


*No. 1 choice
of hospitals
& mothers*

Calma™

EN Instructions for use





Congratulations on your decision to purchase Calma. For almost 50 years, Medela has pioneered innovative products which help enhance babies' health through the life-giving benefits of breastmilk. With Calma you can trust in a product that has been developed on the foundation of well-established research. This research has shown that with Calma your baby is able to maintain the same feeding behaviour that it exhibits when breastfeeding. Your baby will always prefer and benefit from breastfeeding. However, if you are separated from your baby, Calma provides an excellent alternative that will minimise any interference in the breastfeeding relationship between you and your baby. Calma is designed for feeding breastmilk to healthy term babies.




Table of Contents

4

1. Intended use	5
2. Meaning of symbols	6
3. Important safety information	8
4. Product description	10
4.1 Calma: a unique product for mother and baby	10
4.2 Product parts	11
4.3 Material	11
5. Cleaning	12
5.1 Before using for the first time	12
5.2 After each use	13
5.3 Once a day	15
6. Preparing for feeding	16
6.1 Steps to perform	16
6.2 Assembling Calma	17
7. Feeding	18
7.1 Correct latch-on position	18
7.2 Feeding	19
8. Disassembling Calma	20
9. Storing and thawing breastmilk	21
9.1 Storage	21
9.2 Freezing	21
9.3 Thawing	21
10. Did you know? Frequently asked questions	22
11. Disposal	24
12. Complete care during breastfeeding time	25

1. Intended use



Calma is intended to be used for feeding breastmilk to healthy term babies. Calma is not designed to feed formula.

With Calma, your baby can maintain its natural feeding behaviour learned on the breast. If you used a conventional teat, your baby would have to learn a new drinking technique. To prevent your baby from being confused, Medela recommends using Calma exclusively from the first time you feed your baby breastmilk.

If your baby has already used another teat, be aware that Calma works differently. With Calma, the milk flow is controlled by the interaction between your baby's sucking behaviour and Calma's milk flow control system. This is not like any other conventional teat – you may need a bit of patience.

You can use Calma in combination with Medela breastmilk bottles.

2. Meaning of symbols

6

The warning symbol identifies all instructions that are important for safety. Failure to follow these instructions can lead to injury or damage to Calma.

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 the unique GSI Global Trade Item Number (GTIN).



This symbol indicates to consult the instructions for use.



This symbol indicates the recycling code (here 01 for material made of PET).



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

EN 14350

This code indicates the European Standard for Child Use and Care Articles - Drinking Equipment.

Symbols on the device/in the instructions for use



This symbol indicates the manufacturer.

PP

This code indicates the use of polypropylene.

3. Important safety information

8



Failure to follow the safety information on these pages can lead to danger.

Device



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



Do not expose Calma to direct sunlight.



Inspect before each use: pull the transparent silicone part in all directions to make sure it is still intact. Throw the part away at first signs of damage or weakness.



For hygiene reasons, we recommend replacing Calma after 3 months.

Important:

- I Take appropriate care in handling bottles and components.
- I Plastic bottles and component parts become brittle when frozen and may break when dropped.
- I Also, bottles and component parts may become damaged if mishandled, e.g. dropped, over-tightened or knocked over.
- I Do not use the breastmilk if bottles or components become damaged.

Use



Use Calma only for its intended use as described in this manual.



Do not use Calma while sleeping or overly drowsy.



This is a single user product. Use by more than one person may present a health risk.



Keep all components not in use out of the reach of children.

For your child's safety and health

WARNING!

- I Always use this product with adult supervision.**
- I Never use feeding teats as a soother.**
- I Continuous and prolonged sucking of fluids will cause tooth decay.**
- I Always check food temperature before feeding (risk of burning).**
- I Do not warm milk in a microwave oven as this may cause uneven heating and could scald your baby.**

4. Product description

10

4.1 Calma: a unique product for mother and baby

Calma does not only look different. It is different. Unlike conventional teats, Calma allows your baby to maintain its natural feeding behaviour learned on the breast.

With Calma...

... your baby can easily switch back to the breast. It does not have to learn a new way of drinking.

... your baby can drink, breathe and pause according to its own natural rhythm. Your baby will stay calm and relaxed during and after the feed.

