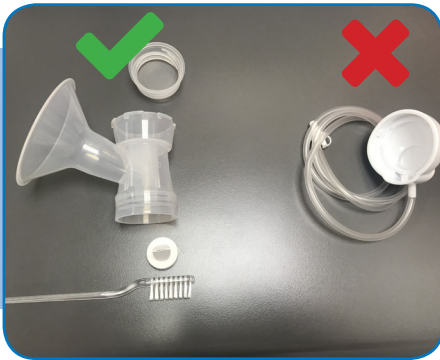


How to keep your breast pump kit clean: Keeping your breast pump kit clean is very important to protect your baby from infection. Germs and bacteria grow quickly when breastmilk is not cleaned off breast pump parts effectively.



Wash hands thoroughly before you start, using warm water and soap, dry thoroughly with paper towels and then use alcohol gel.



WHAT NEEDS CLEANING AND STERILISING

Wash expressing equipment as soon as possible after use to stop milk drying onto the equipment. Only wash and sterilise the parts that come into contact with the breastmilk.



WASHING THE KIT

You will need a separate bowl to wash your kit and a new toothbrush should be used exclusively for cleaning your kit. Never wash the kit directly in the sink. **Fill the bowl with hot water and washing up liquid** and submerge the kit in the water.

Scrub the items using the brush to remove all milk residue. **Rinse** the items under a running cold tap.

Dry thoroughly with paper towels.

Wash and dry the bowl thoroughly after use.

STORING THE KIT

Store the clean dry kit in the storage box on the neonatal unit and a clean dry container at home. Items must be completely dry to prevent germs and mould growing. Wrap the toothbrush in a clean paper towel and store separately. Clean the box inside and out with a detergent wipe at least once every 24 hours. Line the box and wrap your clean kit with clean paper towels after each use. Replace the tooth brush once a week.



If your loan pump breaks avoid delay! Call 07816 061633 leave your details and the feeding team will arrange a replacement.

How to store your breastmilk safely:

Breast milk is a food product and a body fluid so it is important it is stored safely to protect your baby.

STERILISING THE KIT



Sterilising your clean kit before use. At home you can use a steam steriliser or sterilising tablets/liquid. Always follow the manufacturer's instructions. In Hospital we use microwave steam steriliser bags. Please follow the instructions on the Microwave steam steriliser bag posters in the expressing room. **TAKE CARE THEY GET VERY HOT.**

BEFORE EVERY USE



Clean the pump dials and surfaces with a disinfectant wipe especially if you are sharing a pump in hospital. **Wash Hands** thoroughly with soap and warm water. **Inspect and assemble** the clean pump kit. If you notice any problems speak to a member of staff immediately.

AFTER EVERY USE



Store milk safely. Express into a new bottle every time. Label the bottle with your baby's name, date of birth, RXK number and the date and time you expressed the milk. Store immediately in the back of the fridge at home or give to your nurse to store immediately hospital. **Clean the pumping area,** especially if you are sharing a hospital pump. Clean the pump dials, surfaces and counter top with disinfectant wipes. Throw away any rubbish and take your kit with you. **Clean pump parts** immediately after use using the technique on the next page, to avoid milk drying on to the equipment and reduce germ and bacteria growth.

Hospital milk storage guidelines: these are stricter than the guidelines for healthy term babies at home.

- Bring your fresh milk into hospital in a cool bag with ice packs and give it to your nurse straight away
- If you are in hospital you need to ask the nurse to put your milk in the fridge as soon as possible if your baby is not having it straight away.

Place	Time
Cool bag/out of the fridge	4 hours
Fridge	48 hours
Freezer	3 months

When you go home with your baby you can follow the normal guidelines (see mothers and others guide or NHS choices www.nhs.uk).