

# Preparing SMA Staydown know-how

Whilst this product is made under strict hygienic conditions, it is not sterile. Failure to follow instructions on preparation and storage may make your baby ill. SMA Staydown needs to be made up with chilled water that has been previously boiled.



1. Wash hands well. Sterilise all utensils according to manufacturers' instructions.

2. Boil kettle filled with fresh tap water. Allow boiled water to cool before measuring the required amount of water into the sterilised bottle (see feeding guide). Do not use artificially softened water or repeatedly boiled water.



3 Place teat and cap on bottle and cool bottle under running water, then refrigerate until chilled. **WATER MUST BE CHILLED PRIOR TO ADDING POWDER TO MAKE FEED.** Use water within 24 hours.

4. Prepare each feed as and when your baby needs it. Using the scoop provided in this can, add the correct number of scoops of powder to the refrigerated water (see feeding guide), levelling off each scoop with the back of a clean dry knife. Replace plastic lid on can.



5. Replace the sterilised teat and cap on the bottle and mix the powder and water together by **ROLLING THE BOTTLE VIGOROUSLY BETWEEN YOUR HANDS - DO NOT SHAKE.**

6. This product is best fed at room temperature. If desired, you can warm gently by placing bottle in a jug of tepid water. Test temperature by shaking a few drops of milk onto the inside of your wrist. Milk should be lukewarm.

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