

Benefits of the SNS

- Supplementation of breast milk that is compatible with breastfeeding
- The baby determines the amount of milk
- Promotes skin contact and bonding between mother and baby
- Supports milk production while baby suckles at the breast
- Empowerment for mother, as she can feed the baby herself at the breast
- Can also be used by non-latching parent

Cleaning & Disinfection

Clean before first use and immediately after each use

- Disassemble the set and rinse with cold water
- Fill the bottle with cold water, assemble it and press it through the tube
- Repeat steps with warm soapy water, and then again with clear, cold water
- Let all parts air dry

Disinfect before first use and once daily

- 5 minutes in a pot of boiling water or use the Ardo easy clean microwave bag
- Let all parts air dry



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T +44 (0)1823 336362
info@ardomedical.co.uk
www.ardomedical.co.uk



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SNS (Supplemental Nursing System)

At Ardo we understand what it is like to be a new mum and to feel overwhelmed by having a newborn baby and needing to feed.

This leaflet illustrates how to use and assemble the SNS.

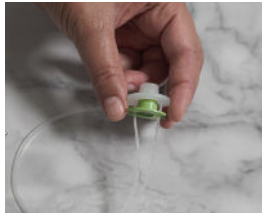


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Assembly



Place the silicone valve with the tubes onto the valve cap.



Place the tubes centrally in the recesses of the valve cap and press both parts together.



Guide the tubes through the connection ring from above and insert the valve cap into the connection ring.



Screw the connection ring onto the bottle. CAUTION: Do not overtighten.



Clamp both tubes in the connection ring, otherwise the milk will leak out when turning over.



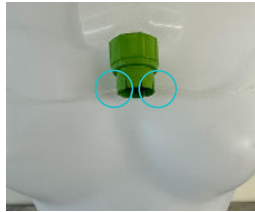
Thread the metal pin from the lanyard through the hole in the bottle and secure it with a loop.



Hang the milk bottle around your neck and attach both tubes flush to your nipple.

If you want to breastfeed on one breast, the second tube can be attached to the bottle.

How it works



Before feeding the baby, both tubes must be closed.

If the tubes are open, there is a risk that the milk will drip through the tubes.

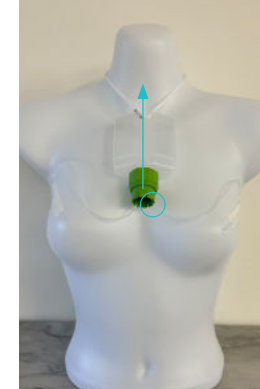


As soon as the baby is latched on and begins sucking, the first tube is opened. This allows the baby to receive milk from the bottle immediately.



Option: For babies with very weak suction, the second tube can also be opened shortly afterwards. This prevents negative pressure from building up in the bottle and increases the flow rate of the milk.

Increase milk flow

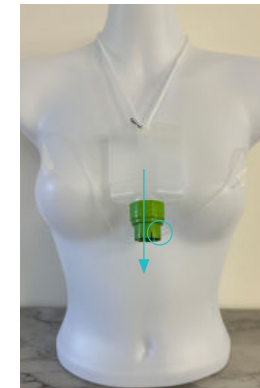


If the bottle hangs higher than the end of the tube, the milk flows faster.

If the second tube is not clamped in the connection ring, the baby gets more milk.

Easily recognised by the rising air bubbles in the milk bottle.

Decrease milk flow



If the bottle hangs lower, the milk flows more slowly.

If the second tube is clamped in the connection ring, the baby has to suck harder.

Easily recognised by no air bubbles rising in the milk bottle.