



# Calma® Instructions

✓ The revolutionary new breastmilk feeding system



Dear parents,  
Congratulations on your decision to choose Calma. For more than 50 years, Medela has pioneered innovative products which help to enhance babies' health through the life enhancing benefits of breastmilk. With Calma you can trust in a product that has been developed on a well-established research foundation. This research has shown that with Calma, your baby is able to maintain the learned feeding behavior that your baby exhibits when breastfeeding. Your baby will continue to benefit from breastfeeding. However, if you are separated from your baby, Calma provides an excellent alternative that should not interfere with the breastfeeding relationship between you and your baby.

The warning symbol identifies all instructions that are important to safety. Failure to observe these instructions can lead to injury or damage to the breastpump. When used in conjunction with the following words, the warning symbols stand for:

**⚠ WARNING**  
Can lead to serious injury or death.

**⚠ CAUTION**  
Can lead to minor injury.

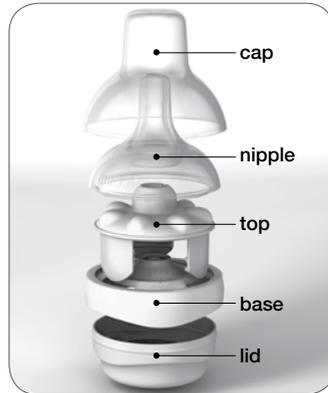
**ⓘ NOTE**  
Can lead to material damage.

**ⓘ INFO**  
Useful or important information that is not related to safety.

## Prior to First Use: Important Safeguards

- Read all instructions.
- Separate all parts.
- Boil by following the cleaning instructions in this manual.

Calma is intended to be used for feeding breastmilk to healthy term babies. Medela does not recommend using Calma with formula.



### ⚠ Caution:

- Always use this product under adult supervision.
- All parts that are not in use must be kept out of children's reach.
- Never use nipple as a pacifier.
- Continuous and prolonged sucking of fluids can cause tooth decay.
- Inspect for damage before each use. Replace at the first signs of damage or weakness.

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

### To purchase a replacement:

- Locate a Medela retailer at [www.breastfeedingnationalnetwork.com](http://www.breastfeedingnationalnetwork.com).
- Email [customer.service@medela.com](mailto:customer.service@medela.com), or
- Call 1-800-435-8316

## Cleaning & Care

Prior to first use and after each use.

### Disassembly

1. Remove Calma from bottle by turning counter clockwise.



2. Press base down.



3. Lift nipple from top and remove silicone nipple.

## Cleaning

**ⓘ** It is important to clean Calma immediately after every feed.

1. Rinse all separated parts in cool water to remove breastmilk.
2. Wash all separated parts in warm, soapy water.\*
3. Rinse all separated parts with clear water.
4. Allow all separated parts to air dry in a clean area.

**ⓘ Note:** You can also wash all separated parts on top rack of dishwasher.

\*It is not recommended to use a bottle brush with Calma.

**⚠ Caution:** Do not leave feeding parts in direct sunlight or heat, as this may weaken or damage parts.

## Sanitizing

In addition to cleaning, Calma can be sanitized once per day by boiling:

1. Separate all parts.
2. Choose a pot that is large enough so parts **DO NOT** rest on the sides or bottom while boiling.
3. Fill the pot with water and bring to a boil.
4. Carefully drop parts into boiling water, and boil for 10 minutes.
5. Gently remove parts from water with tongs and place on a clean surface.
6. Allow all separated parts to air dry in a clean area.

Medela's Quick Clean™ Micro-Steam™ bag can be used as an alternate to boiling. To locate a Medela retailer visit [www.breastfeedingnationalnetwork.com](http://www.breastfeedingnationalnetwork.com).

