Cleaning and Sterilizing of Breast Pump Parts

**Uses**
- To collect breast milk during short-term absences from the baby.
- Maintain a milk supply if breastfeeding is temporarily interrupted.
- Relieve engorgement or sore nipples. Pumping while massaging is helpful to relieve engorgement.

**Cleaning and Sterilization**
Follow the cleaning instructions in the hospital or at home unless your healthcare provider tells you otherwise.
- Wash hands before touching breasts or containers and avoid touching the inside of containers or lids.
- Before cleaning, take apart all parts of the kit (breast shields, valves, membranes, bottles, and lids). Be sure to take off the valve from the breast shield and separate the white membrane from the valve before cleaning.

**Tubing Care**
Inspect tubing after each use for milk or water.
- If water appears in tube, continue running the pump with the tubing attached for another 1-2 minutes.
- If milk appears in tube, turn the pump off and unplug. Remove and take apart all outside pump parts. Wash all parts in warm soapy water. Rinse. Shake water droplets out of tubing and hang to air dry. For faster drying, attach tubing to pump and run pump for 12 minutes or until dry.
Storing and Thawing of Breast Milk

Storing Breast Milk
Check with your hospital for specific storage instructions. For most healthy, term babies, breast milk can be stored in plastic bags, or in glass or plastic bottles. When freezing fill containers less than three-fourths full to allow for milk to expand.

<table>
<thead>
<tr>
<th>Hot milk</th>
<th>Cooler with 3 frozen ice packs</th>
<th>Refrigerator (not in the door)</th>
<th>Freezer Compartment inside Refrigerator</th>
<th>Separate Freezer</th>
<th>Upright, Deep, or Chest Freezer at less than 0°F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly expressed breast milk</td>
<td>24 hours (at 59°F or 15°C)</td>
<td>48 hours</td>
<td>2 weeks</td>
<td>3 months</td>
<td>6 months</td>
</tr>
<tr>
<td>Thawed breast milk (was frozen before)</td>
<td>Do not store</td>
<td>24 hours</td>
<td>Never refreeze</td>
<td>Never refreeze</td>
<td>Never refreeze</td>
</tr>
</tbody>
</table>

*Note: If the temperature in the room, car, or outdoors is higher than 77°F, chill breast milk immediately.

Thawing Breast Milk
- Label all bottles/bags with the date it was put in the refrigerator or freezer.
- Rotate containers so the oldest breast milk is used first.
- Thaw frozen breast milk under cool, running water or in the refrigerator for no more than 24 hours before use.
  - Milk can then be warmed under warm, running water before feeding to warm milk to body temperature.
- Never thaw breast milk at room temperature.
- Never thaw breast milk in the microwave. Microwaves can cause hot spots and destroy some of the healthy benefits of breast milk.
- Separation of the fat in breast milk may occur during storage. Swirl gently before feeding.