keep warm" function. This automatically starts at the end of the heating cycle or after having turned off the programme manually (e.g., gentle warming of breast milk). When using the "keep warm" function, leave the Bottle Warmer Basket and Bottle Warmer Cover in place. "Keep warm" stops after 45 minutes along with 3 long beeps. Feed warmed breast milk instantly. Immediately dispose of any leftovers and do not reheat. Breast milk may be warmed up approx. 15–20 minutes before feeding.
- 11.) Press OFF (1) to turn off the device. Allow the device to cool before cleaning. Pour away any remaining water from the reservoir in the base and dry with a soft cloth (Fig. 9).

### 3. Cleaning & maintaining the appliance

Never place it in a dishwasher. Always unplug the appliance from the mains before cleaning & descaling. Do not clean or descale the appliance when it is hot. Do not use strong or abrasive cleaning or scouring agents, as these could attack the appliance's surface. After every use, unplug the appliance and wipe it with a damp cloth to avoid any build up of limescale. **Caution: during cleaning and maintenance, the sealing ring may become loose or separated from the electric device. Check to ensure that the ring is correctly seated. If necessary, press it firmly into place. The thicker/wider part of the ring should be pushed in first and the thinner part will be facing out. As shown on the sticker on the electric device, please descale the base at regular intervals.** Use household vinegar or a commercially available decalcifying agent for this purpose according to the manufacturers instructions. If the appliance ever needs repairing, under no circumstances attempt to open it. Instead, contact the address shown in these instructions. The appliance must never be immersed in water.

### 4. Environment/Disposal

Do not throw away the appliance with normal household waste at the end of its life. MAM UK is a proud member of a Distributor Take-Back scheme (DTS). As a member of this scheme, we ask that you take your old piece of equipment to a designated collection facility (DCF) in your area. An online search facility to help you identify a DCF near you is available on the following

website: [www.recyclenow.com/local-recycling](http://www.recyclenow.com/local-recycling). Alternatively you can contact your local authority for recycling options. By doing this you help to preserve the environment.

## 5. Warranty

In addition to the seller's warranty obligations arising from the contract to purchase, we as the manufacturers provide a warranty of 24 months from purchase of the appliance so as long as the appliance has been used properly and the operating instructions have been followed. Evidence of the date of purchase and the type of appliance should be provided by means of a receipt. The purchaser's statutory rights are unaffected by this manufacturer warranty. During the warranty period, we undertake to remedy any defects attributable to poor materials or workmanship. This does not include damage that is attributable to normal wear and tear, improper use and insufficient or incorrect maintenance.

## 6. Repair notes

The appliance should never be opened by anyone other than properly trained and certified personnel within MAM Baby. Otherwise the warranty will be invalidated. Improper repairs or tampering can result in significant safety hazards for users. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

## 7. Technical data

Voltage: Type: I12, 220–240 V; 50–60 Hz / Power consumption: 1000–1200 Watts. The product is fitted with a BS 1363 mains plug containing a 13A fuse. If it ever becomes necessary to replace the fuse, only use fuses that are marked BS 1362, and rated at 13A.

## 8. Safety notes

1. Children must never play with the appliance.
2. Children should never use this appliance, even under supervision.
3. This appliance cannot be used by children because children do not understand the risks involved. Cleaning and maintenance must never be carried out by children. Keep the appliance and cord out of reach of children.
4. The appliance may be used by people with reduced physical, sensory or mental capabilities or lack of experience and knowledge, provided that they have been given supervision or instruction concerning the safe use of the appliance in a safe way and understand the hazards involved.
5. This appliance is intended for household use only.
6. Food should not be heated for too long.
7. Without regular descaling, sterilising or bottle & food warming cannot be guaranteed.
8. Please do not put other appliances into the Steriliser.
9. Prior to using the appliance for the first time, be sure to remove



all packaging material and any components not used, to ensure that your child cannot injure him or herself or swallow anything.

10. The food should not be heated for too long and its temperature should be checked on a sensitive part of your skin before serving the baby.
11. To avoid potential injury, only use this appliance for its intended use.
12. Caution: the heating element surface is hot during operation and remains hot for a while after use.
13. Only connect appliance to voltages in accordance with the rating plate on the base of the appliance.
14. Do not use the appliance within the reach of children. Secure the power cord and make sure that it cannot be pulled by a child, causing the appliance to fall onto the floor.
15. To operate the appliance, it must be placed on a dry and level surface.
16. Always use a sufficient quantity of water for warming.
17. Never fill the appliance with water up to the top edge.
18. Never operate the appliance without water or carry it during operation. When the appliance is not in use, always disconnect the mains plug and empty out the water.
19. SCALDING RISK: the water inside the Steriliser or Bottle & Food Warmer can get extremely hot.
20. Check the Steriliser or Bottle & Food Warmer each time before use and only use it if the appliance and power cord are intact. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
21. This appliance must not be immersed in water or washed in a dishwasher.
22. Never place the base of the device in the microwave.
23. Always keep the instruction manual in a safe place.

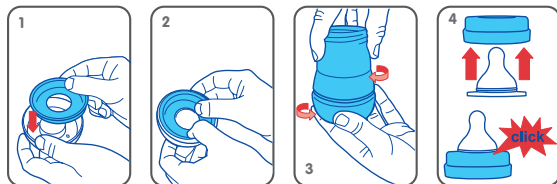
## 9. MAM Easy Start™ Bottle

This product meets the requirements of European Standard EN 14350:2020.

**Tip:** MAM recommend following our instructions carefully and taking note of the highlighted red text, warnings and 'MAM tips': due to the smart design of the bottle which offers great features like self-sterilising and the vented base for reducing colic, it just needs a little more care and attention for use.

### Quick Start

- Before first use, disassemble and clean the product and then place the components in boiling water for 5 minutes. This is to ensure hygiene. See specific chapter to find out more about cleaning.
- 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.
- Assemble the bottle as per diagram below, ensuring the valve is firmly/correctly pressed down and parts screwed together correctly.



- 1 Place silicone valve into bottom ring.
- 2 Press down on raised perimeter of silicone valve.
- 3 Slowly and steadily screw assembled base onto bottom of bottle.
- 4 Insert teat into top of bottle screw ring until you hear a "click".

### Cleaning

- **Before first use place in boiling water for 5 minutes. This is to ensure hygiene.**
- Before first and each use, clean in warm soapy water and rinse well with clean water before sterilising, in order to ensure hygiene. Avoid harmful ingredients in the soap such as alcohol, chlorine, and/or microplastics. Do not leave items standing in the cleaning detergent like soapy water longer than recommended – this could negatively affect the product function. All bottle parts **MUST** be disassembled for proper cleaning. Cleaning/sterilising while assembled can damage the bottle.
- Dishwasher safe on top dishwasher rack (max 65 °C) but please be aware food colourants may discolour the bottle components.
- Do not use abrasive cleaning agents. You can clean the bottle parts with a soft bottle brush such as the MAM Soft Brush, which can also be used to gently clean inside the teat. Hard scourers may scratch the plastic.
- Ensure no residual food remains in the bottle parts after cleaning and sterilising.

