

Breast Pump and Bottle-Feeding Hygiene

Congratulations on providing breast milk for your baby! Providing breast milk to your baby is so beneficial and protective for both you and your baby.

Using a breast pump is one way to express breast milk for your baby. It is important to make sure that you are cleaning your breast pump, and bottle pieces properly to prevent contamination of your hard-earned breast milk and to protect your baby.



Before Using Your Breast Pump:



Before using your breast pump or preparing a bottle, wash your hands with soap and water for 20 seconds to ensure you are not contaminating your pump parts and your pumped milk with germs.



Before each use, inspect your pump pieces and bottle pieces for cleanliness, and for signs of mold. Replace any tubing that is contaminated with mold.

Replace your breast pump valves and membranes as recommended by your breast pump manufacturer and replace bottle nipples as recommended by the bottle and nipple manufacturer(s). Pieces will need to be replaced more often with more frequent pump or bottle use.



If you are using a multi-user pump, wipe the pump surfaces with a disinfectant wipe. Keep in mind that most pumps are not multi-user pumps and it is not recommended to share pumps that are not designated as such.

Prior to pumping, wipe surfaces of where you will be pumping with a disinfectant wipe to make sure that the area is nice and clean. Ensure that your pump parts are clean, dry, and have been safely stored since the last time the parts were used.

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After Using Your Breast Pump:



Store your breast milk appropriately

Put caps on to the bottles you have just pumped into, or pour the breast milk into breast milk storage bags.

Label your breast milk bags with the date, time, and volume. If you will be sending milk to a hospital or a childcare facility, we recommend labeling your breastmilk with your name. Place your stored breastmilk into the fridge, freezer, or an insulated and cooled receptacle.



Take apart the breast pump pieces

Rinse all parts that come in contact with breast milk with water (do not rinse the tubing when using closed-system pumps). After bottle feeding, take apart all of the bottle pieces as well.

The Centers for Disease Control and Prevention (CDC) does not recommend rinsing and refrigerating pump parts- commonly known as the “fridge hack”.



Wash parts in basin that only contains breast pump or bottle-feeding parts

No other items or dishes should be in the basin. Do not wash pieces in a sink. Bacteria in the sink could contaminate your pump and bottle-feeding parts.

- Use soap and water to fill the basin.
- Use a clean brush (used only for infant feeding items) to clean the pump and bottle pieces.
- Scrub items as directed by your pump manufacturers recommendations.
- Rinse the washed items with clean water, or submerge in the basin (used only for infant feeding items) with clean water to rinse items.
- Once cleaned, place the breast pump or bottle pieces on a clean towel or paper towel to air dry.
- Do not use a used hand towel to dry the pieces as this can contaminate your pump and bottle pieces.

OR



You can also use a dishwasher to clean the pump and bottle-feeding pieces by using a closed basket or a mesh laundry bag

- Use hot water to clean, and a hot drying/sanitizing cycle to ensure you are killing germs.
- Use clean hands to remove items from the dishwasher, and place items on a clean towel or paper towel to air dry.
- Do not use a used hand towel to dry the pieces as this can contaminate your pump and bottle pieces.
- Rinse your wash basin and bottle brush after cleaning and allow them to air dry. You can wash your basin and bottle brush with hot water and soap every few days, or even add them to the dishwasher to sanitize if the basin is dishwasher safe.

It is important to ensure the pump and bottle pieces are dry before storing so that bacteria and mold will not grow between uses. Store pieces in a clean and protected area.

The Importance of Sanitizing:



The CDC recommends daily sanitizing of bottle pieces for babies that are under 2 months old, or for babies that were born prematurely or have a weakened immune system due to illness or medical treatment.

Daily sanitizing may not be necessary for older, healthy babies as long as the bottle pieces are cleaned well with hot soapy water after each use.



How to Sanitize Bottle and Breast Pump Pieces:

Make sure to wash all pieces with hot soapy water first as directed on the previous page.



You may use your dishwasher's sanitizing cycle, or use the hot water wash and heated drying cycle.



You may place your disassembled feeding pieces in a pot of boiling water for 5 minutes. Remove items with clean tongs.



You may use sanitizing bags, or a plug-in steam system (follow manufacturer's recommendations for use).

If you are unable to use a dishwasher, boil, or steam, then you may use bleach to sanitize by following these steps:

- 1 In a clean wash basin, use a solution of 2 teaspoons of unscented bleach per 1 gallon of water.
- 2 Soak all items completely for at least 2 minutes in the solution.
- 3 Remove pieces with clean tongs.
- 4 After sanitizing, place items on a clean towel or cloth to air dry before storing them safely away.

If you have questions or concerns schedule an appointment with your Nest Collaborative Lactation Consultant.

Schedule at www.nestcollaborative.com or by calling (888) 598-1554

