

# haakaa®

# COLOSTRUM ESSENTIALS PACK

## Product Manual English

**Product Name:** Colostrum Essentials Pack

**Materials:** Colostrum Collectors - Medical-Grade Silicone  
Multipurpose Steamer & Steriliser Bag - Food-Grade Silicone  
Cloth Wipe - Cotton  
Storage Case - PP  
Ice Brick - Water, Polypropylene Resin, Sodium Benzoate, Sodium Chloride

**Dimensions:** 6 x Colostrum Collectors - 30 x 17 x 84mm  
6 x Label Stickers - 100 x 40mm  
1 x Storage Case - 144 x 108 x 48mm  
1 x Cloth Wipe - 203 x 203mm  
1 x Steriliser Bag - 219 x 79 x 169mm  
1 x Ice Brick - 165 x 95 x 24mm

**Volume:** Colostrum Collectors - 0.1 oz./4ml  
Steriliser Bag - 25 oz./750ml

### Product Description:

Specially designed for mums who are about to have a hospital birth, the Colostrum Essentials Pack has everything you need for your precious liquid gold! The pre-sterilised 100% medical-grade silicone Colostrum Collectors let you build a stash before your due date. We've provided handy label stickers so you can quickly identify your collectors. The Steamer & Steriliser Bag even does double duty! Use it to sterilise your collectors or everyday items when you need to, or as a quick and easy travel bag. The included ice brick fits perfectly alongside all six collectors in the bag to keep temperatures cool on brief trips - including to the hospital!

### Features:

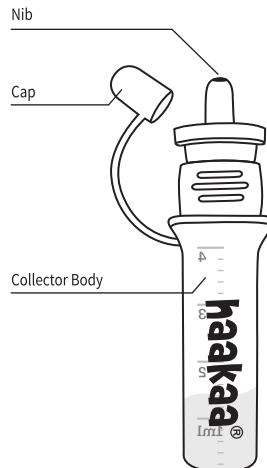
- Collect, store and feed colostrum with the same container.
- Collectors are made of pre-sterilised 100% medical-grade silicone.
- Soft squeezable silicone has a vacuum effect to collect droplets.
- Nib suction colostrum off the nipple, or can be removed to express directly into the collector.
- Portable, leakproof and reusable.
- Each collector comes with a label for easy identification.
- Colostrum Collectors & Steriliser Bag are heat and freeze resistant.
- Clear measurements on collector body and Steriliser Bag.
- Non-toxic and safe for newborns.
- Versatile bag functions as a steam steriliser for baby gear/household items, a food steamer or a handy travel/storage bag.
- Included ice brick keeps milk cool and fresh for short trips like heading to hospital.

### Cleaning and Care:

Each collector comes pre-sterilised. Please check date of sterilisation printed on the outside of each packet. Collector can be used immediately if opened within 24 months of pre-sterilisation. If opening collector more than 24 months after date of sterilisation, resterilise before use. Once a baby feeds from the nib end, it is no longer sterile. Wash before re-use by hand washing with warm, soapy water and rinsing thoroughly. To sterilise after subsequent use, use a steam steriliser (refer to instructions) or boil in water for 2-3 minutes. To clean the ice brick, wipe with a damp cloth. Avoid using any heating method to sterilise the ice brick as it can cause damage. To clean steriliser bag, hand wash in warm, soapy water then boil in water for 2-3 minutes to sterilise. Only soft bristle brushes or soft sponges should be used to clean this product, as hard scourers may scratch the surface. Do not use bleach-based agents to clean this product. Store product in a cool, dry place and avoid direct sunlight.

### Caution:

- This product is for adult use only.
- Check product condition regularly and replace if it shows any signs of damage.
- If Colostrum Collector packets show signs of damage before opening, please sterilise prior to use according to instructions listed.
- For your child's safety, never attach product to cords, ribbons, laces or loose parts of clothing, as it can become wrapped around their neck.
- Do not store near any sharp objects.
- This product is not a toy. Do not use this product for anything other than its intended use.
- Keep out of the reach of children and pets when not in use.
- Do not fill above top measurement mark as contents may expand when frozen.
- Only fill to the indicated water line (100ml) when sterilising. Sterilisation may not be effective, or contents may warp, if using more or less water than instructed.
- Be sure to follow the instructions provided, as heating for longer than recommended may warp the bag's contents.
- Do not ingest ice brick contents. Do not forcefully shake or try to open ice brick.
- Ice brick is only suitable for short-term cooling needs. Cooling duration may vary due to starting temperature and ambient temperature during transport. If ice brick reaches room temperature cooling effects will be lost.
- Your silicone products may grow cloudy after repeated use, especially in hard water areas. This is normal and will not affect the performance of your product.



### Collect

- Gently squeeze the collector body to suction colostrum drops straight from your nipple, using the nib.
- Alternatively, remove the nib and express directly into the collector body.



### Store

- Store in your fridge or freezer, according to your country's breastmilk storage guidelines.



### Transport

- Place your colostrum collectors inside the included storage case.
- Place the frozen ice brick and the storage case into the steriliser bag for quick transport.

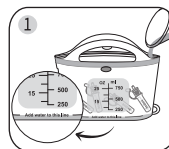


### Feed

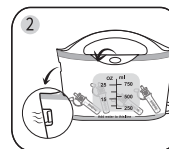
- No need to transfer your colostrum between containers.
- Perfectly sized nib to drop-feed into the corner of baby's mouth.

**PLEASE NOTE:** Volume measurements are an approximation and should be used for general reference only. Ensure clearance from your health professional prior to antenatal expressing as there may be a risk of early labour. Always follow your country's guidelines on expressing and storing breastmilk safely, ensuring you have labelled your collector with your name, date and time of expressing for easy identification.

### How to Sterilise:



Using clean water, fill to the indication line on the steriliser bag, then place the (cleaned) collectors/microwave-safe items into the bag.

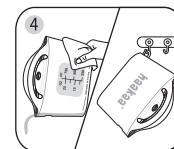


Close the sealing strip, then secure the centre buckle. **Ensure the vent on the side is unobstructed.**



With the bag standing upright, microwave on high power in the centre of the microwave, following the provided timing guide.

**NOTE:** During sterilisation, seal may open. This is normal. Ensure the buckle is fastened correctly to keep contents secure.



Allow bag to cool to room temperature before removing from microwave. Carefully pour out remaining water from bag and remove sterilised items. Allow bag to dry completely before storing.

**NOTE:** As silicone can stick to itself, the vent opening may seal. To fix this, very gently rub the vent between your fingers to unstick (when bag is cool).

Microwave Times for Sterilising	
500 - 720W	7 minutes
800 - 1100W	4 minutes
1100W +	3 minutes

\*Be sure to follow timing instructions as heating longer than recommended may distort the shape of the items inside or cause damage. If unsure about your microwave's wattage, check with your manufacturer.

### ⚠ WARNING:

Ensure the vent on the side remains unobstructed at all times. Use caution when removing the bag from the microwave - we recommend using a towel or oven mitts. It will be filled with hot water and steam, which may cause serious burns. **DO NOT** tip bag when removing from microwave.

**PLEASE NOTE:** When steaming food using the bag, ensure there is enough water in the bag to create steam, otherwise food may dry out. Always monitor food during the cooking process.