### Sterilising

- After cleaning, you are now ready to sterilise using one of the following methods: Cold water tablet/liquid solution, boiling for 5 minutes, steam sterilising (electric or microwave according to manufacturers instructions) or self-sterilising.
- **NEVER screw bottle parts together when sterilising or self-sterilising.** This can damage the bottle and distort the threads where the bottle screws together.
- Do not leave bottle parts in direct sunlight, heat or leave in sterilising solution for longer than recommended, as this may affect the product function.
- **ATTENTION:** be careful when dealing with disinfected products as they may still be hot.
- Always handle disinfected products with clean hands and/or teat tongs. Teat should not be touched by hands after disinfection.
- **We recommend leaving your bottles to cool for at least 10 minutes before making up a formula feed with boiling water.**

### Self-Sterilising

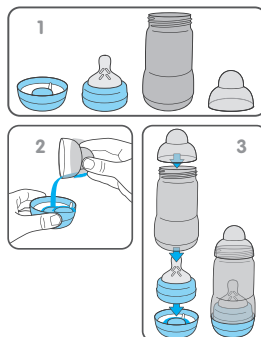
- The self-sterilising feature of the Easy Start Bottle, is proven to be effective for killing common household germs and bacteria. For best results, please follow all instructions carefully.
- Clean thoroughly as instructed above before self-sterilising.

**Step 1:** After cleaning, assemble bottle parts in the following way: base with white silicone valve, teat with screw ring/collar, bottle body and lid.

**Step 2:** Using the scale on the bottle lid, measure 20mls of tap water and pour this into the base (with white valve).

**Step 3:** Place the screw ring/collar with teat on the bottle base with water. Place and rest the bottle body over this. **(DO NOT SCREW DOWN).** Place the lid on top – your bottle is now ready for self-sterilising.

- Set your microwave timer according to how many bottles you are simultaneously cleaning. 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

- After self-sterilising allow bottle to cool down before removing from the microwave.
- **Recommended cooling time: 10 minutes with opened microwave door.** Be careful to hold the base and keep the bottle straight when removing

from the microwave to avoid spilling any left over hot water.

After the process is complete, if the bottle is left as assembled in step 3, it will remain disinfected for up to 48 hours. When self-sterilising on the go, you should self-sterilise, assemble your bottle and make up your feed straight after self-sterilising.

- After cooling time and using the bottle straight away: remove from the microwave and pour away any leftover water carefully. Shake parts to remove excess water.
- When assembling do not worry about some water remaining on the bottle parts, this has been disinfected.

#### Self-Sterilising – IMPORTANT FACTS

- Follow the user manual instructions for your microwave/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 always be placed on the outer sides of the turn plate, and not in the centre of the plate as this could result in uneven heat distribution for disinfection.
- Do not leave your microwave unattended during the sterilising process.
- Never self-sterilise your bottle without water or incorrect water level; please be sure to use exactly 20mls of tap water.
- Always set the microwave to the correct power and time. If using a combination microwave, ensure the bottle is not exposed to the heat of the grill because this will damage it.

#### Making up your bottle – Formula Feeding

**NEVER PREPARE A BOTTLE WITH A BABY/TODDLER PRESENT/CLOSE**

**NEVER POUR BOILING WATER INTO THE BOTTLE**

- After you have cleaned/sterilised your bottle you are now ready to make up your bottle making sure all parts are assembled correctly/tightly.
- Make sure you leave your sterilised bottle to cool for at least 10 minutes before making up a feed in it.
- Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before). Once boiled, the water should be left to cool for at least 20 minutes up to 30 minutes\*. NHS recommend a temperature of 70°C when making up a bottle. \*(Cooling time of 20 minutes is suggested by MAM for the boiled water to cool enough to be used for making up a bottle, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding.)

**Tip:** If sterilising and making up a feed in one go, we recommend: Start by boiling the kettle. While this is boiling and cooling for at least 20 minutes up to 30 minutes (as instructed above), you can sterilise your bottle and leave this to cool for at least 10 minutes before assembling and pouring in the cooled water from your kettle. **It is extremely important not to pour boiling water into the bottle, especially while they are still very hot from sterilising.**

- Follow instructions included in your formula pack/tub to know how much formula/water is needed.
- Once you have put in your formula and cooled down boiled water, place the teat with collar and lid on top and mix together formula and water. To do so, either gently shake the bottle over a sink and away from you and baby or stir it with a spoon to avoid any air bubbles which might cause colic.
- We recommend wrapping a towel/cloth around the base when shaking.
- **WARNING: Boiled water that has not been left to cool long enough (at least 20 minutes / as instructed above) can cause a considerable amount of pressure to build up in the bottle; this could cause the base to become loose and cause accidents. There is a serious risk of scalding if you do not leave the water in the kettle to cool for at least 20 minutes, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding. – Especially if you have not allowed your bottle to cool after sterilising.**
- Before feeding to your baby, you should check the bottle is tightly screwed together and test the temperature of the milk. – You are now ready to feed your baby.

**Tip:** MAM Recommend, after the initial 5 seconds of gently shaking, it might be worth undoing the lid, teat and collar to release any build-up of pressure caused by the hot water, you may notice the build-up of pressure from the teat expanding.

#### Heating/Cooling

- Heating/cooling methods: Bottle warmer, microwave, jug of water, running water. Ensure that the grill is off. Never place in heated oven. NEVER heat the bottle on open flame or fire.
- Do not overheat as this may damage the bottle
- Careful when microwave heating and handling the bottle which may still be very hot.
- After heating milk, stir thoroughly or gently shake to evenly distribute the heat. Always check feeding temperature before giving this to your baby. NEVER heat the bottle with food in it above 70°C.

**Tip:** MAM recommend, after heating, wrap a cloth or towel around the bottom of the bottle to absorb any excess water and ensure base is tightly screwed on.

#### Breastmilk use and storage:

- You can store your breastmilk in the Easy Start Bottle in the fridge for up to eight days at 4C or lower.
- The Easy Start Bottle is not suitable for storing milk in the freezer. We recommend using the MAM Storage Solution Pots for freezer storing.

#### Sterilising/how long will my bottle remain disinfected?

- Refer to your steriliser instruction leaflet for sterilising times and information.
- Once a bottle has been removed from a steriliser, we are unable to comment on how long this will remain disinfected for. This is due to factors outside of our control and the environment in which the bottle is in (Cleanliness of hands, surfaces, other environmental factors). (Apart from our self-sterilising method as mentioned above – up to 48 hours disinfected)

- Some parents ask how they should store their bottles after sterilising and where they should store them. Due to many outside local factors, we are unable to comment and give this advice. If you are going to store your bottles, we recommend always storing your bottles dry, assembled and away from any direct sunlight or heat in a cool and dry environment.

