Breastmilk Pumping Best Practices for Safety

Maintaining a diligent cleaning and sanitizing routine is an important step in limiting your baby's exposure to harmful germs.



Inspect and Clean

Inspect pump parts and replace as needed per manufacturer guidelines.

Clean and disinfect all pumping-related surfaces.

Before you pump and handle pump parts, wash your hands for at least 20 seconds with soap and water.

Dry hands with a clean, unused towel or dedicated paper towel roll.



Mindful Multitasking

Be mindful of any surfaces you touch while pumping, like phones or remotes.

Always use an alcohol-based hand sanitizer or re-wash and dry your hands before handling pump parts, milk bottles, breastmilk storage bags, or pumping-related surfaces again.



Carefully Contain Breastmilk

Pour breastmilk into pre-sterilized breastmilk storage bags or bottles, taking care not to touch your breastmilk or insides of bags or bottles while pouring.

Be sure to label breastmilk storage bags or bottles with the date and time of expression, and if needed, the name.



Quickly Refrigerate or Freeze

Place breastmilk storage bags or bottles of breastmilk directly into the refrigerator, freezer, or cooler with gel bricks.

Ideally, breastmilk should be consumed, refrigerated or frozen immediately after expression.

Be sure to follow **CDC guidelines** for breastmilk storage.



Clean Pump Parts Every Time

wash them individually, by hand. Cleaning should take place as soon as possible. Dried breastmilk is more difficult to clean.

Completely disassemble pump parts and

Use soap, running hot water, a bottle brush and nipple brush. Ensure all sides and crevices are scrubbed.



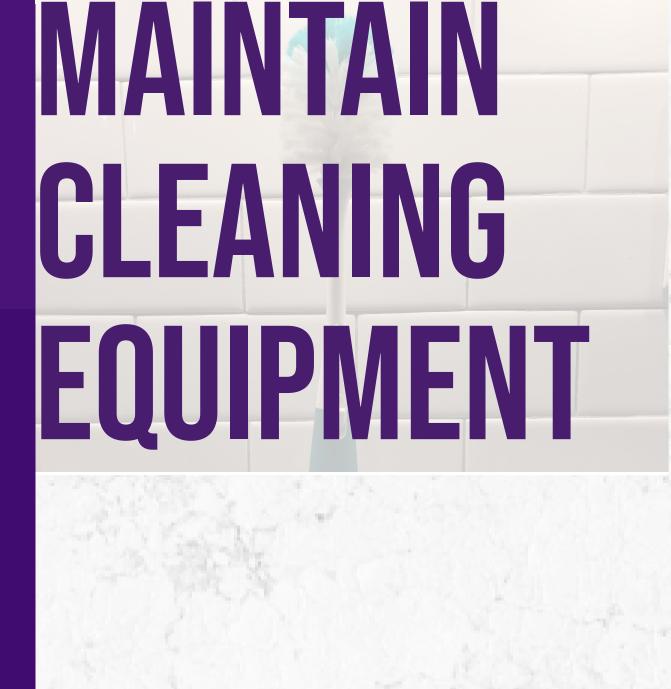
Sink and basins collect and grow germs. Do not soak or store pump parts in sinks or

Be Un-Friendly to Germs

basins. Sponges harbor germs and can be difficult to

porous bottle and nipple brushes with bristles made from materials like nylon or silicone.

keep sanitary. Be sure to use dedicated, non-



Store bottle and nipple brushes in an upright

Brush Care Awareness

position so that they can quickly dry.

Sanitize your bottle and nipple brushes daily

Replace your bottle and nipple brushes periodically, at the first sign of wear and tear, or according to the manufacturer's recommendation.



Sanitize Frequently

but ideally, after each use.

• Use an electric **steam sanitizer and dryer** or

Boil pump parts in a rolling boil for 10

Sanitize pump parts at least once per day,

- minutes



Mindful Storage

a controlled environment. If using the boiling method to sanitize, air dry

parts on a clean, dedicated rack and store

parts in a clean, air-tight container.

Keep sanitized pump parts in your electric

sanitizer and dryer, where they will remain in

Keep in mind that sanitized parts can become contaminated if not stored in a



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controlled, sanitary environment.

Carefully Consider Cleaning

If using a hands-free pumping bra, be sure to: wash it daily insert breast shields carefully, so not to

Challenges

touch the surfaces that come into contact with breastmilk

If using nipple oils or creams: use extra diligence when scrubbing parts as

they can become more difficult to get clean

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