

# Cleaning Your Breast Pump



When using a breast pump, it is important to maintain high standards of hygiene to prevent infection. Clean all the parts of the pump that get into contact with milk after each pumping session. Instructions on how to clean your pump are given below.

## *Cleaning instructions for pump kit (baby is healthy and born at term)*

- Wash your hands prior to cleaning the kit and work on a clean surface
- Take apart the pump kit: Flange, connector, small valve, tube or handle, collecting container
- Wash the parts of the pump kit (NOT the tubes) in the dishwasher or by hand with hot soapy water
- Rinse with hot water
- Air dry or dry with a clean kitchen towel or paper towel
- Store the clean, dry pump kit in a clean, closed container in the fridge

## *Cleaning instructions for pump kit (preterm or sick baby)*

If your baby is sick or has been born premature, sterilize the pump kit once a day (see instructions below) and clean the kit after each use by first rinsing it with cold water, then with hot water. Air dry or dry with a clean kitchen towel or paper towel. Store the clean pump kit in a clean, closed container in the fridge.

To sterilize the pump kit, you can use a microwave sterilizer or microwave bags or you can use the method below:

- Wash your hands prior to cleaning the kit and work on a clean surface
- Take apart the pump kit
- Rinse the parts (NOT the tubes) with cold and then with warm water
- Put the different parts of your pump kit (NOT the tubes) in a pan filled with water
- Bring the water to a boil
- After 3 minutes of boiling, remove the soft parts (e.g. small valve)
- Hard parts should be boiled for 7 minutes
- Air dry or dry with a clean kitchen towel or paper towel
- Store clean kit in a clean, closed container in the fridge

## *Pump Tubing*

The tubes of the pump should not be washed nor sterilized.

If there is condensation or milk in the tubes, follow advise below:

- Flush with soapy water, then clean water (or sterilize as described above)
- Pour alcohol through tubing
- Swing tubing around
- Run the pump without flanges until dry

## *Please note: Do not use tubing with droplets!*

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.