

Supplemental Nursing System™

*because breast
milk is best for
your baby*

EN Instructions for use
Master file



Thank you for choosing the Supplemental Nursing System (SNS). The SNS is a feeding solution that enables more babies to breastfeed and to stay motivated to do so.

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1. Intended use/Population – Contraindications

The intended use of the Supplemental Nursing System

The Supplemental Nursing System is designed to administer supplemental nutrition to babies while they are being fed at the breast. Its intended use is to enable mothers to breastfeed when they would otherwise be unable to do so. The SNS can be used for suckling training and also to stimulate the mother's milk production. In all cases, the SNS helps to maintain the unique skin-to-skin contact between mother and child.

Mothers can use the system with their own expressed milk, fortified human milk or formula.

Intended population/users

The Supplemental Nursing System is intended to be used in cases where babies have weak suction or cannot maintain vacuum long enough. The SNS can also be used by mothers with poor milk supply and to feed adopted babies.

Contraindications

The SNS cannot be used by mothers who are unable to breastfeed because of a medical condition. Also, mothers who take medicines to which babies are intolerant must not use the SNS.

More information in your language:

More information in your language (DA):

More information in your language (FI):

More information in your language (NO):

More information in your language (EL):

More information in your language (JA):



2. Meaning of symbols

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The warning symbol identifies all instructions that are important for safety. Failure to follow these instructions can lead to injury or material damage. There are several warning symbols. Each symbol is used together with a specific word. The warning symbol/word combinations stand for:



Caution

Failure to follow instructions of this type can lead to (minor) injury or contamination/growth of bacteria.



Note

Failure to follow instructions of this type can lead to material damage.



Info

Useful or important information that is not related to safety.

Symbols on the packaging



This symbol indicates that the material is part of a recovery/recycling process.



This symbol indicates a carton package.



This symbol indicates to keep the device away from sunlight.



This symbol indicates to handle the fragile device with care.



This symbol indicates the temperature limitation for operation, transport and storage.



This symbol indicates the humidity limitation for operation, transport and storage.



This symbol indicates the atmospheric pressure limitation for operation, transport and storage.



This symbol indicates to keep the device dry.



This symbol indicates that the product material is approved for food contact.



This symbol indicates the unique GSI Global Trade Item Numbers (GTIN).



This symbol indicates to consult the instructions for use.



This symbol indicates the manufacturer.

3. Important safety information

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For your child's safety and health

WARNING!

Failure to follow the information below can lead to danger from the device



The SNS is not heat-resistant: keep away from radiators and open flames.



Do not expose the SNS to direct sunlight.



Check the components of the SNS for wear or damage. Never use a defective device. Throw a part away at first signs of damage or weakness.



For hygiene reasons, we recommend replacing the tubing after 30 days (home use), or every 24 hours (hospital use).



We do not recommend using the SNS by more than one person, as this may present a health risk.



Always use this product with adult supervision. Keep all components not in use out of reach of children.



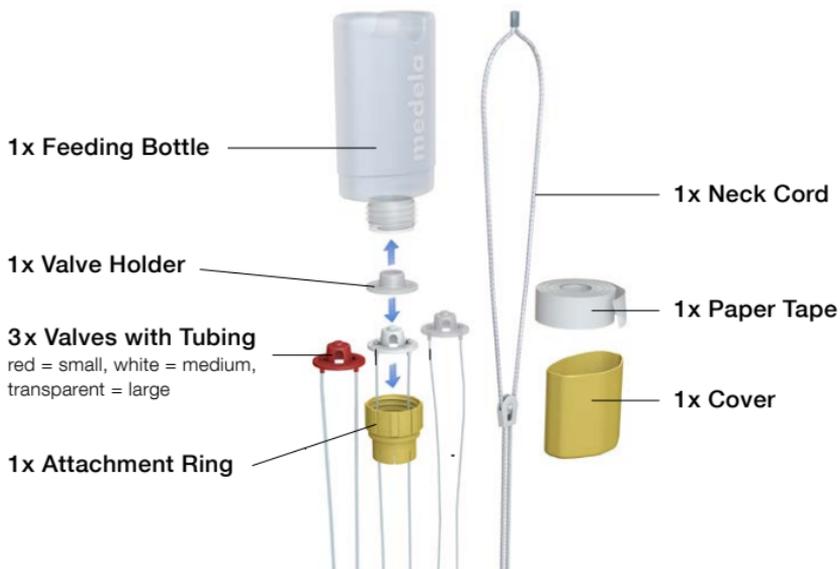
Contact your lactation consultant or physician if you experience problems or pain.