#### **WARNINGS: For your child's safety and health WARNING!**

- Always use this product under adult supervision, never leave baby alone with this product.
- Never use feeding teats as a soother
- Never attach to cords, ribbons, laces or loose parts of clothing. The child can be strangled.
- Continuous and prolonged sucking of fluids will cause tooth decay – do not put baby to bed with a bottle.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children
- Always prepare a bottle away from baby!
- Throw away at the first signs of damage or weakness.
- **NEVER heat or cool a sealed bottle: You MUST remove the lid/teat and collar as a whole beforehand.**

#### **Other advice:**

- The bottle is made from a soft plastic called polypropylene which is hygienic and easy to clean. Avoid any heavy pressure on it, as this may affect the function.
- Do not use a pin or other sharp object to enlarge the feeding hole of the teat.
- **Teats MUST be replaced every 1–2 months for hygiene & safety reasons.**
- Do not let babies self-feed
- Only use MAM teats with the MAM bottles. Bottle teat fits all MAM wide neck bottles and the Trainer.
- Use sugar free foods or liquids only
- To avoid injury do not let baby walk around with the bottle
- Do not put your baby to bed with a bottle. Prolonged contact with liquids may cause severe tooth decay.
- On first use 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.

## 10. MAM Start

This product meets the requirements of European Standard EN 14350:2020.

#### **Instructions for use**

- Before first use boil in water for 5 minutes.  
Allow to stand for a further 5 minutes before giving it to the baby.
- During cleaning a small amount of water may enter the teat. This can be expelled by squeezing the teat. This is to ensure hygiene.
- Clean before each use.
- Do not use aggressive cleaning agents.
- Never dip the teat in sweet substances or medication. This can cause tooth decay.
- On first use 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.
- To ensure safety and hygiene **replace the soother every 1–2 months.**
- Do not worry if the soother becomes lodged in the mouth. It can not be swallowed and is designed to cope with such an event. Remove as gently as possible.
- MAM recommends giving up soother usage at 3 years of age.

#### **For your child's safety**

##### **WARNING!**

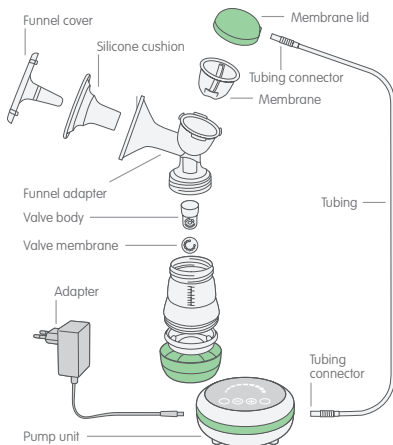
- **Inspect carefully before each use.** Pull the soother in all directions. Throw away at the first signs of damage or weakness.
- Only use dedicated soother holders tested to EN 12586. Never attach other ribbons or cords to a soother, your child may be strangled by them.
- Do not leave a soother in direct sunlight or near a source of heat or leave in sterilising solution for longer than recommended, as this may weaken the teat.

# 2in1 Single Breast Pump/Upgrade Set

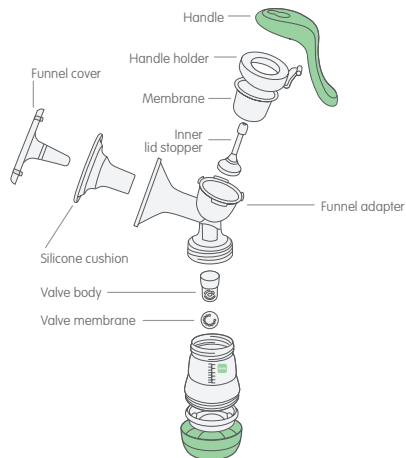
Please read all instructions carefully before using the MAM 2in1 Single Breast Pump for the first time. Keep these instructions in a safe place for future reference.

## 1. Product description

### 1.1. Product description for electric use



### 1.2. Product description for manual use



## 2. Safety notes

1. Children must not play with the appliance.
2. This appliance must not be used by children because children do not understand the hazards involved.
3. Children should be supervised to ensure that they do not play with the appliance.
4. Cleaning and user maintenance shall not be made by children without supervision.
5. 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.
6. 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.

7. 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.
8. This appliance is intended for domestic use only.
9. Use this product only for its intended use, as described in this manual. Never use attachments that are not recommended by the manufacturer.
10. Never use any electric adapter or battery that was not supplied with the pump.
11. Only connect appliance to voltages in accordance with the rating plate on the electric adapter.
12. 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.
13. 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.
14. 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.
15. The appliance may only be opened by an authorised service center. Opening by any unauthorised 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.
16. 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.
17. When cleaning the pump unit, unplug the adapter.
18. Ensure that the tubing is clean and does not contain any drops of water.
19. Never place the device's electric pumping unit or adapter in the microwave or expose to high temperatures.
20. Turn the toggle switch off if the device is out of use for long time.

21. Charge the battery at least once a month. To maximize the working life of the device, charging time should not exceed 6 hours.
22. Always unplug the power cord from the outlet after each use.
23. Always keep the instruction manual in a safe place.
24. Children should be supervised to ensure that they do not play with the appliance.
25. Appliance is only to be used with the power supply unit provided with the appliance.
26. This appliance contains batteries that are only replaceable by skilled persons.
27. This appliance contains batteries that are nonreplaceable.
28. For the purposes of recharging the battery, only use the detachable supply unit provided with this appliance.
29. This appliance is intended for domestic use only. Do not use outdoors.
30. 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.
31. 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.
32. 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.
33. 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.
34. This breast pump should not be operated while traveling on an airplane.
35. The device is not suitable for use in the presence of flammable anaesthetic mixtures with air or with oxygen or nitrous oxide.
36. This product should never be left unattended when plugged in.
37. If the power adapter outer casings become loose or are separating, stop use and contact the device manufacturer

immediately. Separation of the casing can result in electric shock.

38. Do not place the product in direct sunlight.

39. Do not use while bathing.

40. 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.

41. 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 a 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.

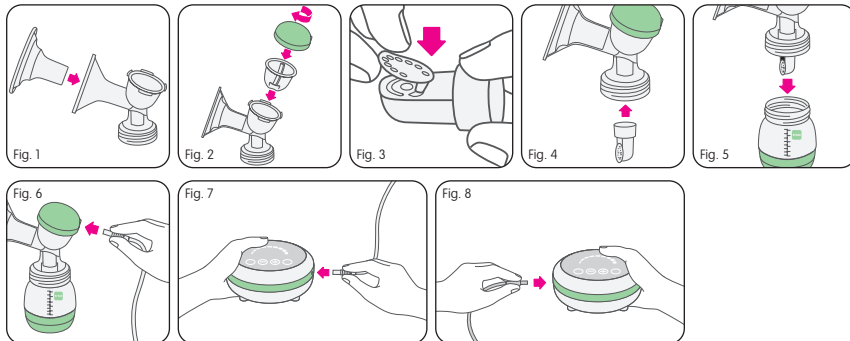
## 4. Using the appliance

### 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

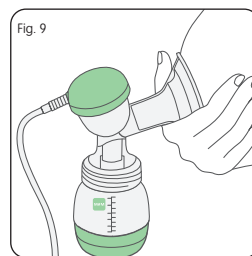
- When the adapter is connected to the pump, the pump can be powered and the battery charged at the same time.
- For charging or pumping when the battery is empty, connect the plug to the pump unit and insert the adapter into an electrical socket (Fig. 8). To charge, switch the toggle switch at the bottom 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