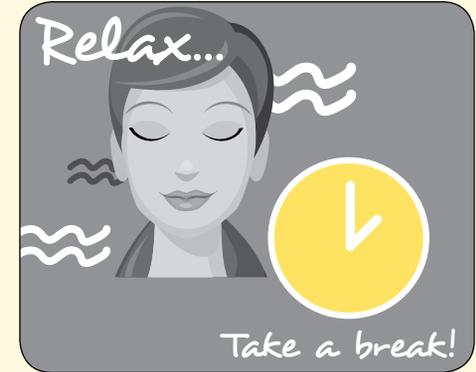
## Storing Parts

Make sure all parts are completely dry before storing. When parts are not in use, put in clean plastic bag or store in a container with a lid. Alternatively, the parts can be wrapped in clean paper or cloth towel. Do NOT store wet or damp parts.

Continued on reverse side.

## Quick Card Instructions

Please tear off and keep on hand.



Be calm and patient for a soothing atmosphere.

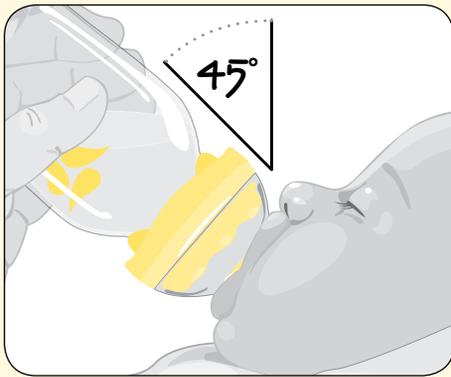


Position the baby in a different way than when breastfeeding. This helps your baby to learn a new way to feed and makes it easier to switch from breast to Calma and back again.

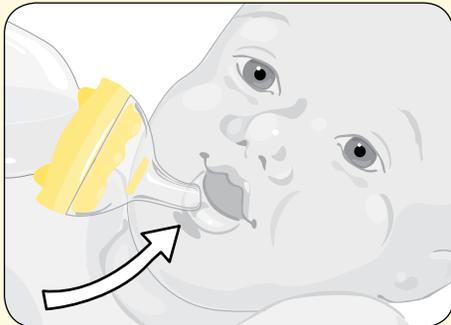


Dip the tip of Calma's nipple into expressed breastmilk before starting to feed.

## Quick Card Instructions (continued)



Keep the bottle at a 45° angle. Place Calma on the tip of the baby's 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.



Stimulate your baby's lip with Calma to begin.



It may take **3 or more feedings** for your baby to become successful with Calma.

## Assembly

Calma can be assembled in a hygienic way.



1. Wash hands with soap and water prior to handling.



2. Place the silicone nipple onto top by turning the bottom edge upwards.



3. Flip the edges of the silicone nipple down.



4. Insert the top onto the base and screw it onto the Medela bottle.



5. Lid can be used on bottom of Calma and on bottle for storage.

## Using Calma

Your baby will prefer and benefit from breastfeeding, so breastfeed your baby whenever you are together. For those times you are separated from your baby we recommend you use Calma exclusively and not with other nipples when feeding your baby from a bottle. If your baby has already used another nipple, be aware, that with Calma, the milk flow is controlled by the interaction of your baby's sucking action and the milk-flow control system. This is different than with any other nipple – you may need a bit of patience and persistence.

It may take a little time for Calma to be accepted by your baby. Remember this is the first time that your baby will come in contact with an artificial product instead of the familiar breast. Everything is new for your baby and he or she cannot smell you and your milk as with breastfeeding.

**Medela wishes you and your baby all the best!**

Breastfeeding must be well established before introducing a nipple.

## Storing and Handling Breastmilk

Prior to storing and handling, refer to the Breastmilk Storage Guidelines for Healthy Term Babies (*check with your local WIC agency for specific storage instructions, if needed*).

- Wash hands before pumping milk.
- Use clean pump kit and bottles every time you pump.
- Pumped milk can be stored in a bottle with a solid lid or a disposable breastmilk storage bag.
- If you do not use your pumped milk within 4-6 hours, label bottles with the date the milk was pumped and refrigerate or freeze it.
- Do not store breastmilk in the door of the refrigerator.
- When freezing your milk, only fill containers up to ¾ full because milk expands with freezing.
- Chill your freshly expressed milk before adding it to already frozen milk.
- If you need to transport your breastmilk, for example to the baby's caregiver, use a cooler with three (3) frozen ice packs. This will help keep your milk cold until you reach your destination (up to 24 hours).

