

NUK[®] Micro Express Plus Microwave Steam Steriliser



- » Effectively sterilises up to four feeding bottles and accessories in only 4 minutes at 1000 W
- » Suitable for most commercially available feeding bottles and microwaves (500-1000 W)
- » Special design with space-saving bottle holder offers extra-large capacity for up to four 300 ml bottles including their accessories
- » Tongs for hygienic removal of sterilised bottles and accessories
- » Suitable for microwaves with minimum internal height of 187 mm and internal width and depth of 280 mm

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Rumina Code 5560412

Instructions For Use

Step 1: Carefully wash and rinse bottles and accessories

Step 2: Remove the lid of the Microwave Steam Steriliser

Step 3: Pour 200ml of water into the base of the Microwave Steam Steriliser (A)

Step 4: Put the bottles upside down in the openings provided for them in the bottle-holder and arrange the accessories over the remaining surface (B)

Step 5: Close the lid of the Microwave Steam Steriliser. Ensure that it is properly locked (C)

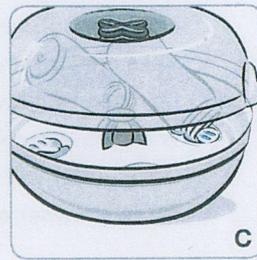
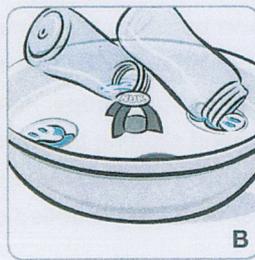
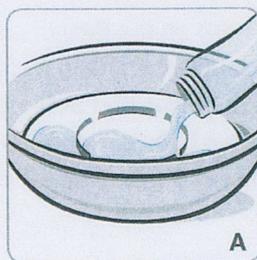
Step 5: Put the Microwave Steam Steriliser into the microwave oven, ensure the microwave plate is clean

Step 6: Set the microwave oven to the relevant power and time. Do not exceed the time quoted

Step 7: Wait 5 minutes before removing the Microwave Steam Steriliser from the microwave oven.

Step 8: Open the Steriliser by turning the lid until the latch opens. Use the provided tongs to remove the products for drying

Power	Time
1000 W	4 minutes
800-950 W	5 minutes
500-750 W	7 minutes



IMPORTANT NOTES:

The sealed Microwave Steam Steriliser is placed in the microwave. The microwave then heats the water causing it to evaporate and the hot steam which is generated disinfects the parts inside. No chemicals are required, however the bottles and accessories must be washed before going in the steriliser. We recommend using NUK Baby Bottle Cleanser and a NUK Bottle and Teat Brush.

Cleaning:

After each use:

- Wipe inside with a damp cloth to prevent limescale build up
- If the steriliser becomes particularly dirty, clean it with warm soapy water

Descaling (When Needed)

(For limescale build-up from water)

- Mix 100 ml white vinegar + 100 ml boiling water
- Pour into unit and leave 30 minutes only
- Empty, rinse twice with clean water
- Wipe dry

What Can & Can't Be Used

Safe to Use:

- Glass bottles
- Heat-resistant plastic bottles (up to 100°C)
- Baby food jars
- Most of your baby feeding bottle parts should be suitable for microwave sterilisation.

Do NOT Use:

- Polyethylene (PE) bottles
- Breast milk storage bags
- Some teats, soothers, breast pump parts, some plastic items and glass equipment may be unsuitable for microwaving. Please always check the enclosed information sheet that comes with your product before microwaving any items.

Tips:

- It is essential to use a measuring jug to ensure the 200 ml capacity is adhered to exactly, otherwise the Microwave Steam Steriliser may be damaged.
- It is important the microwave plate is clean and free from oil and food spills to prevent damage to the steriliser unit.
- When sterilising in a microwave oven with additional functions, please ensure that ONLY the microwave function is activated, i.e. do not activate the grill function, the upper and lower heat, etc. as this may lead to material damage.
- If your microwave has an output higher than 1000W, you must reduce the power setting to 1000W when using the Microwave Steam Steriliser.
- The Microwave Steam Steriliser is very hot when it comes out of the microwave oven. Wait at least 5 minutes until it has cooled down before removing.
- Wear oven gloves to transport the hot Steriliser from the microwave oven to the place you are putting it down.
- When the unit is hot, only move it by the base. Do not use the handle of the lid to transport the unit in case the bottom part becomes loose and drops on the floor.
- Take care when opening the lid as there is a risk of scalding from the hot steam. Only open the lid by tilting so that hot steam can escape. Remove bottles and accessories using the tongs provided.
- We always recommend reading the instruction book carefully for best outcomes.
- Hard water will require descaling more often as it has a higher mineral content which remains behind in the steriliser after the water is boiled off.