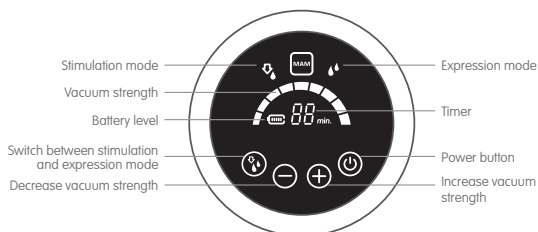
- Wash your hands with soap and your breasts and nipples using a warm washcloth and clean fresh water.
- Squeeze a little bit of milk out of each nipple to make sure the milk ducts are not clogged.
- Ensure that all parts of the pump are clean and disinfected before use.
- Before using, make sure that 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.

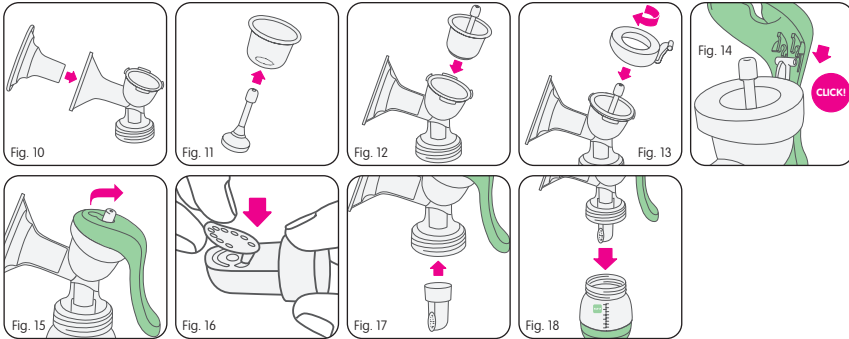
## 4.2. Manual pumping

### 4.2.1. Assembly

For hygienic reasons, please wash your hands thoroughly before assembling the breast pump.

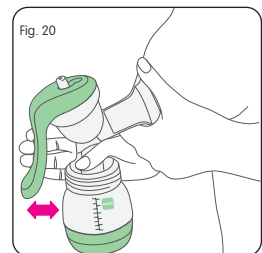
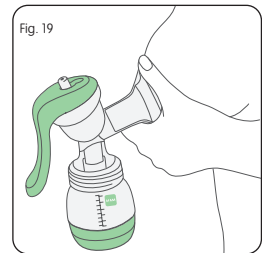
- Place the silicone cushion into the funnel adapter. Make sure to connect the silicone cushion to the rim of the funnel properly by fitting it over the rim (Fig. 10).
- Insert the inner lid stopper into the membrane until it engages properly (Fig. 11).
- Insert both parts into the funnel adapter (Fig. 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 lid stopper in lock position by pulling the upper part of the lid 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 adapter (Fig. 17).
- Screw the bottle onto the funnel adapter 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

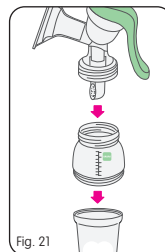
- Use your other hand for pumping.
- Hold the adapter neck with your thumb and the handle with your remaining fingers.
- Press and release the handle to operate the pump at a speed of approximately 60 times per minute. Only squeeze the handle as far as it remains comfortable and adjust the speed to your 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)

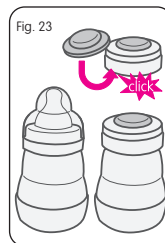
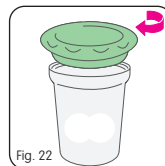
- Remove the Easy Start base with its silicone valve and screw the Storage Solution on in its place. This unit can now be screwed onto the pump. All sizes of Easy Start bottle can be used in this way (Fig. 21).
- Bring the pump to the breast and express. Please refer to the instructions for electric 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 lid, or with the bottle screw ring and sealing disc (Fig. 23).
- Breast milk can be stored in the fridge for up to 8 days at 4°C or lower.
- Breast milk can be kept in the Storage Solution in the freezer for 6 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 immunological 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 lid 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.

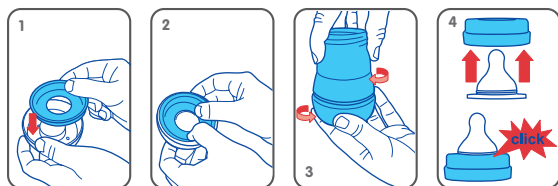
## 6. MAM Easy Start™ Bottle

This product meets the requirements of European Standard EN 14350:2020.

**Tip:** MAM recommend following our instructions carefully and taking note of the highlighted red text, warnings and 'MAM tips': due to the smart design of the bottle which offers great features like self-sterilising and the vented base for reducing colic, it just needs a little more care and attention for use.

## Quick Start

- Before first use, disassemble and clean the product and then place the components in boiling water for 5 minutes. This is to ensure hygiene. See specific chapter to find out more about cleaning.
- 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.
- Assemble the bottle as per diagram below, ensuring the valve is firmly/correctly pressed down and parts screwed together correctly.



- 1 Place silicone valve into bottom ring.
- 2 Press down on raised perimeter of silicone valve.
- 3 Slowly and steadily screw assembled base onto bottom of bottle.
- 4 Insert teat into top of bottle screw ring until you hear a "click".

## Cleaning

- **Before first use place in boiling water for 5 minutes. This is to ensure hygiene.**
- Before first and each use, clean in warm soapy water and rinse well with clean water before sterilising, in order to ensure hygiene. Avoid harmful ingredients in the soap such as alcohol, chlorine, and/or microplastics. Do not leave items standing in the cleaning detergent like soapy water longer than recommended – this could negatively affect the product function. All bottle parts **MUST** be disassembled for proper cleaning. Cleaning/sterilising while assembled can damage the bottle.

- Dishwasher safe on top dishwasher rack (max 65 c) but please be aware food colourants may discolour the bottle components.
- Do not use abrasive cleaning agents. You can clean the bottle parts with a soft bottle brush such as the MAM Soft Brush, which can also be used to gently clean inside the teat. Hard scourers may scratch the plastic.
- Ensure no residual food remains in the bottle parts after cleaning and sterilising.

### Sterilising

- After cleaning, you are now ready to sterilise using one of the following methods: Cold water tablet/liquid solution, boiling for 5 minutes, steam sterilising (electric or microwave according to manufacturers instructions) or self-sterilising.
- **NEVER screw bottle parts together when sterilising or self-sterilising.** This can damage the bottle and distort the threads where the bottle screws together.
- Do not leave bottle parts in direct sunlight, heat or leave in sterilising solution for longer than recommended, as this may affect the product function.
- ATTENTION: be careful when dealing with disinfected products as they may still be hot.
- Always handle disinfected products with clean hands and/or teat tongs. Teat should not be touched by hands after disinfection.
- **We recommend leaving your bottles to cool for at least 10 minutes before making up a formula feed with boiling water.**

### Self-Sterilising

- The self-sterilising feature of the Easy Start Bottle, is proven to be effective for killing common household germs and bacteria. For best results, please follow all instructions carefully:
- Clean thoroughly as instructed above before self-sterilising.