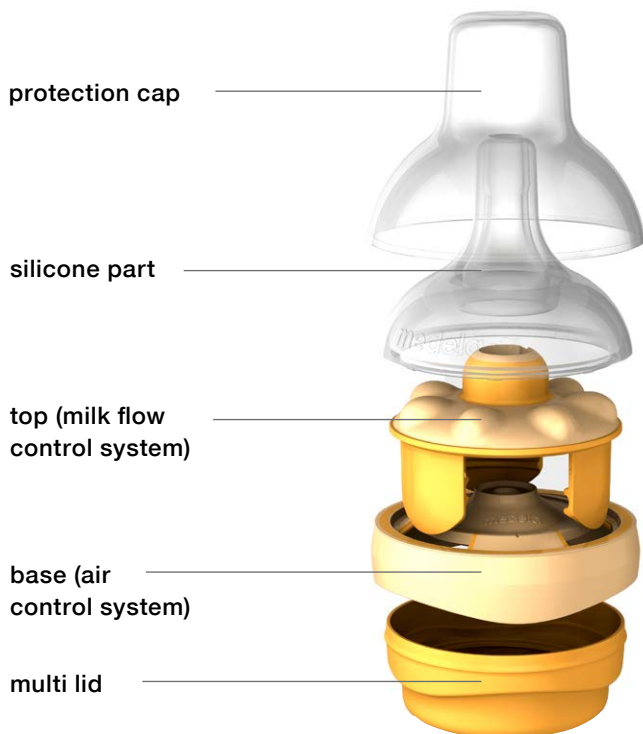
... your baby controls the feeding process, not you. This is also the case when your baby drinks at your breast.

For more information about feeding, see chapter 7.



4.2 Product parts

For spare parts and accessories, see chapter 12.



4.3 Material

- | Protection cap/multi lid: polypropylene
- | Silicone part: silicone
- | Base/top: polypropylene and thermoplastic elastomer

5. Cleaning

12



Caution

- | **Clean all parts immediately after use to avoid the drying up of milk residues and to prevent growth of bacteria.**
- | Only use drinking-quality water for cleaning.
- | Do not clean Calma with a sharp or hard object (such as a brush, a toothpick or sharp fingernails).
- | To avoid contamination, do not touch the inside of the parts after cleaning.
- | Store Calma in an air-permeable, clean bag/container or an air-permeable, clean paper/cloth until next use.



Note

- | If you clean Calma in a dishwasher, parts may change in colour. This has no impact on the function.
- | Do not leave Calma in direct sunlight or heat for longer than recommended, as this may weaken Calma.

5.1 Before using for the first time

Before you use Calma for the first time, you must clean the product thoroughly. Proceed as follows:

- | First perform the steps that are described in chapter 5.2 (After each use).
- | Then perform the steps that are described in chapter 5.3 (Once a day).



Clean all parts in a gentle way with plenty of warm soapy water (approx. 30 °C).

5.2 After each use (part I)

1



Find more details
in chapter 8, steps 1–3

Disassemble the feeding system into individual parts.

2



Rinse all parts with cold water (approx. 20 °C). Check the parts for damage and throw away at first signs of damage or weakness.

4



Rinse all parts with cold water (approx. 20 °C) for 10–15 seconds.

5



Dry with a clean cloth or leave to dry on a clean cloth.

5. Cleaning

14



Caution

- I Only use drinking-quality water for cleaning.
- I To avoid contamination, do not touch the inside of the parts after sterilisation.
- I Store Calma in an air-permeable, clean bag/container or an air-permeable, clean paper/cloth until next use



Note

- I When you boil parts of Calma, you could add a teaspoon of citric acid to avoid a build-up of lime scale. When you use citric acid, minor traces of the acid might remain on the Calma parts. Use drinking-quality water to wash them off. Dry Calma as shown in figure 3.
- I Do not leave Calma in direct sunlight or heat for longer than recommended, as this may weaken Calma.

5.2 After each use (part II)



As an alternative to steps 2, 3, 4 and 5 on the previous pages: Clean Calma in the dishwasher. If you clean Calma in the dishwasher, place the parts on the top rack or in the cutlery section.

5.3 Once a day

1



Find more details
in chapter 8, steps
1-3

Disassemble the feeding system into individual parts.

2a



or

Cover all parts with water and boil for five minutes.

2b



Use a Quick Clean Microwave Bag* in accordance with the instructions.

3



Dry with a clean cloth or leave to dry on a clean cloth.

6. Preparing for feeding

16



Caution

- I Wash your hands thoroughly (for approx. one minute) with soap and water before you touch Calma.
- I Warm the stored milk with the multi lid on! (See the picture). Heat the milk to max. 37 °C.



Multi lid

Max. 37 °C

- I Carry out all steps with care and in the right order.



Note

- I Only use Medela original accessories.
- I Check the parts of Calma and the bottle for wear or damage before use. Replace if necessary.
- I All components must be completely dry before use.
- I Do not leave Calma in direct sunlight or heat.



