



Complete Healthcare Kit

20252

HEALTHCARE ESSENTIALS

Using Medicine Spoon & Dropper

- Child should sit upright when taking medicine. Hold baby upright when administering medicine.
- Administer medicine slowly enough so your child may swallow comfortably. Pause and repeat if necessary.
- Wash thoroughly before first use and after each use.

CAUTION: KEEP ALL MEDICATIONS OUT OF CHILD'S REACH. WE RECOMMEND THAT YOU USE A CHILD RESISTANT TOP TO SEAL THE MEDICINE BOTTLE AND STORE IT IN A LOCKED CABINET OR OTHER LOCATION THAT IS NOT ACCESSIBLE TO A CHILD.

Medicine Spoon

Giving medicine to your child is easy with the Medicine Spoon. It offers an easy grip handle, smooth rounded edges and easy to read dosage marks.

Use and Care:

- Hold Medicine Spoon straight up and pour medicine to prescribed dosage.
- Make sure that the child is sitting in an upright position before giving medicine.

To Clean:

Wash with warm, soapy water before first use and after each use. Rinse thoroughly. This spoon is also top rack dishwasher safe.

Medicine Dropper

Mother's Choice understands that giving a child medicine takes special attention. Our Medicine Dropper is specially designed to provide accurate dosage readings. The convenient spill guard plug helps reduce messy spills at home or away.

Use and Care:

- Remove spill guard from dropper tip and squeeze air out of dropper.
- Insert dropper into the medicine bottle and slowly release pressure on the bulb until the medicine reaches the desired dosage marking.
- Remove dropper from the medicine bottle and tip upside down while securing the spill guard over the dropper tip.
- Administer medicine while child is in an upright sitting position. Remove spill guard and point tip of dropper to the inside of baby's cheek and gently squeeze the bulb.

To Clean:

Wash with warm, soapy water before first use and after each use. Rinse thoroughly.

Nasal Aspirator

Congestion due to colds is uncomfortable for baby. The Nasal Aspirator will gently relieve baby's discomfort by removing excess mucus or discharge to help baby breath easier.

Use and Care:

- Hold baby upright.
- Squeeze bulb of Aspirator to empty out the air.
- Gently place tip of Aspirator into baby's nose so that it points up or down, but not directly towards the center of the nostril.
- Slowly release the bulb and the suction will draw excess mucus from the baby's nasal passage.
- Repeat in other nostril.

To Clean:

Clean before first use and after each use. Gently squeeze air from Aspirator. Rinse the bulb in warm, soapy water. Squeeze and release bulb several times to thoroughly wash interior of Aspirator. Rinse in the same fashion with warm, clean water. Make certain that all of the water is drained during drying.

CAUTION: NEVER push the aspirator too far into the nostril and always dry thoroughly after each use. NEVER use in baby's mouth or ears. When storing, keep away from heat and bright light.

CAUTION: DO NOT place in microwave.

Nail Clippers

Baby's nails grow very fast and can become quite sharp. Because of this, it is very important to keep nails short and smooth so babies won't scratch themselves. The Nail Clippers are specially designed with curved edges for baby's little nails.

Use and Care:

- Sterilize by wiping edges with rubbing alcohol.
- Clip nails straight across. Do not try to cut rounded edges.

NOTE: It is best to trim after a bath when nails are soft, or at night when baby is sleeping.

CAUTION: Be careful not to trim too close to baby's sensitive skin.

! CAUTION:
THESE PRODUCTS ARE NOT TOYS. Do not allow children to play with them. To prevent accidental injury, your child should never be left unattended. Products should only be used with adult supervision. When not in use, keep out of reach of children.



WARNING

BUTTON/COIN CELL BATTERIES ARE HAZARDOUS AND MUST BE KEPT OUT OF REACH OF CHILDREN AT ALL TIMES, WHETHER THE BATTERY IS NEW OR USED. THESE BATTERIES CAN CAUSE SERIOUS INJURIES IF SWALLOWED OR PLACED INSIDE ANY PART OF THE BODY. IF IT IS SUSPECTED A BUTTON/COIN CELL BATTERY HAS BEEN SWALLOWED OR PLACED INSIDE ANY PART OF THE BODY, SEEK MEDICAL ATTENTION IMMEDIATELY OR CONTACT THE AUSTRALIAN POISONS INFORMATION CENTRE ON 131126 FOR 24/7 FAST, EXPERT ADVICE.

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3-in-1 Digital Thermometer

The Mothers Choice Digital Thermometer takes a clear and accurate temperature without the worries of a glass/mercury device. Effective for oral, rectal or underarm use.



Fahrenheit / Celsius

While thermometer is off, press and hold the ON/OFF button until the unit of measure in the display screen switches. This will take approximately 5 seconds.

⚠ WARNING:

Before using digital thermometer, please read carefully. • This is **NOT** an ear thermometer. • **NEVER** put probe into ear. • Take temperature measurements Underarm, Orally or Rectally. • **ALWAYS** supervise your child when using the thermometer. **NEVER** allow your child to use it alone. • **NEVER** allow children to play with this product. It is not a toy. This is a sensitive electronic device and may be damaged if not used properly under parental supervision. • **DO NOT** expose the thermometer to extreme temperatures, humidity, direct sunlight or shock, and/or dust. Keep battery out of child's reach. Swallowing a battery could be fatal. Battery should not be charged or placed into extreme heat as it may explode. Used batteries should be disposed of properly.