**Step 1:** After cleaning, assemble bottle parts in the following way: base with white silicone valve, teat with screw ring/collar, bottle body and lid.

**Step 2:** Using the scale on the bottle lid, measure 20mls of tap water and pour this into the base (with white valve).

**Step 3:** Place the screw ring/collar with teat on the bottle base with water. Place and rest the bottle body over this. **(DO NOT SCREW DOWN).** Place the lid on top – your bottle is now ready for self-sterilising.



- Set your microwave timer according to how many bottles you are simultaneously cleaning. 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

- After self-sterilising allow bottle to cool down before removing from the microwave.
- **Recommended cooling time: 10 minutes with opened microwave door.** Be careful to hold the base and keep the bottle straight when removing from the microwave to avoid spilling any left over hot water.

After the process is complete, if the bottle is left as assembled in step 3, it will remain disinfected for up to 48 hours. When self-sterilising on the go, you should self-sterilise, assemble your bottle and make up your feed straight after self-sterilising.

- After cooling time and using the bottle straight away: remove from the microwave and pour away any leftover water carefully. Shake parts to remove excess water.

- When assembling do not worry about some water remaining on the bottle parts, this has been disinfect.

### Self-Sterilising – IMPORTANT FACTS

- Follow the user manual instructions for your microwave/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 always be placed on the outer sides of the turn plate, and not in the centre of the plate as this could result in uneven heat distribution for disinfection.
- Do not leave your microwave unattended during the sterilising process.
- Never self-sterilise your bottle without water or incorrect water level; please be sure to use exactly 20mls of tap water.
- Always set the microwave to the correct power and time. If using a combination microwave, ensure the bottle is not exposed to the heat of the grill because this will damage it.

### Making up your bottle – Formula Feeding

NEVER PREPARE A BOTTLE WITH A BABY/TODDLER PRESENT/CLOSE

NEVER POUR BOILING WATER INTO THE BOTTLE

- After you have cleaned/sterilised your bottle you are now ready to make up your bottle making sure all parts are assembled correctly/tightly.
- Make sure you leave your sterilised bottle to cool for at least 10 minutes before making up a feed in it.
- Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before). Once boiled, the water should be left to cool for at least 20 minutes up to 30 minutes\*. NHS recommend a temperature of 70°C when making up a bottle. \*(Cooling time of 20 minutes is suggested by MAM for the boiled water to cool enough to be used for making up a bottle, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding.)

**Tip:** If sterilising and making up a feed in one go, we recommend: Start by boiling the kettle. While this is boiling and cooling for at least 20 minutes up to 30 minutes (as instructed above), you can sterilise your bottle and leave this to cool for at least 10 minutes before assembling and pouring in the cooled water from your kettle. It is extremely important not to pour boiling water into the bottle, especially while they are still very hot from sterilising.

- Follow instructions included in your formula pack/tub to know how much formula/water is needed.
- Once you have put in your formula and cooled down boiled water, place the teat with collar and lid on top and mix together formula and water. To do so, either gently shake the bottle over a sink and away from you and baby or stir it with a spoon to avoid any air bubbles which might cause colic.
- We recommend wrapping a towel/cloth around the base when shaking.
- **WARNING:** Boiled water that has not been left to cool long enough (at least 20 minutes / as instructed above) can cause a considerable amount of pressure to build up in the bottle; this could cause the base to become loose and cause accidents. There is a serious risk of scalding if you do not leave the water in the kettle to cool for at least 20 minutes, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding. – Especially if you have not allowed your bottle to cool after sterilising.
- Before feeding to your baby, you should check the bottle is tightly screwed together and test the temperature of the milk. – You are now ready to feed your baby.

**Tip:** MAM Recommend, after the initial 5 seconds of gently shaking, it might be worth undoing the lid, teat and collar to release any build-up of pressure caused by the hot water, you may notice the build-up of pressure from the teat expanding.

### Heating/Cooling

- Heating/cooling methods: Bottle warmer, microwave, jug of water, running water. Ensure that the grill is off. Never place in heated oven. NEVER heat the bottle on open flame or fire.

- Do not overheat as this may damage the bottle
- Careful when microwave heating and handling the bottle which may still be very hot.
- After heating milk, stir thoroughly or gently shake to evenly distribute the heat. Always check feeding temperature before giving this to your baby. NEVER heat the bottle with food in it above 70°C.

**Tip:** MAM recommend, after heating, wrap a cloth or towel around the bottom of the bottle to absorb any excess water and ensure base is tightly screwed on.

### **Breastmilk use and storage:**

- You can store your breastmilk in the Easy Start Bottle in the fridge for up to eight days at 4C or lower.
- The Easy Start Bottle is not suitable for storing milk in the freezer. We recommend using the MAM Storage Solution Pots for freezer storing.

### **Sterilising/how long will my bottle remain disinfected?**

- Refer to your steriliser instruction leaflet for sterilising times and information.
- Once a bottle has been removed from a steriliser, we are unable to comment on how long this will remain disinfected for. This is due to factors outside of our control and the environment in which the bottle is in (Cleanliness of hands, surfaces, other environmental factors). (Apart from our self-sterilising method as mentioned above – up to 48 hours disinfected)
- Some parents ask how they should store their bottles after sterilising and where they should store them. Due to many outside local factors, we are unable to comment and give this advice. If you are going to store your bottles, we recommend always storing your bottles dry, assembled and away from any direct sunlight or heat in a cool and dry environment.

### **WARNINGS: For your child's safety and health WARNING!**

- Always use this product under adult supervision, never leave baby alone with this product.
- Never use feeding teats as a soother
- Never attach to cords, ribbons, laces or loose parts of clothing. The child can be strangled.
- Continuous and prolonged sucking of fluids will cause tooth decay – do not put baby to bed with a bottle.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children
- Always prepare a bottle away from baby!
- Throw away at the first signs of damage or weakness.
- **NEVER heat or cool a sealed bottle: You MUST remove the lid/teat and collar as a whole beforehand.**

### **Other advice:**

- The bottle is made from a soft plastic called polypropylene which is hygienic and easy to clean. Avoid any heavy pressure on it, as this may affect the function.
- Do not use a pin or other sharp object to enlarge the feeding hole of the teat.
- **Teats MUST be replaced every 1–2 months for hygiene & safety reasons.**
- Do not let babies self-feed
- Only use MAM teats with the MAM bottles. Bottle teat fits all MAM wide neck bottles and the Trainer.
- Use sugar free foods or liquids only
- To avoid injury do not let baby walk around with the bottle
- Do not put your baby to bed with a bottle. Prolonged contact with liquids may cause severe tooth decay.
- On first use 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.