Info

- I You can use the multi lid on the bottle for transport. You can use the multi lid on the bottom of Calma for storage.

6.1 Steps to perform

- I Pump and store the breastmilk. You can find storage instructions in chapter 9.
- I Clean Calma as shown in chapter 5.
- I Assemble Calma as described on these pages.
- I Warm the stored breastmilk. Heat the milk to max. 37 °C!
- I Put Calma on the bottle just before feeding.



Flip down the bottom edge.

6.2 Assembling Calma

1



Take the silicone part. Turn the bottom edge upwards. Do not touch the tip of the silicone part!

2



Push the silicone part (with the flipped-up edge) over the protruding part of the top.

4



Put the top onto the base. Check that all parts are correctly assembled.

5



Fill the bottle with breastmilk. Put Calma on the bottle, just before feeding.

7. Feeding

18

i Info

- I To encourage your baby to open its mouth to take Calma, stimulate its lip as you would with breastfeeding.
- I You may need a little patience until your baby accepts Calma. It is the first time that your baby comes in contact with artificial material instead of the familiar breast. This is new for your baby. Your baby cannot smell you and your milk as with breastfeeding.



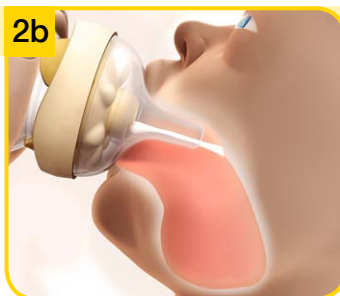
7.1 Correct latch-on position

- I Hold your baby in a half upright position.
- I Hold Calma at an angle of about 45 degrees to your baby's lower lip.
- I When your baby opens its mouth, place Calma on the tip of its tongue. Do not push Calma in. Your baby will take Calma in as far as it needs; just as your baby has learned on the breast with the nipple (see pictures 1a and 1b on the next page).
- I During the entire feeding process, leave Calma in the position that your baby has chosen. To facilitate the milk flow, your baby has to create a vacuum (see the pictures on the next page). Pulling out or pushing in Calma would interrupt this process. It could also make your baby choke.



Picture 1a above shows how your baby holds your nipple in its mouth during breast-feeding. Picture 1b shows the correct latch-on position when you use Calma to feed your child.

7.2 Feeding



When being breastfed, your baby has to create a vacuum to trigger the milk flow. The milk flows when the vacuum in your baby's mouth is at its highest. At this moment, the tongue of your baby is at its lowest point and the nipple is drawn into your baby's mouth (see picture 2a above).

Calma works in a similar way. Your baby has to perform a similar behaviour to build up the vacuum for the milk to flow (see picture 2b above). It is therefore important to leave Calma in the position that your baby has chosen during the entire feeding.

8. Disassembling Calma

20



Caution

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

1



Take Calma off the bottle.

2



Take the top with the silicone part off the base.

3



Turn the bottom edge of the silicone part upwards. Take the silicone part off the top.

You have now taken Calma apart. Clean all parts as described in chapter 5.

9. Storing and thawing breastmilk

9.1 Storage

Storage guidelines for freshly expressed breastmilk

(For healthy term babies)

Room temperature	Refrigerator	Freezer	Thawed breastmilk
4–6 hours at 19 to 26°C (66 to 78°F)	3–8 days at 4°C (39°F) or lower	6–12 months –18 to –20°C (0 to 4°F)	In refrigerator for 10 h max. Do not refreeze!

I Do not store breastmilk in the door of the refrigerator. Instead choose the coldest part of the refrigerator (this is at the back of the glass shelf above the vegetable compartment).

9.2 Freezing

I You can freeze the expressed breastmilk in milk bottles or “Pump & Save”^{*} bags. Do not fill the milk bottles or “Pump & Save” bags more than $\frac{3}{4}$ full to allow space for possible expansion.

I Label bottles or “Pump & Save” bags with the date of expression.

9.3 Thawing



Caution

Do not thaw frozen breastmilk or do not warm breastmilk in a microwave or a pan of boiling water to avoid loss of vitamins, minerals and other important ingredients and to prevent burns.

I In order to preserve the components of the breastmilk, thaw the milk in the refrigerator overnight. Alternatively, you can hold the bottle or “Pump & Save” bag under warm water (max. 37°C).

I Gently swirl the bottle or “Pump & Save” bag to mix any fat that has separated. Avoid shaking or stirring the milk.

10. Did you know? Frequently asked questions

22

Does Calma not look a little bit too long?