Important

- | The SNS is not a storage device, but a feeding device. Do not use it to store milk.
- | Plastic bottles and component parts become brittle when frozen and may break when dropped.
- | Also, bottles and component parts may become damaged if mishandled, e.g. dropped, over-tightened or knocked over.
- | Take appropriate care in handling bottles and components.
- | Do not use the breast milk if bottles or components become damaged.
- | Always check the food temperature before feeding (danger of burning).
- | Do not warm milk in a microwave. This may cause uneven heating and could scald your baby.

4. Product description

4.1 Product parts



4.2 Material

I Neck Cord:	Nylon, metal
I Feeding Bottle/Attachment Ring/Cover:	Polypropylene
I Tubing:	Silicone
I Valves:	Polypropylene
I Valve Holder:	Silicone
I Paper Tape:	Paper

5. Cleaning

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Caution

- I Clean all parts immediately after use to avoid drying up of milk residues and to prevent growth of bacteria.
- I Only use drinking-quality water for cleaning.
- I If you clean the SNS parts with boiling water, be careful not to burn yourself.
- I Store the clean parts in an air-permeable, clean bag/container, or in an air-permeable, clean paper/cloth until next use.



Note

- I When you boil the parts of the SNS, you could add a teaspoon of citric acid to avoid a build-up of limescale. When you use citric acid, minor traces might remain on the parts. Use drinking-quality water to wash them off. Dry the parts with a clean cloth or leave to dry on a clean cloth.
- I Do not leave (parts of) the SNS in direct sunlight or heat, as this may weaken the parts.
- I Do not use chemical sterilisers.

5.1 Cleaning at home

1



or

5.1.1 Before using for the first time

- I Disassemble* the SNS into its individual parts.
- I Rinse all parts with water.
- I Fill the bottle with 50 ml of water. Screw the attachment ring with the tubing onto the bottle.* Shake it for 5 seconds, then squeeze the bottle for 15 seconds to force the water through the tubing.
- I Remove the valve and tubing from the ring;* place all SNS parts in a pan; cover all parts with water and boil for five minutes.
- I Remove the pan from the stove and drain the hot water from the pan.
- I Let the parts cool down in the pan.
- I Dry the cooled-down parts with a clean cloth or leave to dry on a clean cloth.

*For more information about assembling and disassembling the SNS, see chapter 6 and 8, respectively.

2



Use a Quick Clean microwave bag** in accordance with the instructions.

5.1.2 After each use

- I Disassemble* the SNS into its individual parts.
- I Rinse all parts with warm, soapy water (approx. 50°C). Use 8 ml of dishwashing liquid per one litre tap water.
- I Fill the feeding bottle with 50 ml of soapy water. Screw the attachment ring with the tubing onto the bottle.
- I Shake the bottle for 5 seconds, then squeeze it for 15 seconds to force the soapy water through the tubing.
- I Repeat steps a-d using cold tap water.
- I Squeeze the empty bottle a few times to remove water droplets from the tubing.
- I Disassemble the now clean SNS into its individual parts.
- I Leave to dry on a clean cloth.

5.1.3 Once a day

First clean the SNS as described in chapter 5.1.2, then clean the system as described in chapter 5.1.1.

** More information at www.medela.com

5. Cleaning

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Caution

- I Clean all parts immediately after use to avoid drying up of milk residues and to prevent growth of bacteria.
- I Only use drinking-quality water for cleaning.
- I Hospital: To avoid cross-contamination, replace the tubing/valve set by a new set every 24 hours. Clean the newly assembled SNS as described in chapter 5.2.1.
- I When you are cleaning the SNS, check all parts for damage. Throw away at first signs of damage or weakness. Replace the damaged part by a new part and clean the SNS as described in chapter 5.2.1.



Note

- I Do not leave (parts of) the SNS in direct sunlight or heat, as this may weaken the parts.