## 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

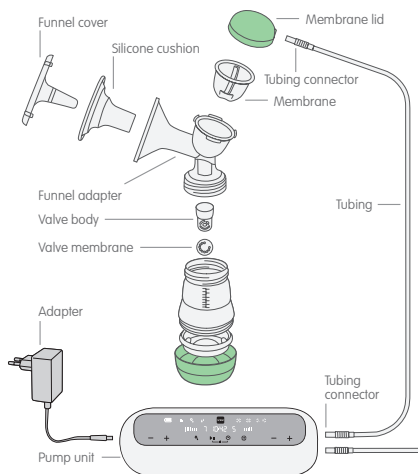
Operation conditions: +5°C to +40°C, relative humidity ≤ 90%

# 2in1 Double Breast Pump

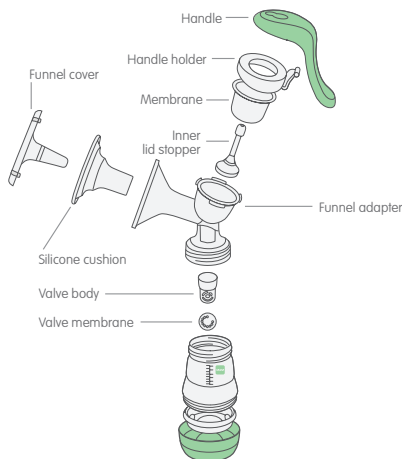
Please read all instructions carefully before using the MAM 2in1 Double Breast Pump for the first time. Keep these instructions in a safe place for future reference.

## 1. Product description

### 1.1. Product description for electric use



### 1.2. Product description for manual use



## 2. Safety notes

1. Children must not play with the appliance.
2. This appliance must not be used by children because children do not understand the hazards involved.
3. Children should be supervised to ensure that they do not play with the appliance.
4. Cleaning and user maintenance shall not be made by children without supervision.
5. 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.
6. 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.

7. 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.
8. This appliance is intended for domestic use only.
9. Use this product only for its intended use, as described in this manual. Never use attachments that are not recommended by the manufacturer.
10. Never use any electric adapter or battery that was not supplied with the pump.
11. Only connect appliance to voltages in accordance with the rating plate on the electric adapter.
12. 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.
13. 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.
14. 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.
15. The appliance may only be opened by an authorised service center. Opening by any unauthorised 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.
16. 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.
17. When cleaning the pump unit, unplug the adapter.
18. Ensure that the tubing is clean and does not contain any drops of water.
19. Never place the device's electric pumping unit or adapter in the microwave or expose to high temperatures.
20. Turn the toggle switch off if the device is out of use for long time.

21. Charge the battery at least once a month. To maximize the working life of the device, charging time should not exceed 6 hours.
22. Always unplug the power cord from the outlet after each use.
23. Always keep the instruction manual in a safe place.
24. Children should be supervised to ensure that they do not play with the appliance.
25. Appliance is only to be used with the power supply unit provided with the appliance.
26. This appliance contains batteries that are only replaceable by skilled persons.
27. This appliance contains batteries that are nonreplaceable.
28. For the purposes of recharging the battery, only use the detachable supply unit provided with this appliance.
29. This appliance is intended for domestic use only. Do not use outdoors.
30. 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.
31. 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.
32. 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.
33. 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.
34. This breast pump should not be operated while traveling on an airplane.
35. The device is not suitable for use in the presence of flammable anaesthetic mixtures with air or with oxygen or nitrous oxide.
36. This product should never be left unattended when plugged in.
37. If the power adapter outer casings become loose or are separating, stop use and contact the device manufacturer immediately. Separation of the casing can result in electric shock.

38. Do not place the product in direct sunlight.
39. Do not use while bathing.
40. 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.
41. 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 Double 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 a 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 colouring – 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.

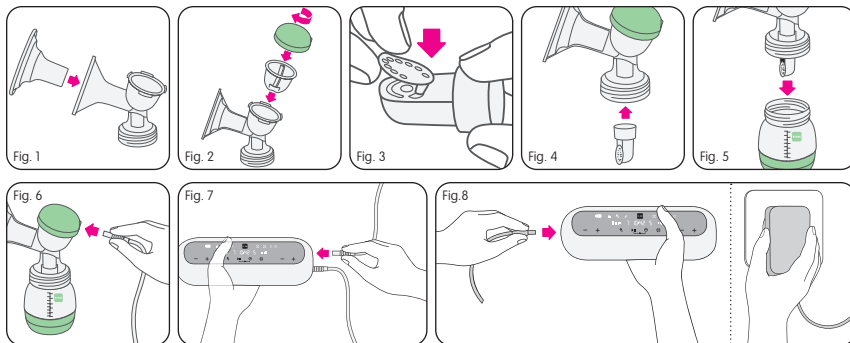
## 4. Using the appliance

### 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 lid 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 lid (Fig. 6) and the one on the pump unit separately, ensuring a tight fit (Fig. 7).



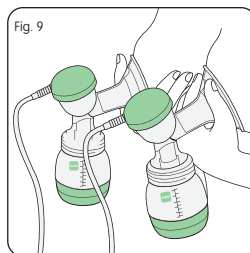
#### 4.1.2. Charging the electric pump unit and pumping when connected to mains operation

- 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.

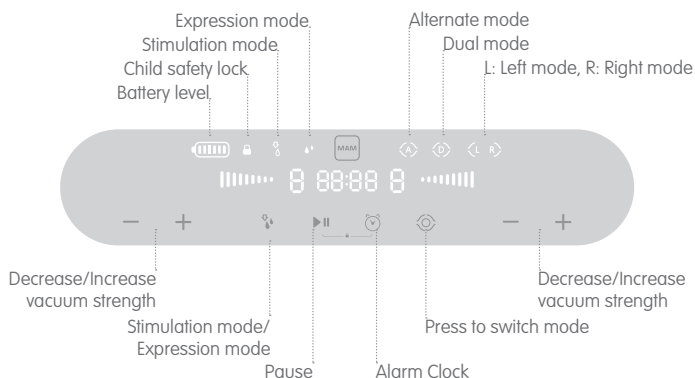
#### 4.1.3. Preparing for pumping

- 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 **▶▶** for two seconds. The 2-phase expression process begins with the stimulation mode. This produces a short, quick sucking rhythm until your milk starts to flow. The 30 minutes timer will start and the pump will start with Level 1 of the stimulation mode by default. Press **⊙** to select the pump to operate either on the left or right side in dual or alternate mode. The alternate mode works from 30s left to 30s right. There are 9 different levels of suction strength, which can be adjusted by pressing **-/+**.

You can see the selected level for each side 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 top of the display. The expression strength can be adjusted for each side 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, the main pump unit will then shutdown.

A timer starts running as soon as you start pumping. After 30 minutes, the pump switches off automatically. Healthcare professionals recommend that you pump each breast for 15 minutes. To resume pumping, press **▶▶** for two seconds. To stop pumping before the end of the 30 minutes, press **▶▶** for two seconds.

