



Tips for breast milk collection

Do



Always wash your hands with soap and water for 20 seconds and dry with a single use paper towel, before each pumping session and prior to handling pump parts.



Always wash and dry your pump parts immediately after each pumping session and store in a new zip lock bag.



Wear gloves if you garden or handle soil indoors.



Change your breast pads at least every 3 hours.



Wipe your breast with a clean, damp (warm water) single use paper towel prior to each pumping session.

Don't



Store pump parts near any other kitchen utensils and/or dishware.



Touch any unclean surfaces after washing your hands to pump unless you cleanse your hands again before touching your breast or pump parts.



Allow pump parts and breast milk to come in contact with food products.



Allow others to handle your pump parts to avoid potential contamination.



Store any unwashed pump parts in the refrigerator or freezer in between pumping sessions; wash and dry parts after each use.