How to Measure Temperature

Ensure that thermometer is at room temperature, waiting 15 minutes if necessary.



• Remove probe tip cap. Press and release ON/OFF button. All segments display briefly as the thermometer powers on.



• The last temperature measured displays with the M icon on screen for a few seconds.



L displays and °C (or °F) flashes when the thermometer is ready to take measurement.

Technical Specifications

Measurement Range: 90° F to 109.9° F
Measurement Accuracy: +/- 0.2° F for temps 96° F to 107.6° F
 +/- 0.4° F for temps below 96° F or above 107.6° F
Operation Environment: 60.8° F to 104° F
Storage Environment: -13° F to 144° F

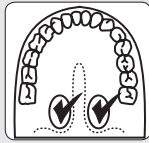
Test Protocol:

- 1 Put the tip of thermometer into water bath, approximately 2 cm below the surface.
- 2 Wait for 10 seconds, then turn on the thermometer by pressing the ON/OFF button. The thermometer is now in standard mode.
- 3 When the measurement is completed (approximately 60 seconds) record the temperature reading.

Specifics for each Temperature Mode

ORAL — For children 4 years and older.

1. Ensure that °C (or °F) is still flashing, then place probe tip under the tongue in locations indicated by ✓. Instruct children not to bite down on the probe.



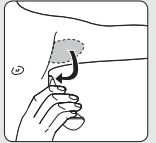
RECTAL — Highly accurate for measuring core body temperature. Pediatrician recommended mode from birth to age 1, and beyond tolerated by child.

1. Lubricate probe tip with a water-soluble lubricant or petroleum jelly. For easier insertion, position baby so that the back and legs form a 90-degree angle (L-shape).
2. Ensure that °C (or °F) is still flashing, then insert thermometer tip gently into the rectum, taking care not to insert past the insertion gauge (ring on the probe tip). Do not force the tip into rectum if resistance is encountered.



UNDERARM — For child under age 4 who will not cooperate with rectal temperature measurement.

1. Wipe underarm with a dry towel.
2. Ensure that °C (or °F) is still flashing, then place probe tip at center of underarm. Bring arm down against the body. Probe must touch skin.



- When °C (or °F) stops flashing, the measuring is complete. Approximate measurement times are: 60 seconds for oral and rectal temps, 90 seconds or longer for underarm temp.
- Remove probe tip from measurement site. Read and record the temperature and time for reference.
- Press button to shut off or thermometer will shut off automatically after 8-9 minutes.

NOTE: High, prolonged fever requires medical attention, especially for young children. Please contact your physician. Fever chart included. **DO NOT** allow child to walk or run during temperature taking. Probe could present a hazard.

Normal Body Temperature

Temperature readings are different from person to person and also vary depending upon the body location from which the temperature is measured. For example: Oral temperatures tend to be comparable to ear temperatures and approximately 1° lower than rectal temperatures for the same individual. Temperature readings are affected by many factors including exercise, drinking hot or cold beverages prior to taking a reading as well as technique.

"Normal" temperature refers to each individual's average temperature while healthy. You may want to measure and record your child's temperature a few times when he or she is well, so that you will know what is normal for your own child. On average, temperature ranges are as follows:

TEMPERATURE METHOD	NORMAL TEMPERATURE	FEVER RANGE
Oral	36.1°-37.5°C / 97.0°-99.6°F	37.5°C + / 99.6°F +
Rectal	36.2°-38°C / 97.3°-100.4°F	38°C + / 100.4°F +
Underarm	35.2°-37°C / 95.4°-98.6°F	37°C + / 98.6°F +

How to Replace the Batteries

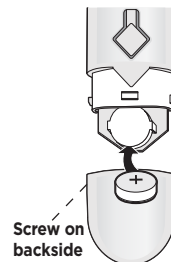
Dead Battery Indicator:

- When the "□" icon appears, the battery is exhausted and needs to be replaced.
- Battery is to be inserted with the correct polarity.
- Check that all contact surfaces are clean and bright before installing battery.



To Replace Battery:

- 1 Use a Phillips head screwdriver to loosen battery cover screw. Remove cover.
- 2 Use a toothpick to remove battery.
- 3 Insert a new battery (LR41 or equivalent), correctly positioned with the positive "+" side facing up as shown in illustration.
- 4 Place the battery cover on the thermometer and secure the cover.



Care and Maintenance

Cleaning Probe Tip:

- Clean before and after each use.
- Use an alcohol swab to wipe clean.

Cleaning Thermometer Body:

- Use a soft, dry cloth to clean thermometer body.

Notes:

- **DO** remove battery if stored for a long period of time.
- **DO** store thermometer in a dry place at room temperature with the protective cap in place.
- **DO** take special care not to scratch the display window.
- **DO NOT** allow electronics to get wet.
- **DO NOT** use abrasive cleaning agents, thinners or benzene for cleaning.
- **DO NOT** drop thermometer.
- Install new battery and retry function before calling Consumer Relations on electronics.