After pumping and for transportation always switch the toggle switch to OFF to avoid starting the pump unintentionally. For child-proof lock press mode and pause at the same time.

After pumping an alarm clock can be set to remind you on the next pumping session. In standby state, press **⌚** to turn the alarm clock on, press **+ -** at left side to set hour, press **+ -** at right side to set minute, then wait for 4s (4times of flash), the setting is done and the alarm clock is activated.



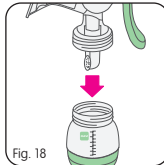
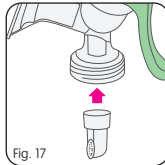
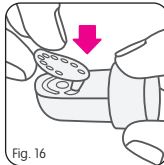
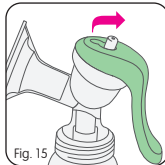
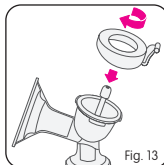
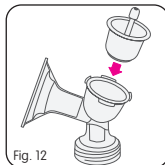
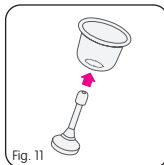
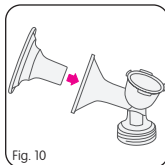
Expressing milk or stimulating does not come easily to everyone. If you find it is less comfortable than you had hoped, ask your midwife or other healthcare professional for advice.

## 4.2. Manual pumping

### 4.2.1. Assembly

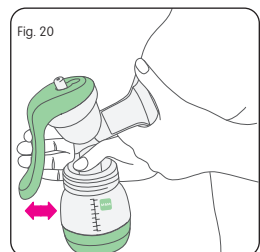
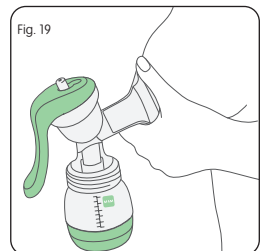
For hygienic reasons, please wash your hands thoroughly before assembling the breast pump.

- 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 lid stopper into the membrane until it engages properly (Fig. 11).
- Insert both parts into the funnel adapter (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 lid stopper in lock position by pulling the upper part of the lid 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 adapter (Fig. 17).
- Screw the bottle onto the funnel adapter 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 Teat 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 adapter 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.

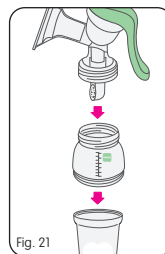


Fig. 21

### 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.

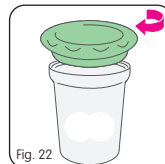


Fig. 22

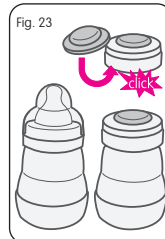


Fig. 23

## 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 lid, or with the bottle screw ring and sealing disc (Fig. 14).
- Breast milk can be stored in the fridge for up to 8 days at 4°C or lower.
- Breast milk can be kept in the Storage Solution in the freezer for 6 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 immunological 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, lid and collar as a whole 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. 149°F / 65°C).
- 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.

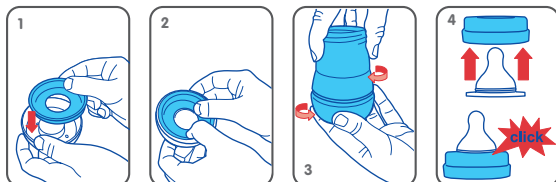
## 6. MAM Easy Start™ Anti-Colic bottle

This product meets the requirements of European Standard EN 14350:2020.

**Tip:** MAM recommend following our instructions carefully and taking note of the highlighted red text, warnings and 'MAM tips': due to the smart design of the bottle which offers great features like self-sterilising and the vented base for reducing colic, it just needs a little more care and attention for use.

#### Quick Start

- Before first use, disassemble and clean the product and then place the components in boiling water for 5 minutes. This is to ensure hygiene. See specific chapter to find out more about cleaning.
- 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.
- Assemble the bottle as per diagram below, ensuring the valve is firmly/correctly pressed down and parts screwed together correctly.



- 1 Place silicone valve into bottom ring.
- 2 Press down on raised perimeter of silicone valve.
- 3 Slowly and steadily screw assembled base onto bottom of bottle.
- 4 Insert teat into top of bottle screw ring until you hear a "click".

### Cleaning

- **Before first use place in boiling water for 5 minutes. This is to ensure hygiene.**
- Before first and each use, clean in warm soapy water and rinse well with clean water before sterilising, in order to ensure hygiene. Avoid harmful ingredients in the soap such as alcohol, chlorine, and/or microplastics. Do not leave items standing in the cleaning detergent like soapy water longer than recommended – this could negatively affect the product function. All bottle parts **MUST** be disassembled for proper cleaning. Cleaning/sterilising while assembled can damage the bottle.
- Dishwasher safe on top dishwasher rack (max 65 c) but please be aware food colourants may discolour the bottle components.
- Do not use abrasive cleaning agents. You can clean the bottle parts with a soft bottle brush such as the MAM Soft Brush, which can also be used to gently clean inside the teat. Hard scourers may scratch the plastic.
- Ensure no residual food remains in the bottle parts after cleaning and sterilising.

### Sterilising

- After cleaning, you are now ready to sterilise using one of the following methods: Cold water tablet/liquid solution, boiling for 5 minutes, steam sterilising (electric or microwave according to manufacturers instructions) or self-sterilising.
- **NEVER screw bottle parts together when sterilising or self-sterilising.** This can damage the bottle and distort the threads where the bottle screws together.
- Do not leave bottle parts in direct sunlight, heat or leave in sterilising solution for longer than recommended, as this may affect the product function.
- **ATTENTION:** be careful when dealing with disinfected products as they may still be hot.
- Always handle disinfected products with clean hands and/or teat tongs. Teat should not be touched by hands after disinfection.
- **We recommend leaving your bottles to cool for at least 10 minutes before making up a formula feed with boiling water.**

### Self-Sterilising

- The self-sterilising feature of the Easy Start Bottle, is proven to be effective for killing common household germs and bacteria. For best results, please follow all instructions carefully:
- Clean thoroughly as instructed above before self-sterilising.

**Step 1:** After cleaning, assemble bottle parts in the following way: base with white silicone valve, teat with screw ring/collar, bottle body and lid.

**Step 2:** Using the scale on the bottle lid, measure 20mls of tap water and pour this into the base (with white valve).

**Step 3:** Place the screw ring/collar with teat on the bottle base with water.

Place and rest the bottle body over this. **(DO NOT SCREW DOWN).**  
Place the lid on top – your bottle is now ready for self-sterilising.

- Set your microwave timer according to how many bottles you are simultaneously cleaning. 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

- After self-sterilising allow bottle to cool down before removing from the microwave.
- **Recommended cooling time: 10 minutes with opened microwave door.** Be careful to hold the base and keep the bottle straight when removing from the microwave to avoid spilling any left over hot water.

