

# 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.



### BEFORE YOU BEGIN

#### 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.



### WHILE PUMPING

#### 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.



### HANDLING BREASTMILK

#### 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.



### STORING BREASTMILK

#### 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.



### CLEANING PUMP PARTS

#### Clean Pump Parts Every Time

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

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



### CLEANING EQUIPMENT

#### Be Un-Friendly to Germs

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

Sponges harbor germs and can be difficult to keep sanitary. Be sure to use dedicated, non-porous bottle and nipple brushes with bristles made from materials like nylon or silicone.



### MAINTAIN CLEANING EQUIPMENT

#### Brush Care Awareness

Sanitize your bottle and nipple brushes daily

Store bottle and nipple brushes in an upright position so that they can quickly dry.

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



### SANITIZING PUMP PARTS

#### Sanitize Frequently

Sanitize pump parts at least once per day, but ideally, after each use.

- Use an electric [steam sanitizer and dryer](#) or
- Boil pump parts in a rolling boil for 10 minutes



### STORING PUMP PARTS

#### Mindful Storage

Keep sanitized pump parts in your electric sanitizer and dryer, where they will remain in 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 in mind that sanitized parts can become contaminated if not stored in a controlled, sanitary environment.



### THINK CLEAN

#### Carefully Consider Cleaning Challenges

If using a hands-free pumping bra, be sure to:

- wash it daily
- insert shield shields carefully, so not to 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