



# Twist™

Universal Direct-Pump  
Breastmilk Collection and Storage System

## INSTRUCTIONS

**⚠ WARNING:** NEVER leave child unattended while feeding. ALWAYS use with adult supervision. Do not microwave, steam, or boil the Twist Pouches™.

Boil all nipples for five minutes before first use. After each use, wash nipples in hot, soapy water for about one minute and rinse thoroughly. Nipple and nipple case are also top rack dishwasher-safe.

**CAUTION:** To prevent a possible choking hazard, test strength of nipple regularly by pulling hard on nipple. Inspect regularly, especially when baby is teething. If nipple becomes cracked, torn, or otherwise damaged, **discontinue use immediately**. Do not attempt to enlarge nipple hole, as this will cause tearing.

**CLEANING AND CARE INSTRUCTIONS (Nipples, adapters, nipple cases, bottles, and brushes):** Wash thoroughly before initial use and after each use. Wash each piece separately. Top rack dishwasher-safe or hand wash in warm, soapy water. Clean insides of nipples with Kiinde nipple brushes.

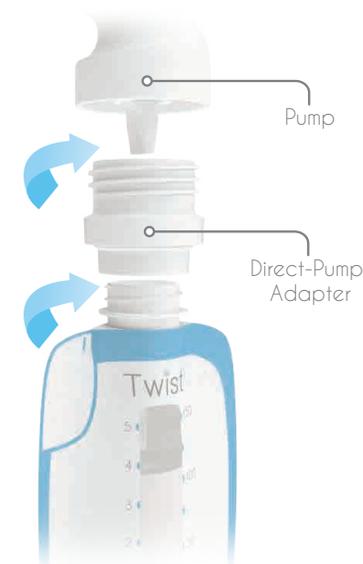
**CAUTION:** Pushing the nipple brush too firmly against the inside of the nipple can cause tearing of the nipple opening. **Inspect the nipple opening regularly.**

Pouches are pre-sterilized and do not need to be washed before use. Pouches are intended for single use only. Discard or recycle after use.

### 1 Pump

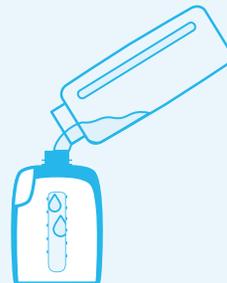
#### Recommended

- Thread adapter(s) onto your pump outlet(s).
- Thread Twist Pouch(es)™ into bottoms of the adapter(s).
- Pump!



#### Conventional

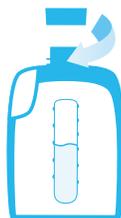
- Pump into bottles and store with Twist Pouches™.



- If you are not using a hands-free pump, you may use the Kiinde Squeeze™ natural feeding bottle to hold the pouch during pumping. See Step 4 for instructions.

### 2 Cap + Label + Store

- Screw down cap firmly.
- Leave a small amount of air in the pouch.



- Label using a marker.
- Label the cap for easy viewing!
- **IMPORTANT:** The volume markings on the pouch are most accurate when the pouch bottom is expanded. Pull the sides apart near the bottom to expand.



- Store and freeze flat.
- For convenient, easily accessible storage, try the Kiinde Keeper™ breastmilk storage bag organizer.

### 3 Thaw + Warm

#### Recommended

- For safest, easiest and fastest results, thaw and warm using the Kiinde Kozii™ breastmilk warmer and bottle warmer.



Do not microwave Twist Pouches™.  
Do not steam or boil Twist Pouches™.

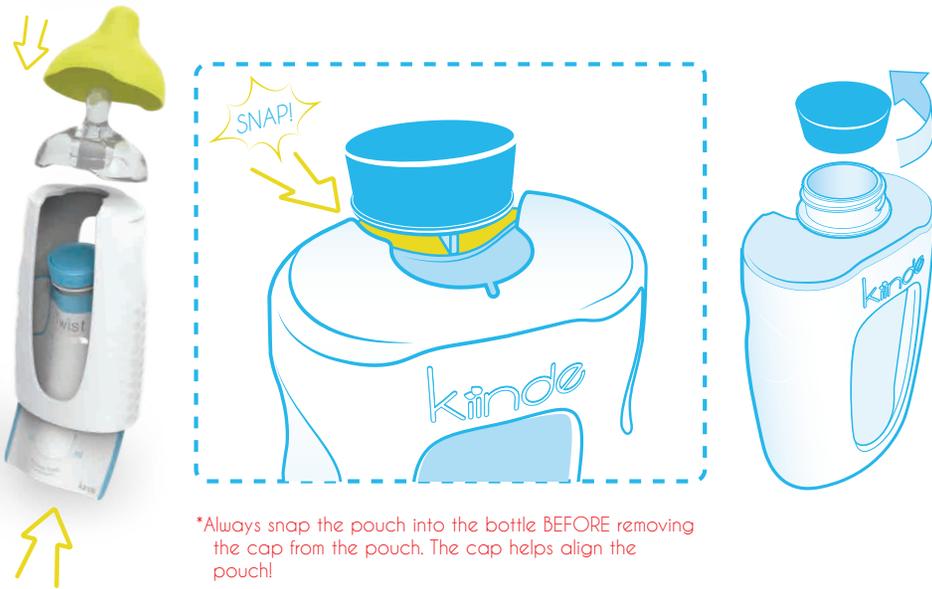
#### Conventional

- Warm running water is the next best option.



## 4a Feed

- Snap Twist Pouch™ into Kiinde Squeeze™ natural feeding bottle.



## 4b Feed

- Squeeze most of the air out of the pouch before installing the nipple.
- Place bottle on a sturdy flat surface and push the Active Latch™ nipple very firmly straight into the pouch until it POPs into place.



## 4c Feed

- Remove the nipple case. Hold the bottle upright and squeeze any remaining air out of the pouch.
- If the nipple case is difficult to pull off, twist it very slightly to break the airtight seal between the case and nipple.

HINT: To save time, make sure you squeeze the air out of the pouch BEFORE installing the nipple. Once the nipple is installed, pinching the nipple tip will allow air to escape more quickly.



- Feed! Turn the bottle upside down to prevent air from entering the pouch. Active Latch™ nipples are designed to encourage natural breastfeeding behavior (suction AND massaging), and as such they may not flow freely until your baby begins feeding.



- You may squeeze the pouch gently during feeding to increase the flow rate, or to simulate natural let down response. Suction and massaging will increase nipple flow.

## 5 Good to Know

- If you prefer to try feeding with a nipple from a different brand, you can do so using the Twist™ direct-pump adapters.



- When finished feeding, remove the nipple by pulling upward firmly on the tip or body of the nipple. Pry slowly from the base of the nipple, "peeling" the nipple off, to prevent spilling.

- Be sure to use Kiinde™ nipple brushes to clean the insides of nipples. Kiinde™ nipple brushes will work on most nipple brands.

CAUTION: Pushing the brush too firmly against the inside of the nipple can cause tearing of the nipple!

- WHEN FINISHED - Recycle the cap (#2) and the pouch (#7). Consult your local recycling guidelines regarding recycling of #7 or mixed plastics.



\*Pouches are for single use only. Please discard (recycle) the pouch and cap after use.

\*KEEP CAP OUT OF REACH OF CHILDREN

Email us at [support@kiinde.com](mailto:support@kiinde.com) with questions or comments. We'd love to hear from you!

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