After the process is complete, if the bottle is left as assembled in step 3, it will remain disinfected for up to 48 hours. When self-sterilising on the go, you should self-sterilise, assemble your bottle and make up your feed straight after self-sterilising.

- After cooling time and using the bottle straight away: remove from the microwave and pour away any leftover water carefully. Shake parts to remove excess water.
- When assembling do not worry about some water remaining on the bottle parts, this has been disinfected.

### Self-Sterilising – IMPORTANT FACTS

- Follow the user manual instructions for your microwave/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 always be placed on the outer sides of the turn plate, and not in the centre of the plate as this could result in uneven heat distribution for disinfection.
- Do not leave your microwave unattended during the sterilising process.
- Never self-sterilise your bottle without water or incorrect water level; please be sure to use exactly 20mls of tap water.
- Always set the microwave to the correct power and time. If using a combination microwave, ensure the bottle is not exposed to the heat of the grill because this will damage it.

### Making up your bottle – Formula Feeding

NEVER PREPARE A BOTTLE WITH A BABY/TODDLER PRESENT/CLOSE

NEVER POUR BOILING WATER INTO THE BOTTLE

- After you have cleaned/sterilised your bottle you are now ready to make up your bottle making sure all parts are assembled correctly/tightly.
- Make sure you leave your sterilised bottle to cool for at least 10 minutes before making up a feed in it.
- Fill the kettle with at least one litre fresh tap water (do not use water that has been boiled before). Once boiled, the water should be left to cool for at least 20 minutes up to 30 minutes\*. NHS recommend a temperature of 70°C when making up a bottle. \*(Cooling time of 20 minutes is suggested by MAM for the boiled water to cool enough to be used for making up a bottle, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding.)

**Tip:** If sterilising and making up a feed in one go, we recommend: Start by boiling the kettle. While this is boiling and cooling for at least 20 minutes up to 30 minutes (as instructed above), you can sterilise your bottle and leave this to cool for at least 10 minutes before assembling and pouring in the cooled water from your kettle. It is extremely important not to pour boiling water into the bottle, especially while they are still very hot from sterilising.

- Follow instructions included in your formula pack/tub to know how much formula/water is needed.
- Once you have put in your formula and cooled down boiled water, place the teat with collar and lid on top and mix together formula and water. To do so, either gently shake the bottle over a sink and away from you and baby or stir it with a spoon to avoid any air bubbles which might cause colic.
- We recommend wrapping a towel/cloth around the base when shaking.
- **WARNING:** Boiled water that has not been left to cool long enough (at least 20 minutes / as instructed above) can cause a considerable amount of pressure to build up in the bottle; this could cause the base to become loose and cause accidents. There is a serious risk of scalding if you do not leave the water in the kettle to cool for at least 20 minutes, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding. – Especially if you have not allowed your bottle to cool after sterilising.
- Before feeding to your baby, you should check the bottle is tightly screwed together and test the temperature of the milk. – You are now ready to feed your baby.

**Tip:** MAM Recommend, after the initial 5 seconds of gently shaking, it might be worth undoing the lid, teat and collar to release any build-up of pressure caused by the hot water, you may notice the build-up of pressure from the teat expanding.

### Heating/Cooling

- Heating/cooling methods: Bottle warmer, microwave, jug of water, running water. Ensure that the grill is off. Never place in heated oven. NEVER heat the bottle on open flame or fire.
- **NEVER heat or cool a sealed bottle: You MUST remove the lid/teat and collar as a whole beforehand.**
- Do not overheat as this may damage the bottle
- Careful when microwave heating and handling the bottle which may still be very hot.
- After heating milk, stir thoroughly or gently shake to evenly distribute the heat. Always check feeding temperature before giving this to your baby. NEVER heat the bottle with food in it above 70°C.

**Tip:** MAM recommend, after heating, wrap a cloth or towel around the bottom of the bottle to absorb any excess water and ensure base is tightly screwed on.

### Breastmilk use and storage:

- You can store your breastmilk in the Easy Start Bottle in the fridge for up to eight days at 4C or lower.
- The Easy Start Bottle is not suitable for storing milk in the freezer. We recommend using the MAM Storage Solution Pots for freezer storing.

### Sterilising/how long will my bottle remain disinfected?

- Refer to your steriliser instruction leaflet for sterilising times and information.
- Once a bottle has been removed from a steriliser, we are unable to comment on how long this will remain disinfected for. This is due to factors outside of our control and the environment in which the bottle is in (Cleanliness of hands, surfaces, other environmental factors). (Apart from our self-sterilising method as mentioned above – up to 48 hours disinfected)
- Some parents ask how they should store their bottles after sterilising and where they should store them. Due to many outside local factors, we are unable to comment and give this advice. If you are going to store your bottles, we recommend always storing your bottles dry, assembled and away from any direct sunlight or heat in a cool and dry environment.

### WARNINGS: For your child's safety and health WARNING!

- Always use this product under adult supervision, never leave baby alone with this product.
- Never use feeding teats as a soother
- Never attach to cords, ribbons, laces or loose parts of clothing. The child can be strangled.
- Continuous and prolonged sucking of fluids will cause tooth decay – do not put baby to bed with a bottle.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children
- Always prepare a bottle away from baby!
- Throw away at the first signs of damage or weakness.

### Other advice:

- The bottle is made from a soft plastic called polypropylene which is hygienic and easy to clean. Avoid any heavy pressure on it, as this may affect the function.
- Do not use a pin or other sharp object to enlarge the feeding hole of the teat.
- **Teats MUST be replaced every 1–2 months for hygiene & safety reasons.**
- Do not let babies self-feed
- Only use MAM teats with the MAM bottles. Bottle teat fits all MAM wide neck bottles and the Trainer.
- Use sugar free foods or liquids only
- To avoid injury do not let baby walk around with the bottle
- Do not put your baby to bed with a bottle. Prolonged contact with liquids may cause severe tooth decay.
- On first use 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.

## 7. Troubleshooting

### **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**

- There cannot/shouldn't be any milk back flow, otherwise there is something wrong with the pump and this needs to be returned. Please contact customer service.
- 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 41 to 140° F). 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 ⚠

Model: HD2715  
AC adapter: input 100–240, 50/60Hz, output 10V/1.5A  
Total power: 15W  
Battery: 7.4V 1750mAh  
Stimulating velocity: 100T/min, Stimulating intensity: ≤−0.018Mpa, 9 levels vacuum  
Sucking velocity, 26–60T/min, Stimulating intensity: ≤−0.036 Mpa, 9 levels vacuum.  
Timer 30 minutes.  
Overall noise: ≤60dB(A)  
Operating conditions: +5°C to 40°C, relative humidity ≤90%  
Electric shock protection: AC adapter Class II, host machine Class III

	WEEE registration number
Austria	9008391885917
Germany	DE 72007615
Italy	EEE: IT19090000011715; Battery: IT19090P00005687
Spain	EEE: 7040; Battery: 1912
Ireland	02970WB
Portugal	EEE: PT0101327; Battery: PT06001436

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