NUK®

Thermo Express Baby Bottle Warmer



- » Hot steam warms baby food gently in approx. 90 seconds
- » Automatically switches off once the warming phase has ended – control light switches off
- » Suitable for liquid and soft food in conventional jars and bottles
- » Control indicator signals the warming phase
- » Separate cover ring ensures rapid, perfect results
- » Jars and bottles are easy to remove using the basket
- » Non-slip feet ensure device stands securely
- » Rated voltage: 220–240 V, 50–60 Hz
- » Connected load: 500 W

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Rumina Code 5560409

Instructions For Use

- Step 1: Using the chart provided in the instruction book (page 20) determine the water quantity needed for your bottle and milk volume
- Step 2: Measure the correct water volume and add to the warming unit
- Step 3: Remove the teat and cap or lid from the bottle/jar and place bottle/jar inside the basket
- Step 4: Place the basket inside the warmer with the water, if possible add the ring to enclose the steam in the unit
- Step 5: Plug in the unit and press the button on the front. There is a blue light to indicate the unit is operating. Unit will run until all water is boiled into steam, then will automatically turn off, the blue light will switch off to indicate the warming is finished
- Step 5: Remove the ring, remove the bottle, put the teat back onto the bottle and give the bottle a gentle mix to ensure no hot/cold spots
- Step 6: Check temperature before offering the bottle to your baby

Water Quantity Guide

1 teaspoon ≈ 5 ml

(Water amount controls heating time and temperature)

This is a guide only based on our experience to use as a starting point for correct water quantity

Bottle Type	Bottle Size	Water Recommended (Room Temp bottle)	Water Recommended (Fridge Temp bottle)
Plastic Bottle	150ml	20ml	30ml
Plastic Bottle	300ml	22ml	34ml
Glass Bottle	120ml	11ml	14ml
Glass Bottle	240ml	14ml	18ml
Glass Jar	125g	12ml	14ml
Glass Jar	190g	13ml	16ml

Note: If the bottle is not full to its capacity, reduce the water in the warmer. Half full bottle = halve the water used

Troubleshooting Guide

Follow the steps in order. Do not skip steps.

STEP 1: Check the Heating Plate

Remove the basket, look at the stainless-steel plate at the bottom, is it clean and shiny?

If NO: The unit needs cleaning/descaling Follow descaling instructions in the user manual
Then start again from Step 2

If YES: Go to Step 2

STEP 2: Check Power & Light

Plug the unit in to a power outlet, press the front button
Does the blue light turn on?

If NO: Phone Rumina: Send unit to NUK office for testing

If YES: Go to Step 3

STEP 3: Check Auto Switch-Off

With the blue light on (no water), wait and watch
Does the blue light turn off within 3 minutes?

If NO: Phone Rumina: Send unit to NUK office for testing

If YES: Go to Step 4

STEP 4: Water Test (Important)

Let the unit fully cool down, add 10 ml of water (2 teaspoons) into the base
Press the front button. Time how long it takes to switch off.
Does it switch off within 3 minutes?

If NO: Phone Rumina: Send unit to NUK office for testing

If YES: No fault found

FINAL OUTCOME

If the unit passes all steps:

Return the unit to the customer

Recommend:

- Reading the instruction book
- Following the water quantity chart correctly

IMPORTANT NOTES:

Cleaning:

After each use:

- Unplug and let cool
- Wipe inside with a damp cloth
- Wipe again with clean water
- Dry fully before next use

Descaling (When Needed)

(For limescale build-up from water)

- Mix 100 ml white vinegar + 100 ml boiling water
- Pour into unit and leave 30 minutes only
- Empty, rinse twice with clean water
- Wipe dry

What Can & Can't Be Used

Safe to Use:

- Glass bottles
- Heat-resistant plastic bottles (up to 100°C)
- Baby food jars
- Milk or food at room temperature or from the fridge

Do NOT Use:

- Polyethylene (PE) bottles
- Breast milk storage bags
- Frozen milk or frozen food

Important: Frozen milk or food must be fully thawed first (in fridge or at room temperature) before warming.

Tips:

- When using the unit for the first time, fill the baby bottle with water instead of milk and place it in the warmer. Use this to determine the correct amount of water to add to the unit to reach your desired temperature. If overheating occurs, reduce the water in the unit by a few millilitres at a time. Water quantities are a guide only.
- The NUK Thermo Express Bottle Warmer is suitable for bottles and jars up to 72mm diameter.
- We always recommend reading the instruction book carefully for best outcomes.
- Hard water will require descaling more often as it has a higher mineral content which remains behind on the stainless steel evaporation plate after the water is boiled off.

