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ENGLISH

Introduction

The Philips Avent breast milk storage bags offer a safe and convenient way to collect your precious breast milk. They are made of dual-layer, reinforced plastic and have a strong seal, to ensure your milk remains protected while being stored. A wide and sturdy opening ensures safe and easy filling and pouring. For ultimate hygiene, every bag comes disinfected with a tamper-evident seal.

Important

Read this user manual carefully before you use the breast milk storage bags. Keep the user manual and product packaging for future reference.



\ Warning

- Do not microwave (Fig. 1).
- Keep the breast milk storage bags out of the reach of children.
- Always check the temperature of the milk before you feed your baby.
- To prevent the milk from overheating, do not defrost the breast milk storage bag with breast milk in the microwave, in freshly boiled water or in a bottle warmer.



- The Philips Avent breast milk storage bags have a limited shelf life, with an expiration date of 5 (five) years. The packaging of the milk storage bags contains the production/fabrication (FAB) date and expiration (EXP) date. Do not use the breast milk storage bags after the expiration date, but discard them. Before the expiration date, it is safe to use your breast milk storage bags if the bags are still unopened, not damaged, appear clean, are not sticky and have been stored in a clean, dark place, away from direct sunlight.
- To ensure stability and protect the product from deterioration, follow the storage instructions.
- You can store breast milk in the storage bag in the refrigerator for up to 4 days or in the freezer for up to 6 months.
- Never refreeze thawed breast milk or add fresh breast milk to already frozen breast milk.
- The breast milk storage bags are intended for onetime use only.
- Thoroughly wash your hands before you fill and empty the breast milk storage bags.

Filling the breast milk storage bag

- 1 Use a pen to write down the date of expression and other information on the labeling area. Do not write on the filling part to prevent puncturing the bag (Fig. 2).
- Open the breast milk storage bag by tearing off the tamper-evident seal at the top of the bag (Fig. 3). Keep the torn-off seal away from children and dispose of it safely.

- 3 To open the bag, place your thumbs inside the plastic above the zip and gently pull both sides apart (Fig. 4).
- 4 Pour the expressed milk into the bag. Do not fill the bag beyond the 180 ml/6 oz level, as breast milk expands when frozen (Fig. 5). The actual amount of milk in the bag may deviate slightly from the level indications on the bag.
- 5 Carefully remove excess air by flattening the part of the bag above the milk (Fig. 6).
- **6** Seal the bag by closing the zip (Fig. 7).

Defrosting breast milk

To defrost breast milk overnight, place the breast milk storage bag in the refrigerator.

To defrost breast milk prior to feeding, place the breast milk storage bag in warm water.

Pouring milk from the breast milk storage bag

- Tear off the labeling area to eliminate potential contamination of the breast milk during pouring (Fig. 8).
- 2 To open the bag, place your thumbs inside the plastic above the zip and pull both sides apart (Fig. 9).
- **3** Hold the bag by the zip and pour the milk into a container (Fig. 10).

Tip: Lightly squeeze the zip to make pouring easier.

- 4 Throw away the breast milk storage bag after use. Do not reuse the breast milk storage bag.
- 5 To heat the milk, place the container with defrosted milk in a bottle warmer or in a bowl of hot water

Note: Always discard any breast milk that is left over at the end of a feed.

Storage

Keep dry and avoid direct sunlight. Storage temperature: -25 °C to 70 °C.

Support

If you need information or support, please visit **www.philips.com/support.**

Explanation of symbols

This symbol indicates:

- that the material used for the packaging is corrugated board (Fig. 11).
- that the material used for the packaging is noncorrugated cardboard/fiberboard (Fig. 12).
 - that the material used for the plastic packaging bag is low density polyethylene (Fig. 13).
- that the product must be kept out of direct sunlight (Fig. 14).