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Breastpump – Cleaning Instructions

Proper cleaning and sterilisation of your breast pump is important to prevent germs from growing in any milk or milk residue on your breast pump parts, and to prevent outside germs from getting into your expressed breastmilk. It is especially important for babies younger than six months, premature babies and those with immune deficiencies who are at increased risk of infection.

Follow these steps to keep your pump clean and to ensure safe pumping:

Before you start:

Wash your hands with soap and water

Inspect your pump kit before every use. If your tubing appears dirty or mouldy you need to discard it and replace it immediately

Ensure a clean working surface.

Have a wash basin or container that you use only for washing your baby's bottles and breast pump parts; do not wash parts in a normal kitchen sink.

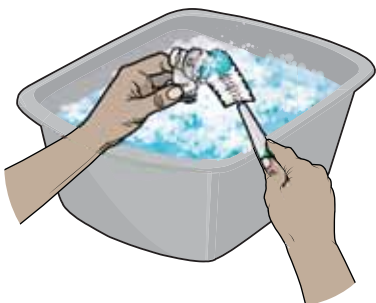
Invest in bottle cleaning brushes that you use only for your baby's bottles and your breast pump parts. Rinse these thoroughly and allow them to air dry after each use.

After every expressing:

Completely disassemble your pump and rinse all parts that come into contact with milk under cold running water. A cold water rinse removes residual milk without coagulating the hard-to-clean milk proteins.

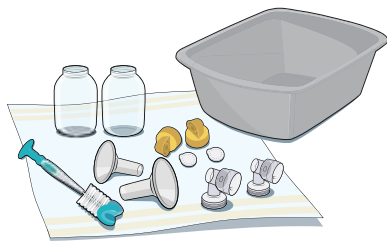
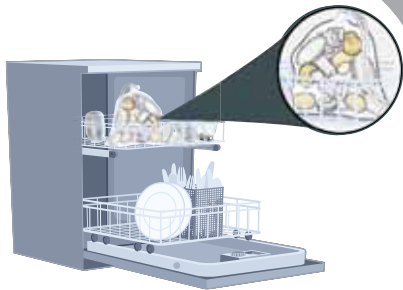
Wash the parts in your basin/container with warm water and dishwashing liquid. Use cleaning brushes and / or a soft cloth or sponge to clean the separate parts. Avoid using any abrasive cleaning methods including scouring sponges.

Rinse thoroughly under running warm water or in a separate container with clean rinsing water.





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Alternatively you can wash your breast pump in your dishwasher using hot water and a heated drying cycle (or sanitising setting). Small items need to be placed in a closed top basket or a mesh laundry bag.

Air dry thoroughly by placing all pump parts, the wash basin and bottle brushes upside down on a clean dish towel or a bottle drying rack in a clean area. Cover with another clean towel or paper towel while drying.

Use a new clean towel or paper towel to pat dry.

Sterilising your pump:

For babies younger than 3 months, premature babies or immunocompromised babies, pump parts should be sterilized after every use. For healthy babies older than 3 months you can sterilize your pump once a day and just wash it thoroughly in between.

To sterilise you can boil your pump parts in water for 10 minutes on a stove top, or use a steam- or microwave steriliser. Sterilising solution can also be used, but be sure to wash your pump thoroughly after use before placing in the solution, and to mix the solution according to instruction.

Storing clean pump parts:

Once your pump has air-dried completely you can assemble it again and store it in a clean, dry container or plastic bag until use. Avoid touching any inside parts that will come in contact with breast milk.