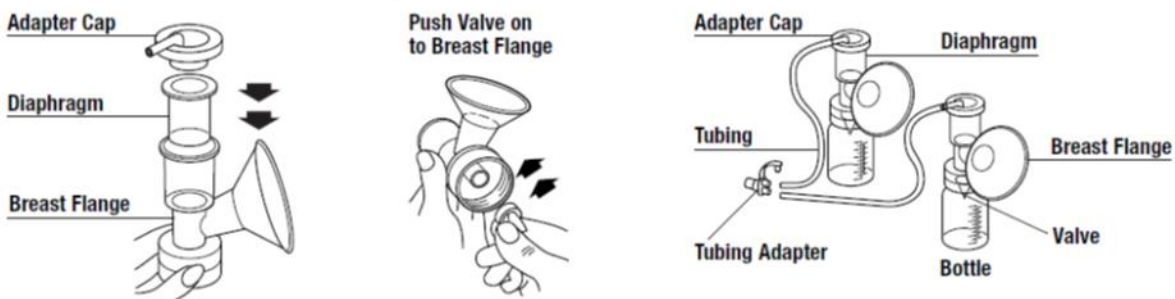


# Breast Pump Kit Care and Cleaning

All breast pump parts that come in contact with breast milk must be cleaned after each use. Complete sterilization is not necessary to keep these parts safe and sanitary. You can thoroughly wash away germs and bacteria with liquid dish soap and warm water.

## Kit Assembly for Electric Pumping



## How do I clean the breast pump kit?

- Disconnect the breast pump kit from the white adapter cap.
- Take the breast pump kit apart: breast flange, valve, silicone diaphragm
- Soak all parts in a basin of warm, soapy water (Johnson's baby wash can be used here in the hospital).
- Rinse all parts in warm water.
- Air dry all parts on a clean surface away from the sink.
- Store all pumping supplies away from the sink to prevent contamination .

## How do I clean the breast pump tubing?

It is not necessary to clean breast pump tubing unless it comes in contact with breast milk. If you wash your tubing, make sure you hang it to air dry before attaching it to your breast pump. If moisture appears in the tubing after you have pumped, turn the pump on for a few minutes until the tubing is dry.

## **Can I put breast pump parts in the dishwasher at home?**

Some breast pumps parts can be put in the top rack of a dishwasher. Consult your instruction manual to make sure pieces are dishwasher safe.

## **How do I sanitize the breast pump kit?**

Microwave sterilizers are available for breast pump parts. These sterilizers do not meet the FDA definition of sterilization, but they will sufficiently sanitize the parts between uses. You can request a Medela® Quick Clean Micro-Steam bag from your baby's nurse during your hospital stay. Directions for use are listed on the back of the bag and microwaves are accessible throughout the hospital.

At home, you can continue using the microwave sterilizer or you can sanitize your breast pump parts by following these directions:

- Fill a pot with enough water to cover the parts
- Bring water to a boil
- Place parts in boiling water for 10 minutes
- Allow water to cool before removing parts
- Place parts on a clean surface away from the sink to air dry
- Do not store wet parts as mold may develop

## **How often do I need to sanitize the breast pump kit?**

Your breast pump kit should be sanitized once every 24 hours. Sanitizing after each use is not necessary and can cause the pump parts to break down prematurely.

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