Even if you think that Calma looks a little bit too long: don't worry, it is the perfect length. As you know, your nipple lengthens up to 2 times in your baby's mouth while breastfeeding. Calma reaches a similar spot in your baby's mouth as the nipple does. It is, however, important that your baby has the right latch-on position (see chapter 7 for more information).

Is one size really sufficient?

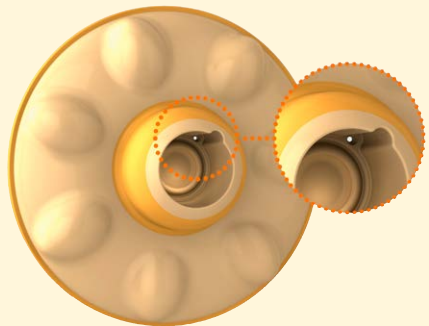
You might not believe it, but one size is sufficient. Just as your breasts stay the same over the course of your lactation. The flow, shape and length of Calma are designed to suit your baby's needs as your baby grows during the lactation period.

Can Calma help avoid gassiness?

Calma can help avoid gassiness as the milk bottle is vented through our unique air control system. Unlike many other vented teat-bottle systems, Calma vents air independent of how it is assembled.

Where does the milk come from?

The milk flows through the small hole in the milk flow control system in Calma's top (see the picture). The milk flow rate is controlled by the interaction between the milk flow control system and the vacuum that your baby builds up. Unlike conventional teats, compressing Calma will not result in milk flow. But you can be confident that your baby is able to get enough milk by himself. Note that you must not clean the milk flow control system with a sharp or hard object (such as a brush, a toothpick or sharp fingernails).



Why does Calma sometimes drip slightly?

There are two situations in which Calma may drip slightly.

- | One situation is at the end of the feed. This dripping may occur if your baby releases Calma before drinking the portion of milk that it just drew from the bottle.
- | If you hold the bottle upside down, it is also possible that a few drops of milk may drip from Calma. This happens because the membrane inside the milk flow control system is flexible, not stiff. Whether the (minor) dripping occurs depends on the temperature and the weight of the milk that presses against the membrane. Note that the dripping does not have any impact on the function of Calma.

When do I have to replace Calma?

For hygiene reasons, we recommend replacing Calma after three months.



11. Disposal

24

Dispose of Calma in accordance with the local disposal regulations.



12. Complete care during breastfeeding time

The following product variants and accessories are available from Medela distribution partners. You can order a product by specifying the product (article) number.

25

Product variants

Article number	Product
008.0138	Calma Solitaire (DE/FR)
008.0139	Calma Solitaire (EN/FR)
008.0140	Calma Solitaire (NL/FR)
008.0141	Calma Solitaire (ES/PT)
008.0142	Calma Solitaire (IT/PL)
008.0143	Calma Solitaire (SV/DA)
008.0144	Calma Solitaire (NO/FI)
008.0145	Calma Solitaire (RU/HU)
008.0146	Calma Solitaire (TR/CS)
008.0147	Calma Solitaire (EL/HE)
008.0148	Calma Solitaire (EN/JA)
008.0149	Calma Solitaire (EN/ZH)
008.0150	Calma Solitaire (TW/KO)
008.0203	Calma Solitaire (EN/AR)
008.0208	Calma Solitaire (EN/TW)

Accessories

Article number	Product
800.0796	Breastmilk bottles 150 ml – 3 pcs. (EN/DE/FR/IT/NL)
800.0797	Breastmilk bottles 150 ml – 3 pcs. (EN/ES/PT/EL/HE)
008.0072	Breastmilk bottles 150 ml – 3 pcs. (EN/JA/KO/TW/ZH)
008.0073	Breastmilk bottles 150 ml – 3 pcs. (EN/RU/HU/CS/TR)
008.0074	Breastmilk bottles 150 ml – 3 pcs. (EN/SV/DA/NO/PL)
200.1659	Breastmilk bottles 250 ml – 2 pcs. (EN/DE/FR/IT/NL)
008.0091	Breastmilk bottles 250 ml – 2 pcs. (EN/JA/KO/TW/ZH)
008.0075	Breastmilk bottles 250 ml – 2 pcs. (EN/SV/DA/NO/PL)
008.0137	Breastmilk bottles 250 ml – 2 pcs. (EN/ES/PT/EL/HE)

Other Medela products are available at www.medela.com.





Medela AG
Lättichstrasse 4b
6341 Baar, Switzerland
www.medela.com

International Sales

Medela AG
Lättichstrasse 4b
6341 Baar
Switzerland
Phone +41 (0)41 769 51 51
Fax +41 (0)41 769 51 00
ism@medela.ch
www.medela.com