



Recommended  
by midwife\*

# Baby layette, full of care

Prepared by mums for mums  
in collaboration with midwife

The background of the entire page is decorated with soft pink watercolor-style flowers in the corners and scattered gold dots of various sizes.

Congratulations, dear Mum!

You have a wonderful time ahead of you. We are delighted to be part of the beginning of your wonderful adventure.

We wish you good health, peace while you wait for your baby, a safe delivery and strength during this special time.

We are here  
to support you,  
Team Canpol babies



# Hospital essentials - list of essential items



Developed in collaboration with midwife and lactation consultant **Katarzyna Orawiec-Rymszewicz**, who works at the Mother and Child Institute in Warsaw.

## Documents:

- ☐ identity card
- ☐ pregnancy record card
- ☐ employer's tax number (NIP) or your own if you are self-employed
- ☐ Test results: blood group and RH factor, HBS, WR, 36 week scan and current blood and urine tests

## Mum essentials:

- ☐ 1 maternity shirt or T-shirt for your partner/husband (something comfortable and loose fitting)
- ☐ 2-3 nightshirts (strapless or button-down for comfort when breastfeeding)
- ☐ dressing gown
- ☐ Canpol babies mesh maternity briefs (several pairs)
- ☐ Canpol babies postpartum pads for day
- ☐ Canpol babies night postpartum pads
- ☐ Multifunctional Underpads 90x60 cm with adhesive strip
- ☐ 2 Canpol babies nursing bras
- ☐ Canpol babies breast pads 60 pcs
- ☐ Canpol babies lanolin cream for injured nipples
- ☐ Canpol babies nipple shields
- ☐ Canpol babies electric breast pump (useful for stimulating lactation and for milk supply problems)
- ☐ 2 bath towels
- ☐ shower slippers
- ☐ slippers or flip-flops
- ☐ Canpol babies postpartum washing bottle
- ☐ toiletries (hair tie, soap, feminine hygiene liquid, shampoo, face cream, toothbrush and toothpaste, hairbrush)

- ☐ protective lipstick
- ☐ still water for drinking during and after labour, or a filter bottle
- ☐ cup and cutlery (optional)
- ☐ phone charger

## Baby essentials:

- ☐ 3-5 sets of clothes - newborns are dressed in two layers, i.e. a baby bodysuit and a romper suit (preferably with full-length fastenings)
- ☐ 3 pairs of socks with loose ankles
- ☐ 2-3 baby hats - thin, cotton
- ☐ 3-5 muslin nappies
- ☐ newborn swaddle blanket
- ☐ warm blanket
- ☐ disposable nappies, approx. 15-25 (small size - '0' or '1')
- ☐ wet wipes for newborns or Canpol babies Bamboo Wipes - 1 pack
- ☐ nappy cream
- ☐ saline solution and sterile gauze pads (for cleaning eyes)
- ☐ towel
- ☐ toiletries: bath liquid and gentle baby lotion (optional)
- ☐ 120ml EasyStart Canpol babies anti-colic bottle (optional - in case of breastfeeding and feeding problems)
- ☐ Canpol babies light touch 0-6m symmetrical silicone soother (optional)

**If you are giving birth in the colder months of the year, you will need a snowsuit and a warmer hat for your newborn when you leave the hospital. Your partner should bring these items with them when they come to collect you from the hospital.**

# Let's get to know each other

## Why choose the Canpol babies brand?

**35** years

### Experience

We have been supporting mothers for 35 years.



### We are proud of our own production

We have one of the most modern and largest production facilities in the children's accessories industry in Europe.



### Quality and safety

All products are tested in our laboratory at every stage of pre-production and before being released for sale.

## The quality of Canpol babies products is confirmed by the certificates we have obtained:



EUROPEAN BRAND

The certificate confirms that our products meet the highest European quality standards and safety requirements for products for babies and young children, including feeding products.



The certificate certifies that our management system has been recognised as complying with the requirements of EN ISO 9001:2008 for the design of devices and packaging, production and sales of accessories for babies and nursing mothers. The ISO certificate is regularly renewed through annual external audits.



