

ardo sns

SUPPLEMENTAL NURSING SYSTEM

FREQUENTLY ASKED QUESTIONS



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What is a supplemental nursing system used for?

The Ardo supplemental nursing system is a special breastfeeding aid that allows you to combine supplementary feeding and breastfeeding your baby. It is mainly used in situations where:

- the baby needs supplementary feeding in addition to breast milk (e.g. premature babies),
- the mother does not (yet) produce enough milk (e.g. in the case of premature births or initial breastfeeding difficulties, after breast surgery, etc.),
- the baby has difficulty sucking
- adoptive or foster parents want to establish a breastfeeding relationship.

When supplementing breast milk during breastfeeding, we recommend seeking advice from a specialist who is familiar with the supplemental nursing system and has extensive experience with it.

How does the supplemental nursing system work?

The supplemental nursing system provides the baby with an additional supply of milk directly at the breast. The milk flows from the milk container through the tubes by means of gravity to the end of the tube at the nipple. When the baby sucks on the tube, a slight vacuum is created in the milk container. This can be reduced by opening the second tube.

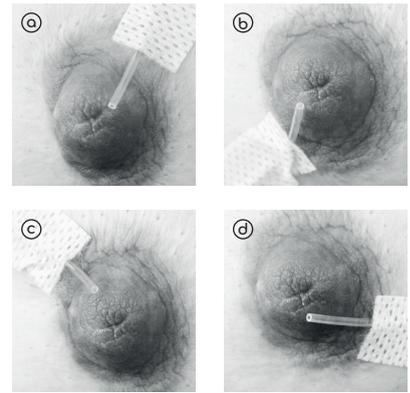
In the early days, breastfeeding with a supplemental nursing system can be challenging and requires patience and practice for both mother and baby. It often helps to begin by offering milk through the SNS right from the start, as this encourages the baby to suckle. Once the baby is used to the set, the milk flow can be reduced to encourage them to actively stimulate the breast, just as they would when feeding naturally. This approach also makes it easier to gradually phase out the supplemental nursing system.

What position should the tube be in the baby's mouth?

Care should always be taken to ensure that the baby has plenty of breast tissue in its mouth and is not just sucking on the tube. To do this, the baby is always brought very close to the breast during breastfeeding. This may not work so well at first, but this should always be actively attempted.

Depending on the breastfeeding position, you should guide the tube in the appropriate direction as displayed in these examples:

- **Football hold:** tube against baby's upper lip (a), tube against baby's lower lip (b)
- **Cradle hold:** tube against baby's upper lip (c), tube against baby's lower lip (d).



How often should you breastfeed with the supplemental nursing system?

Breastfeeding with the supplemental nursing system often takes time to establish and requires patience from both mother and baby. In the beginning, it can help to use the set for just one or two breastfeeding sessions a day, gradually increasing as both become more comfortable. Ideally, the number and duration of sessions with the set should be tailored individually in consultation with a breastfeeding specialist.

How do you know if your baby is getting milk from the supplemental nursing system?

If the second tube is open, you will soon see air bubbles rising in the milk container. This shows that no vacuum is forming and that the baby is drawing milk from the bottle. If the second tube is kept closed, however, a vacuum gradually builds up in the bottle, making it harder for the baby to feed.

When first using the supplemental nursing system, the second tube should always remain open so the milk flows easily. Later, if you wish to gradually wean from the system, the tube can be closed to slow the flow and encourage the baby to suckle more actively.

How can you regulate the flow of milk from the supplemental nursing system?

If the second tube is clamped at the connection ring, the milk flow is reduced. If the tube is not clamped, the milk flows faster. The milk flow can also be controlled by the height of the bottle. The higher the bottle hangs above the end of the tube, the faster the milk flows.

A high flow rate is advisable at the beginning (hang the bottle higher and leave the second tube open). Later, you can adjust this as needed or significantly reduce it when weaning off the supplemental nursing system.

It is best to determine the ideal flow rate together with a breastfeeding consultant, especially for premature babies.

How long should the supplemental nursing system be used?

The supplemental nursing system is intended as a temporary aid in situations such as sucking difficulties, low milk supply, or insufficient weight gain. Its purpose is to support and encourage natural breastfeeding, with the goal of eventually feeding without aids whenever possible. In some breastfeeding journeys, however, the set may be needed for a longer period. Once the baby has reached an appropriate weight for their age and/or milk production is sufficient to allow for natural breastfeeding, the supplemental nursing system can gradually be phased out.

What should be considered when weaning off the supplemental nursing system?

Stopping the supplemental nursing system suddenly can make breastfeeding more difficult, so it's best to begin preparing for weaning in advance. A good sign that the baby is ready is when they take a large amount of breast tissue into their mouth and actively suck at the breast.

When starting the weaning process, gradually reduce the milk flow at the beginning of feeds so baby learns to stimulate the breast as in normal breastfeeding, where milk does not flow immediately. It also helps to include breastfeeding sessions without the set, increasing these gradually over time.

What is the best way to clean the supplemental nursing system?

Cleaning – before first use and immediately after each use:

- Disassemble the system into its individual parts and rinse all parts with cold water.
- Fill the bottle with cold water, reassemble the system, and gently squeeze the bottle to flush water through the tube
- Repeat this process with warm, soapy water, followed by clean cold water.
- Place all parts on a clean cloth and allow them to air dry completely before storing.

Disinfection – before first use and once daily:

- Disinfect all parts by boiling them in water for 5 minutes or by using a microwave steriliser (e.g., Ardo Easy Clean).
- Place all parts on a clean cloth and allow them to air dry completely before storing.

How can I clean the tube if milk has dried inside it?

If milk has dried in the tube, place the tube in a pot of boiling water for 5–10 minutes. Then fill the milk container with hot water and assemble the set with the tubes. Hold the set over the sink and press firmly on the milk container. This should cause the water and milk residue in the tube to flow out.

Then clean the entire set as usual.