## Thawing and Warming Breastmilk

Prior to thawing and/or warming, refer to the Breastmilk Storage Guidelines for Healthy Term Babies (*check with your local WIC agency for specific storage instructions, if needed*).

**Caution:** Never microwave breastmilk either to defrost or warm it. Microwaving milk may create "hot spots." There is always a risk of hot spots, which can burn your baby. Microwaving can also change the composition of your milk.

- It is recommended to thaw breastmilk in the refrigerator overnight.
- Milk can be thawed quickly in container of warm water (not over 37° C/98° F), making sure that the water does not touch the lid. Once milk is liquid and still chilled, dry off the container and refrigerate until use. Do not thaw frozen milk in a microwave or in a pan of boiling water.
- You can warm your milk by standing the bottle briefly in warm water or holding under running warm water. Care must be taken to keep the cap dry.
- Thawed milk must be refrigerated after thawing and used within 24 hours. Do not refreeze.
- Prior to feeding, make sure the entire bottle is defrosted and the milk is gently swirled to mix.

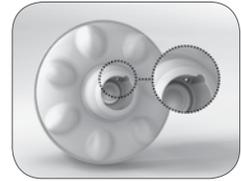
Freshly Expressed Breastmilk Storage Guidelines (For Healthy Term Babies)				
Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Freezer	Thawed Breastmilk
4–6 hours at 66–78 °F (19–26 °C)	24 hours at 59 °F (15 °C)	3–8 days at 39 °F or lower (4 °C)	6–12 months 0–4 °F (–18––20 °C)	use within 24 hrs

References: [www.BreastmilkGuidelines.com](http://www.BreastmilkGuidelines.com)

## More about Calma

### Size is right

You might not believe it, but one size is sufficient. Your nipples 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. Calma was designed to meet your baby's needs during the entire breastfeeding experience.

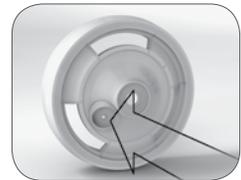


### Your baby has time to breathe

Your baby has a unique sucking pattern, including pauses to swallow and breathe. By using Calma, your baby is able to feed and pause naturally according to his/her personal rhythm. This helps to slow down the feed and results in a calm and relaxed baby both during and after the feed.

### Can Calma help avoid gassiness?

Calma helps avoid gassiness as the bottle is vented through our unique air control system. Unlike many other vented bottles Calma vents air independent of how it is assembled.

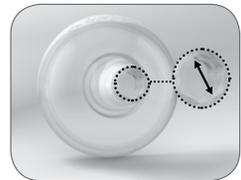


### Where does the milk come from?

The milk flows through the small hole at the rate that is controlled by the interaction of your baby's vacuum and the milk-flow control system. Compressing the nipple will not result in any milk flow. You can be confident your baby will be able to get enough milk based on his own nursing pattern.

### Why is the hole at the tip of the nipple so wide?

Only the milk that passes through the milk-flow control system will flow into the baby's mouth. The wide hole makes the nipple soft, flexible and adaptable to your baby.



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

**medela**

[www.medela.com](http://www.medela.com)

Medela AG  
Lättichstrasse 4b  
6341 Baar, Switzerland  
[www.medela.com](http://www.medela.com)

Distributed by: Medela, Inc.  
1101 Corporate Drive  
McHenry, IL 60050, USA  
Ph: (800) 435-8316 / (815) 363-1166  
Fax: (815) 363-1246  
Email: [customer.service@medela.com](mailto:customer.service@medela.com)

Medela and Calma are registered trademarks of Medela Holding AG. Quick Clean and Micro-Steam are trademarks of Medela, Inc.

1908243 D 0314 © 2014 Medela, Inc.