The certificate confirms that our company has implemented and applies Good Manufacturing Practices in accordance with EN ISO 22716:2007. This means following the best practices and principles in manufacturing, controlling, storing and shipping which ensure the production of high quality, safe and contamination free products.





## Pregnancy and Childbirth

# 2in1 Breathable Ultra-absorbent Disposable Postpartum Pants with Pad

new

**2in1**

Ultra-absorbent pad and breathable underwear in one.



**Ultra-absorbent** – absorbs up to 400 ml of fluids and provides a feeling of dryness.



**High-waisted** – gentle on a Caesarean section scar.



**Breathable** – allows free airflow and does not irritate the skin.



**Highly elastic and stretchable** waistband adapts to different body shapes and ensures comfort.



Advanced leakage protection at the front, back and sides.



**Maximum leakage protection and comfort during the first days after childbirth.**



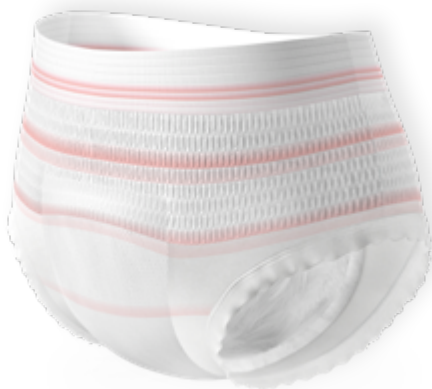
**Exceptionally soft inner layer,** suitable even for sensitive skin.



**Non-bleached with chlorine.**



**Hygienically packaged** – individually wrapped in a bag.



**Size S/M 5 pcs.**  
hip circumference 90–115 cm

**Size L/XL 5 pcs.**  
hip circumference 110–130 cm





### Tip from a midwife

I recommend the 2in1 briefs as the perfect solution for the first few days after birth for the ultimate leakage protection and comfort. The briefs are specially designed to effectively absorb leakage, which is especially important during the heaviest periods of bleeding.

You can feel safe and comfortable without worrying about leakage, so you can concentrate on resting, recovering and caring for your newborn.

# Maternity Briefs Before and After Birth

new



**Ultra comfortable and seamless** alternative to classic maternity briefs – **support the abdomen without discomfort or rubbing.**



**Soft and very stretchy** – they fit perfectly to your tummy without feeling constricting.



**Breathable** – allows air to circulate and prevents skin irritation.



**Hold the postnatal pad in place perfectly.**

OEKO  
TEX®

Oeko-TEX certified for quality.



**Size S/M 2 pcs.**

hip circumference 80-120 cm

**Size L/XL 2 pcs.**

hip circumference 95-145 cm





### Tip from a midwife

Breathable maternity wear facilitates and speeds up wound healing, both after a natural birth and after a Caesarean section.

The right cut of maternity briefs will help keep the postpartum pad in place and improve comfort.

Make sure they are stretchy, soft and non-compressing.

# Multiple-use Mesh Maternity Briefs



**Breathable and soft** – allow air to circulate without irritating the skin.



**High waist** – easy on your Caesarean scar.



Oeko-Tex certified for quality.



**Very flexible and stretchy.**



**Perfectly keep the postpartum pad in place.**




**Size S/M 2 pcs.**

hip circumference 80-130 cm

**Size L/XL 2 pcs.**

hip circumference 90-140 cm

# Breathable Day Hygiene Postpartum Pads

Superabsorbent 

Day



35 cm  
big size

Effective protection against leakage in the first days after birth.



**Superabsorbent** – provide effective protection against leakage.



**Contoured shape** provides convenience and comfort of using.



**The soft and fully breathable top layer** allows air to circulate freely, does not stick to the skin and protects it from irritation.



**Wide self-adhesive strip** keeps the pad in place.



**Non-bleached with chlorine.**



\*Based on a survey of 150 mothers in 2018.



# Breathable Night Hygiene Postpartum Pads

Ultraabsorbent 

Night 

38 cm  
 19 cm

Effective protection against leakage during the first nights after birth.



**Ultra-absorbent** – provide effective protection against leakage.



**Wide self-adhesive strip** keeps the pad in place.



**The soft and fully breathable top layer** allows air to circulate freely, does not stick to the skin and protects it from irritation.



**Non-bleached with chlorine.**



\*Based on a survey of 150 mothers in 2018.