5.2 Cleaning in the hospital



5.2.1 Before using for the first time

- I Disassemble* the SNS into its single parts.
- I Rinse all parts with water.
- I Fill the bottle with 50 ml of water. Screw the attachment ring with the tubing onto the bottle.*Shake the bottle for 5 seconds, then squeeze it for 15 seconds to force the water through the tubing.
- I Remove the valve and tubing from the ring.*Wrap all parts in a sterilisable pouch. Sterilise all parts by autoclaving at 134 °C for 3 minutes or according to the internal hygiene guidelines.

5.2.2 After each use

See chapter 5.1.2. (on page 11).

5.2.3 Once a day

You must sterilise the SNS once a day by autoclaving. This is usually done when you change the tubing.

*For more information about assembling and disassembling the SNS, see chapter 6 and 8, respectively.

6. Assembling the SNS/Preparing for feeding



Caution

Wash your hands thoroughly (for approx. one minute) with soap and water before you touch your breast and the SNS parts.



Note

Assemble and prepare the Supplemental Nursing System (SNS) at the first sign of your baby being hungry.

1



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The SNS is supplied with three sizes of tubing: small (red valve), medium (white valve) and large (transparent valve). When you use the SNS system for the first time, start with the medium (white) valve.

2



Place the silicone valve holder onto the valve.

6. Assembling the SNS/Preparing for feeding

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Caution

The Supplemental Nursing System is used to administer supplemental nutrition to infants while they are being fed at the breast. Prepare the supplemental nutrition in a separate milk container. To avoid clogging, dissolve powdered formula thoroughly:



Heat the supplemental nutrition to max. 37°C.

Do not warm breast milk in a microwave or a pan of boiling water to avoid loss of vitamins, minerals and other important ingredients and to prevent you and your baby from burning yourselves. For the same reasons, do not thaw frozen breast milk in a microwave or a pan of boiling water.

3



Slide the tubing with the valve on top through the attachment ring. Push the valve in until it snaps into place. Do not pull on the tubing.

6



Lock both parts of the tubing in the slits of the attachment ring. This is to avoid milk leakage as you hang the SNS around your neck. Place the SNS system around your neck with the tubing hanging down.

4

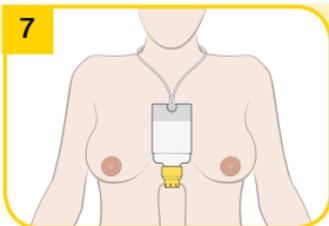


Fix the neck cord on the bottle: Pull the cord with its soft ending (without the clip) through the hole in the bottom of the bottle. Pull the ending with the metallic clip through the cord loop you created in the previous step. Pull firmly until the cord is fixed.

5

Fill the bottle with the supplemental nutrition which you prepared and heated in a separate container. Screw the attachment ring with the valve and tubing onto the bottle. Squeeze the bottle gently, so that the milk flows through the tubing. If you use powdered formula, the formula may be too cloggy to flow freely. In this case, dissolve the powder more thoroughly.

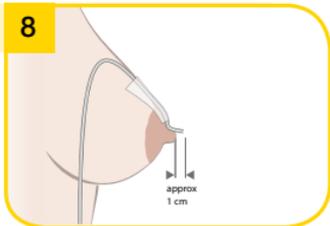
7



Check that the bottle shoulder is at nipple level. To raise the bottle, unlock the lock of the cord and move the entire lock downwards. To lower the bottle, move the (unlocked) lock upwards. When the bottle is in the right position, fix the lock:



8



Cut off a piece of tape of approx. 6 cm. Place the tube onto the breast such that it protrudes from the nipple by 1 cm. This is to prevent the (extended) nipple from blocking the tube opening during feeding. Repeat this step for the other tube and the other breast.

7. Feeding

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Caution

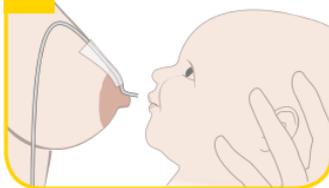
! Clean all parts immediately after use to avoid drying up of milk residues and to prevent growth of bacteria.



