

PATIENT USER GUIDE REUSABLE BOTTLES



AN OPPORTUNITY TO REDUCE THE PLASTIC YOU USE

DO YOUR MONTHLY DELIVERIES LOOK LIKE THIS?



Introducing an opportunity to:

- Reduce the plastic you use each month
- Save on storage space
- Reduce waste
- Recycle to help protect the environment, save energy, and tackle climate change.

WHAT'S CHANGING?



You usually receive the 500ml Flocare container, which can only be used for a 24-hour period.



You will now receive a reusable bottle, to be used for up to 30 days. Please follow the cleaning instructions provided to you. You can also buy your own reusable baby bottles if you wish.

Please follow the hanging time guidelines from your managing healthcare professional

HOW TO USE THE BOTTLE WITH A GIVING SET

You will need:

- A. Flocare Universal Adaptor
- B. Bottle
- C. Giving Set



Firstly, connect the Flocare Universal Adaptor to your filled bottle. The bottle should be washed and sterilised before use (guidelines overleaf)



Ensure the bottle is in an upright position, then connect the giving set to the adaptor.

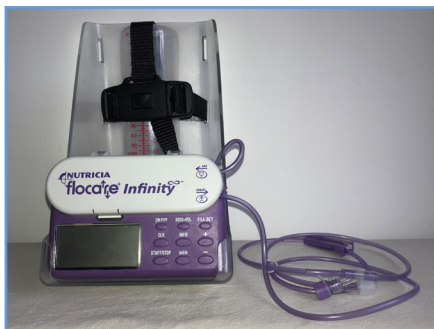


The giving set is now ready to be inserted into the pump.

HOW TO USE THE BOTTLE WITH THE GO-FRAME



Place the bottle into the frame and close the straps



Insert the pump, with giving set connected, into the frame and continue to use as normal



Please ensure to adjust the straps according to the size of the bottle to keep it secure

PREPARE YOUR BOTTLE FOR NEXT USE BY FOLLOWING THESE 4 STEPS

STEP 1: RINSE DIRECTLY AFTER USE

Leave the items to soak in water to prevent residue milk from drying out.

STEP 2: CLEAN (EITHER BY HAND OR IN THE DISHWASHER) USING THE INSTRUCTIONS BELOW

CLEANING INSTRUCTIONS — BY HAND

To be followed with care — please follow your healthcare professional's advice around sterilising.

You will need:

- Baby bottle brush — there are many different ones available to choose from — only use this brush for cleaning bottles
- Washing up liquid — pH neutral washing up liquid
- Ensure all food remnants are removed.



CLEANING INSTRUCTIONS — DISHWASHER

Always separate the bottle from the cap before placing in the dishwasher.

- Place on top shelf of dishwasher and inspect for any damage after cleaning. Do not use if showing any signs of damage, wear or shrinkage
- Make sure bottles and lids are facing downwards
- Putting feeding equipment through the dishwasher will clean the bottle/cap but does not sterilise it.

STEP 3: STERILISE YOUR BOTTLES

IF DIRECTED BY YOUR HEALTHCARE PROFESSIONAL

You will need:

- Steriliser — any brand will work fine, just follow the instructions carefully, or a clean bucket or plastic container with a lid for mixed sterilising fluid.

You will have three different options to clean and sterilise your bottles

- Electric steam steriliser
- Microwave steam sterilise
- Cold water steriliser.



Electric steam steriliser



Microwave steam steriliser



Cold water steriliser

STEP-BY-STEP FOR COLD WATER STERILISING

1. Rinse all your equipment in clean, cold running water before sterilising
2. Follow the manufacturer's instructions when mixing the cold water steriliser you have
3. Leave feeding equipment in the sterilising solution for at least 30 minutes
4. Change the sterilising solution every 24 hours
5. Make sure there are no air bubbles trapped in the bottles when putting them in the sterilising solution
6. Your steriliser should have a floating cover or a plunger to keep all the equipment under the solution.

STEP-BY-STEP FOR STEAM STERILISERS

1. Rinse all your equipment in clean, cold running water before sterilising
2. It's important to follow the manufacturer's instructions, as there are several different types of sterilisers
3. Make sure the openings of the bottles are facing downwards in the steriliser
4. Manufacturers will give guidelines on how long you can leave equipment in the steriliser before it needs to be sterilised again.

STEP 4: STORE

1. It's best to leave bottles in the steriliser until you need them
2. If you do take them out, put the lids on the bottles straight-away
3. When it is time to use the feeding equipment each item should be taken out of the solution and then rinsed off with cooled boiled water to remove any residue of fluid
4. Wash and dry your hands before handling sterilised equipment. Better still, use some sterile tongs
5. Assemble the bottles on a clean, disinfected surface or the upturned lid of the steriliser.

OTHER IMPORTANT INFORMATION

Please remember to always follow current guidelines with regards to pre-making bottles.

These re-usable bottles and caps have been tested to withstand 30 re-uses.

The bottles and caps should be inspected after each re-use to determine if any damage has occurred.

Bottle and cap should be discarded when showing any signs of damage, wear or shrinkage.

The bottles can be recycled via your usual household recycling bin.

Bottles not suitable to hold liquid above a temperature of 80°C.

Do not overfill the bottle past the maximum graduation.

Do not place the bottles directly into a microwave.

A microwave steam steriliser or microwave steriliser bag must be used when sterilising the bottles in a microwave.

Always check milk temperature before feeding.



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