### Tip from a midwife

#### When is a postpartum pad needed?

Postpartum pads are essential after both a natural birth and a Caesarean section because of the heavy bleeding in the first few days after birth and the need to ventilate the perineum. It is essential that they are highly absorbent and breathable. Ordinary sanitary underpads are not suitable in this situation.

You should take at least two packs of postpartum pads with you to the hospital. It is very important that you change them often to avoid infection.



# Postpartum Pads with Wings

Superabsorbent 

Superabsorbent and discreet - suitable for time after childbirth after returning home from the hospital.



**Highly-absorbent** core guarantees protection against leakage and long-lasting feeling of dryness.



**4 wings** and contoured shape for more comfort.



**Breathable fabrics with extra soft top layer** – protects skin from irritation.



**Wide adhesive** strip keeps pad in place.



With anti-odour **technology**.



**Non-bleached with chlorine.**



Day 



Night 

**ADDITIONAL INFORMATION:** Postpartum Pads are recommended for use at home with cotton panties. If used with mesh panties, they may come off due to the nature of the material.



### Tip from a midwife

#### When is a postpartum pad needed?

Postpartum pads are the perfect solution for the period after giving birth at home and after returning from hospital. They are thinner and more discreet than postpartum pads, but just as absorbent and breathable.

Their size has been adjusted to provide good protection against leakage, even when lying down. Ordinary sanitary underpads are not suitable in this situation.

It is very important to change them often to avoid infection. You should change them every 3-6 hours or more often if necessary. Remember that the amount and duration of discharge during the postpartum period is very individual.

# Postpartum Peri Washing Bottle



A hit!



Refreshing water jet **for gentle cleansing of the genital area** while using the toilet.



**2 tips** with different stream modes to better fit to individual needs.

**Practical and multifunctional - replaces the traditional bidet in many situations:**



**During pregnancy** – when the belly makes hygiene activities difficult.



**After childbirth** – for gentle washing of painful intimate areas.



**During period.**



**While travelling.**



**After gynaecological surgery.**



**In the feeling of pain during every day toilet.**





# Bamboo Tissues for Babies and Children

new



**Exceptionally soft**  
– gentle on sensitive skin.



**Disposable bamboo towel**  
– very durable and fine texture.



**100% bamboo viscose**  
– naturally antibacterial.

## A great choice!

**Excellent alternative to wet wipes**  
– safe for children with allergic skin.

2in1 – for dry or wet use, simply moisten with water.



## Practical and functional:



**To wipe face, hands and body.**



**For female intimate hygiene.**



**Perfect for baby care and nappy changing.**



**Disposable pads for reusable nappies.**



**To wipe runny nose – do not irritate the sensitive skin around child's nose.**



**Breastfeeding**



# Portable Electric Breast Pump PowerPump

new

Small and light, it hides a big **POWER** – effective support at the start of breastfeeding, number 1 for the start of lactation.



„PowerPump is a multifunctional device that, despite its small size and light weight, hides a wealth of possibilities. It works perfectly at every stage of breastfeeding. As a midwife and a mum, I value this device for its simplicity, hygiene and functionality.

**I would recommend it to any mother!”**



**Ultralight** – definitely one of the lightest breast pumps of this type available on the market.



**Powerful** – up to 42 kPa.



**4 work modes** – based on the natural two-phase baby sucking rhythm: stimulation, pumping, lactation mode and mixed-automatic mode.



**60 suction levels** in 4 modes – for every mother's comfort.



**Easy to assemble and clean** – the control panel is quick to attach and remove.



**Efficient battery** – a full battery provides up to four full 30-minutes pumping sessions.



**Soft and flexible edge of the funnel** – the ergonomic shape adapts to different breast shapes.



**Simple control panel with backlight option**, making it easy to use the breast pump at night.



**Fits Canpol babies by Difrax S-shape anti-colic bottles.**

# Double Wearable In-Bra Breast Pump MilkShell

More comfort, more milk - the discreet and quiet double breast pump combines comfort with mobility.

new



„The perfect support and companion throughout the entire breastfeeding process - from the first burst of milk to returning to work. The mobility of the breast pump means that mums can pump with their hands free, making breastfeeding less restrictive. **It's a great choice for any mother, especially those who have chosen the alternative breastfeeding.**”



**Lightweight shells and small panel** – comfortable hands-free pumping.



Effectively extracts breast milk with up to 30 kPa of suction power.