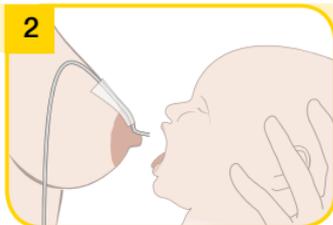
Note

! If you use the SNS at home in a private environment, supervision by a professional midwife or lactation consultant is compulsory.

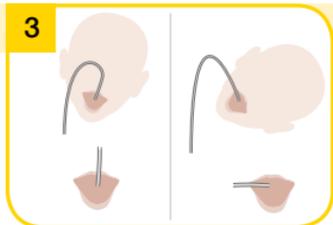
1



Assemble the SNS according to the instructions in chapter 6. Hold your baby close to your breast. To encourage your baby to open its mouth, tickle its lower lip with your nipple. Leave a tiny space between the nipple and your baby's mouth.



2 Wait until your baby opens its mouth wide, then put your baby onto your breast. Only when the baby's mouth is wide open, allow it to latch-on. A good latch-on position is essential for successful feeding. This requires your baby to accept both the breast and the tube.



3 Check that the tube position in the baby's mouth is correct: the tube should enter the mouth in the middle of the upper lip or at the corner. Note that you and your baby have to familiarise yourselves with the SNS. If you have difficulties in finding the right position, release your baby from the breast and try again. It is important to try again and again, but without applying pressure.

7. Feeding

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i Info

Flow regulation

You can regulate the milk flow as follows:

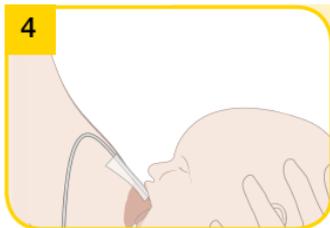
To increase the milk flow:

- I Squeeze the bottle;
- I Raise the bottle: unlock the cord lock at the back of your neck. Move the entire lock downwards. When the bottle is in the right position, fix the lock;
- I Use a larger tubing size (the red valve/tubing is small, the white one is medium and the transparent one is large).

To decrease the milk flow:

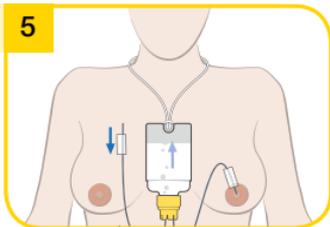
- I Lower the bottle: unlock the cord lock at the back of your neck. Move the entire lock upwards. When the bottle is in the right position, fix the cord lock;
- I Use a smaller tubing size.

4



Once you and your baby have found the right position, let your baby breastfeed. When your baby starts suckling, release the tube from the slit in the attachment ring. The milk in the SNS bottle can now flow through the tube. Continue breastfeeding.

5



If the milk does not flow well, also release the second tube. Attach the tube with the opening upwards to your body, on a level with the bottle bottom.

Also, the milk flow might be too weak or too strong. For information on how to regulate the milk flow, see the 'Info' column on the left ("Flow regulation").

After approximately 15 minutes of feeding, change the breast. Repeat steps 1–5.

8. Disassembling the SNS

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- I Release the cord from the bottle.
- I Unscrew the attachment ring from the bottle.
- I Dispose of the remaining milk.
- I Remove the valve and tubing from the attachment ring: push against the reverse side of the valve (with the tubing attached) in the ring.
- I Remove the valve holder from the valve.
- I Clean all parts as described in chapter 5 “Cleaning”.

9. Disposal

Dispose of the SNS in accordance with the local disposal regulations.

10. Product variants and consumables

The following product variants and consumables are available from the Medela distribution partners. To order a product, specify the name or corresponding number.

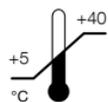
Product variants

Article number	Product
009.0005	SNS (EN/DE/FR/IT/NL/ES/PT/SV/PL/RU/KO/ZH)

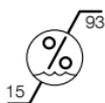
Consumables

Article number	Product
xxx.xxxx	Tubing/Valve Set (with small, medium and large tubing)

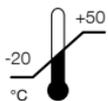
11. Technical specifications



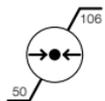
Operation



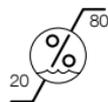
Transport/Storage



Transport/Storage



Transport/Storage/Operation



Operation



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