

Cleaning the Pump Set

- » Rinse the disassembled parts with running water
- » Wash in a clean bowl with dish soap and a bottle brush, **NOT** directly in the sink
- » Rinse with clean water
- » Dry on a daily fresh towel or paper towel
- » or clean it in the dishwasher
- » Thermal disinfection once a day
 - Boil it for 3 minutes
 - Steam sterilization (electric steam sterilizer or microwave)
 - Dishwasher (at least 65 degrees and heat drying/hygiene program)
- » Store the dry parts in a clean, lockable box or bag



Further Information

Here you can find information about breast milk in different languages.



Neonatological and pediatric intensive care medicine
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Handling breast milk

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Mother's hygiene

- » daily shower
- » Clean the breast without soap under flowing water and pat dry with a daily fresh towel that is only used for the breast
- » Use cleaning substances and disinfectants on the breast
- » Change your bra every day
- » Change your nursing pads regularly
- » Do not use breast care products containing paraffin



Transport

- » Cool box with cool packs
- » Fill the empty space with clean towels
- » Wipe with disinfectant wipes after each transport
- » The cold chain must not be interrupted
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Before pumping



- » Wash your hands with liquid soap for 30 seconds
- » Dry your hands with daily fresh towels



- » Check the pump set and hose for cleanness. If there is moisture in the hose, replace the hose!



- » Wipe the breast pump and storage surface with a disinfectant wipe

Pumping

- » **In the clinic**, only use the sterile pump sets issued there and discard them afterwards
- » Clean the pump set **at home** after each pumping process (see section Cleaning the pump set)



Storage

- » Sterile disposable plastic bottles from the woman milk bank
- » Close the lid tightly, do not touch the inside
- » Label with child's first and last name, date and time
- » Cooling the milk as quickly as possible
- » Place bottles at the back and top of the fridge/freezer
- » Freeze milk immediately if it is not expected to be used within 4 days
- » Leave approx. 2 cm of space at the top of the bottle (milk expands when it freezes)



Thawing

- » Oldest milk first
- » Under lukewarm running water or overnight in the refrigerator
- » **DO NOT** defrost in the microwave (destroys nutrients, irregular heating with very hot areas in the milk that can burn the baby)



Durability

	Room Temperature	Fridge (4 degrees)	Freezer	Freezer (-20 Degrees)
Freshly expressed milk	4 Stunden	4 Tage	3 Monate	6 Monate
thawed, previously frozen milk	1-2 Stunden	24 Stunden	NIEMALS wieder einfrieren!	

Feed

- » Milk can be fed at room temperature or warmed
- » Heat in a bottle warmer, **NEVER**, in the microwave or on the stove
- » Check temperature before feeding (Put a few drops of milk on your wrist. The milk should feel warm but not hot)
- » Swirl the bottle because the fat in the milk may have separated