**48 settings in 4 modes** – based on baby's natural biphasic sucking rhythm: stimulation and pumping alternately or simultaneously.



**Foldable shells for easy and thorough cleaning.**

4

**4 sizes of teat included** – a well-chosen teat promotes pain-free expressing.



A shell with a capacity of 180 ml – allows to express up to 360 ml of milk during one session.



**2 bra extenders** – allow you to enlarge the cups of your bra to fit the shells without having to buy special underwear.



**Thanks to PerfectFIT technology** the shells fit your breasts perfectly and prevent milk from leaking when you move.

# Wearable In-Bra Breast Pump Hands-Free

Combines comfort with mobility - helps mum multi-task at home during daily activities, at work and when travelling.



**Ultra light and thin** – perfectly wearable.



**Quiet** – up to 50 decibels max\*.



**3 work modes** – mimics baby's natural biphasic sucking rhythm.



**A contoured silicone teat** to prevent milk from leaking out the sides.

**4**

**4 sizes of teat included** – a well-chosen teat promotes pain-free expressing.



Full battery provides **up to 120 minutes of pumping (4 sessions)**



**Convenient charging** by USB-C cable or powerbank.



Easy to clean and dry inside thanks to the **opening container**.



Easy to pour into a bottle and store.



## Set includes



How to choose the size of the teat?



\*Example sound levels: 40-45 dB fridge, 58 dB microwave, 60 dB dishwasher.

# Mobile Electric Breast Pump Take&Go

Perfect for effective support of lactation, both after physiologic childbirth & Caesarean section.



**Extremely quiet** – only 40 decibels\*\*.



**2-phase** – based on the natural baby suckling rhythm.



**18 suction power** settings.



**Convenient charging** – via USB cable or powerbank.



**Wireless** – full battery provides **up to 120 minutes** of work (3-4 uses).



**EasyStart 120ml anti-colic bottle** included!



**Intuitive touch control panel** – easy to use, remembers recent settings.



**Soft and flexible teat cap** – made from soft silicone, will not irritate sensitive nipples.

\*Based on a user satisfaction survey conducted by Canpol Sp. z o.o. in Q1 2024.

\*\*Example sound levels: 40-45 dB fridge, 58 dB microwave, 60 dB dishwasher.



hands free!



**Buy the lactation shell and transform your breast pump.**

# Double Electric Breast Pump ExpressCare

Perfect for post-caesarean mums using alternative breastfeeding – pumping from a bottle, mums returning to work, premature babies and those with flat nipples.



**Extremely quiet**  
– only 40 decibels\*\*.



**3 work modes** – based on the natural two-phase baby suckling rhythm.



**27 suction** power settings



**Personal fit** – allows the set up of individual pumping mode for each breast.



**Nipple correction** – helps to form a concave nipple.



**2in1**

with electric nasal aspirator.



**Wireless** – full battery provides up to 120 minutes of work (3-4 uses)



**Flexible teat cap** – made from soft silicone, will not irritate sensitive nipples.



**Convenient charging** – via USB cable or powerbank.

\*Based on a user satisfaction survey conducted by Canpol Sp. z o.o. in Q1 2024.

\*\*Example sound levels: 40-45 dB fridge, 58 dB microwave, 60 dB dishwasher.



hands  
free!



**Buy the lactation shell  
and transform your  
breast pump.**

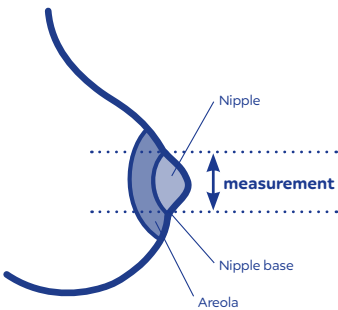
# Parts and replacement teats for breast pumps

We offer a full range of breast pump spare parts, including valves, diaphragms, teats and teat reducers, without having to buy the whole machine.  
**We take care of it all!**

Check out



## Tip from a midwife



The right size of teat has a significant impact on the comfort and effectiveness of breast pumping - it increases pumping efficiency and helps to achieve optimal milk flow.

