

Keeping your breast pump kit clean

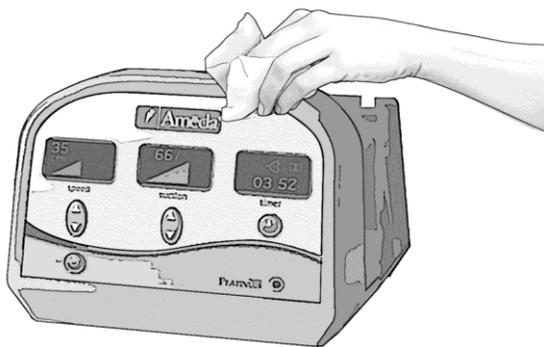
Feeding your baby human milk is one of the best things you can do for their health. It is important to keep the parts of your breast pump kit clean. Germs can grow quickly on unwashed pump parts. Follow these steps to help protect your milk and your baby.

You will need these supplies:

- A wash basin or dish pan
- Castile soap or mild dish detergent
- Disposable washcloth or clean washcloth
- Disinfectant wipes
- Paper towels

What should I do before I use the pump?

- Wash your hands with soap and water for at least 20 seconds.
- Put your clean pump kit together. Look at it closely. Wash any parts that do not look clean. Replace tubing that looks moldy or any parts that are damaged.
- Clean the pumping area. Wipe the pump (including its face, dials and power switch) and countertops or surfaces with disinfectant wipes.

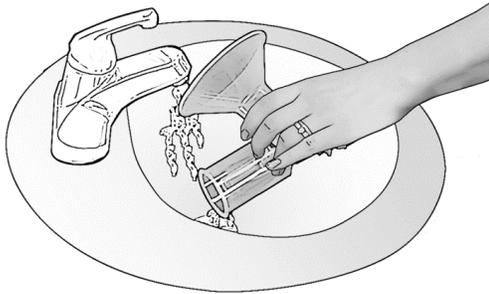


What should I do after I use the pump?

- Clean the pumping area. Wipe the pump (including its face, dials and power switch) and countertops or surfaces with disinfectant wipes.
- Rinse the breast pump parts that come into contact with your breasts and/or human milk. Hold parts under running water to remove remaining milk.
- Wash pump parts that come into contact with your breast and/or human milk as soon as possible after pumping.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Keeping your breast pump kit clean, continued



How do I wash the pump parts?

Use a wash basin or dish pan used only for cleaning your pump kit parts and infant feeding items. Follow these steps:

- Take the pump kit apart after you rinse it. Place parts that touch your breast and/or human milk in a clean wash basin. Do not place pump parts directly in the sink.
- You do not need to wash the tubing and parts that do not touch your breast and/or human milk. If the outside of the tubing is soiled, you may wipe the tubing with a clean, damp cloth or disinfectant wipe.
- Add soap and hot water to the basin.
- Wash parts in the soap and hot water with a disposable washcloth, clean washcloth or paper towel. Pour off soapy water. Place parts on clean paper towels. Rinse the basin.
- Rinse parts under running water or under fresh water in the basin.
- Air dry parts on clean paper towels or a disposable washcloth placed in the bottom of a clean, dry basin.
 - Cover parts with clean paper towels if you are not planning to use the pump kit again within the next 2 to 3 hours.
 - If you need to use your breast pump kit right away, you can dry the parts with clean paper towels.
 - Let all parts air dry all the way before storing them.



What else do I need to know?

- If you use a bottle brush, only use it on the hard parts of the pump kit (not the soft, silicone parts). Rinse and dry your bottle brush well with each use. Wash your bottle brush every 2 to 3 days in the dishwasher or with hot, soapy water.

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Keeping your breast pump kit clean, continued

- You may also sanitize the parts of your breast pump kit that touch your breasts and/or human milk in the dishwasher or in steam bags made for cleaning breast pump kits and infant feeding items. Sanitizing these items in the dishwasher involves using much warmer (scalding hot) water and more thorough washing.

How do I sanitize parts in the dishwasher?

You can wash your breast pump kit in the dishwasher instead of by hand. Place parts in a closed-top basket or mesh laundry bag on the top rack. Add detergent, and run the dishwasher using hot water and a heated dry cycle or sanitizing setting.

How do I sanitize parts with a steam bag?

For extra germ removal, sanitize pump parts at least 1 time each day.

To sanitize parts with a steam bag:

- Wash your pump kit parts as described on page 2 of this teaching sheet.
- Put clean pump kit parts in a steam bag made for sanitizing breast pump kit parts.
- Follow the directions printed on the bag.
- Use your home microwave or the microwaves in the hospital lactation rooms to sanitize your pump kit parts 1 time each day (in addition to washing).
- Be careful when you remove the bag from the microwave and open the bag, as steam can cause burns.
- Let parts air dry all the way before storing them.



This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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