### When do you need a larger teat?

Breast size is not necessarily the same as nipple size - nipple diameter is a factor in determining teat size. Measure the diameter of the nipple from the base to the centre, excluding the areola. Read the size in millimetres (mm).

How to choose the size of the teat?



## Breast pumps comparison

– choose the right one for you



Breast pumps comparison



# 3D Shaped Breathable Disposable Breast Pads

Superabsorbent 

3x faster dry and fresh feeling at the day and night.\*



**Ultra absorbent insert** – quickly absorb liquids and protect against leaks.



**Soft and gentle** not irritating a mother's sensitive breasts.



**Very thin and discreet** – only 1.3 mm thick, invisible under underwear and clothing.



**3D anatomic shape** fit perfectly to the shape of the breast.



**Breathable** – allow the skin to breathe freely and do not irritate sensitive breasts.



**Do not delaminate** – retain original shape after absorbing liquid.



**Hygienically packed** – each pad in separate foil.



**2 adhesive strips** – keep the pad in place.



30 pcs



60 pcs



140 pcs



60 pcs

new

\*Compared to previous Canpol babies disposable breast pads based on internal laboratory tests.





### Tip from a midwife

Breast pads are useful in hospital and are essential when you return home. During lactation, breast milk can leak spontaneously between feeds. Breast pads can help protect your underwear and clothes from leaking.

Maintain good breast hygiene and change your pads regularly to reduce the risk of sore nipples. Choose breast pads with a soft, breathable top layer.

# Lanolin Cream for Nipples

Supports skin regeneration  
of irritated skin nipples.



**100% pure lanolin**  
with no additives – **natural**  
and **hypoallergenic**.



**Provides relief** during  
breastfeeding.



**No need to remove before  
breastfeeding**  
– safe for mother and baby.

**7g**

**A very efficient package**  
– ideal for hospital layettes  
and for early breastfeeding.



**NEW PACKAGING**  
– easier to use!



## Tip from a midwife

### How is Lanolin Cream for Nipples used?

The lubricating effect of lanolin increases the elasticity of the skin and reduces the dryness of the injured area of the nipple. This not only helps to heal, but also reduces soreness and discomfort during breastfeeding.

Apply a small amount of Lanolin Cream (a thin layer) directly to the affected nipple and allow it to soak in completely.

Lanolin has many uses - it can also be used for chapped lips, dry skin (e.g. elbows), abrasions or nappy rash.

# Silicone Nipple Shields

NEW  
QUALITY

Helping to regenerate the skin  
of irritated nipples.

→ ) ( ←  
→ ) ( ←  
**Superthin and gentle**  
– comfortable for both  
mother and baby.



**Made from high quality silicone**  
– tasteless and odourless, does  
not alter the taste of milk.



**Contoured shape** allows  
baby's nose or chin to remain  
close to the breast.



**Case for quick disinfection**  
in a microwave oven.



## Tip from a midwife

### When should you use Silicone Nipple Shields?

The most common cause of sore nipples is poor breastfeeding technique and/or incorrect nipple positioning by the baby.

Talk to your hospital midwife first about your breastfeeding technique. If sore nipples still make breastfeeding impossible, it is a good idea to use a silicone breast shields to protect the sore nipples while the irritation heals, providing comfort and allowing breastfeeding to continue.



Diameter of nipple opening  
(at widest point):

**size S:** 15,10 mm

**size M/L:** 18,60 mm



# Bottle Set for Breast Milk Storage 3x120 ml

One bottle for milk expression, storing, freezing, warming and feeding.



**No pouring** – do not waste a single drop of valuable mother's milk.



**Safe milk storage** in the fridge or freezer **for up to 6 months.**



**Tight closure.**



**Compatible with all breastfeeding soothers and selected Canpol babies breast pumps.**



**Practical and convenient**

– can be used in a bottle warmer, microwave and dishwasher.



## Tip from a midwife

The Canpol babies breastfeeding bottle set is the perfect support during breastfeeding.

You can express breastmilk directly into the bottle, store it and feed your baby – without spilling mum's precious milk.

The bottles are made from durable material – they won't break if you drop them and are safe for both mum and baby, ensuring long use and saving you money.



## How to use?



①

### Pumping

Express the breast milk directly into the bottle.



②

### Storage

Put the disc and cap on and place in the fridge or freezer.



③

### Warming up

Easily and quickly prepare milk in the bottle warmer.



④

### Feeding breast milk

Put on the teat and feed your baby.

# Breast Milk Storage Bags

Safe freezing and storage of milk for up to 6 months.

NEW  
QUALITY



**Special nozzle** for convenient and easy milk pouring.



**Sterile and safe**  
– for immediate use.



**Temperature stable** – can be stored in the fridge or freezer.



**Space to record important information: date, time and amount of milk expressed**  
– so you can use your supply in the right order.



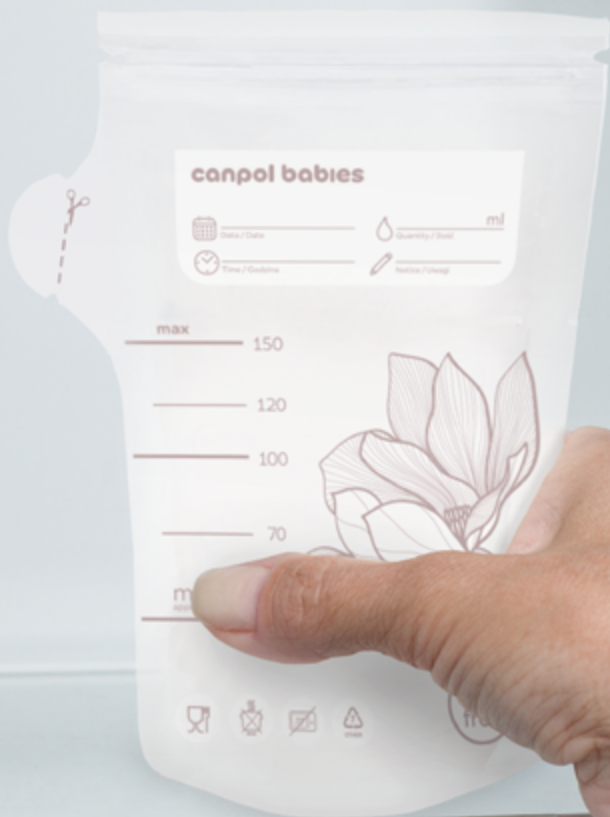
**The airtight seal** and special design of the bag means it can stand on its own – preventing leaks.



## Information

Canpol babies storage products meet European Union quality standards and are approved for food contact.





### Tip from a midwife

Breast milk should be stored in special sterile bags or airtight containers with lids, which should be disinfected before each use.

Freeze breastmilk in portions for one feeding, according to your baby's needs.

Remember not to refreeze thawed milk!

## Wearable In-Bra Milk Collectors

new



**Lightweight and discreet** – worn inside a bra, they will not be noticed. They do not strain the breasts when milk is expressed.



**Fit all breast sizes.**



**They also protect sensitive nipples** from rubbing against clothing.



**Soft silicone shell** – gentle on tender breasts.



Made in two easy to fold and unfold parts  
– **easy to clean.**



Convenient use  
– **easy to pour into the bottle.**

Set includes





### Tip from a midwife

The shell collector collects milk that leaks spontaneously from the other breast when you feed your baby or express milk with a breast pump. This ensures that you don't lose a drop of precious milk.

Each collector holds up to 50ml of milk, so you don't have to worry about spontaneously leaking milk and staining your underwear.

## Join our Canpol Ladies community ❤️

The Canpol babies channels are a place for all pregnant women and mothers looking for practical tips, advice and answers to questions and doubts related to motherhood.

Our materials are based on the expertise and experience of doctors and experts who work with us, including a midwife and lactation consultant, neurologist, physiotherapist, urogynaecologist, psychologist and educators.

**Follow us on social media and subscribe to our YouTube channel!**



## Medical products



Check out our range of medical products and choose the other essential accessories you need for your layette!



\*This is a medical product. For your safety, use it as specified in the instructions or on the label. When in doubt, consult a specialist.







**canpol  
babies**

®



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