

## **Instructions for Collection, Storage, and Transporting of Mother's Expressed Breast Milk**

1. Shower daily. Wash hands with soap; actively lather for at least 15 seconds paying special attention to area around and under fingernails. Use paper towel to turn off tap. Liquid soap preferred.
2. Massage breasts to promote let-down.
3. Center each nipple into breast shield. Begin pumping on lowest setting & increase suction as tolerated, adjusting for comfort. If your nipples become tender, decrease the suction. Double pumping saves time and increases production. Start with Initiate setting (pump turns off after 15 minutes and says, "Done"). (Two cycles for multiples)
4. Pump eight times in a twenty-four-hour period. You can achieve this by pumping every two to three hours during the day and every four hours at night, or by pumping every three hours around the clock.
5. When you pump a total of 20 ml. 3X in a row, or have pumped for 5 days, begin using the Maintain setting, (which you will turn off when finished). Continue to massage before and after pumping. Your breasts should feel full before pumping and softer after each session. Remember, everyone is different; pumping time and volume will vary. Strive to pump 500ml per 24 hours by day 6 and 750 ml in a 24 hour period by 2 weeks. Routine pumping is necessary to maintain supply. Skin to skin contact with infant has been found to be beneficial for milk supply.
6. Each mother is required to have her own pump pieces. You will be provided with sterile bottles while your infant is hospitalized. Pump directly into these bottles. Use new ones each time. You may combine milk into 1 bottle that has been pumped at the same time, but do not layer milk from one pumping to the next. Bottles should not be filled more than  $\frac{3}{4}$  full. Request more bottles as needed.

### **Storage and Transport of Milk**

1. Label containers with milk labels provided. Write date and time of collection, prescription or over-the-counter medications taken, or herbal preparations taken (notify M.D. also). Request more labels as needed.
2. While in the hospital take milk to NICU immediately after pumping. At home, place your milk in the refrigerator and move to the freezer if not transported to the NICU or using within four days. Do not place it in the freezer door. Frozen milk used within 3 months is optimal.
3. From home, transport milk to NICU in a clean cooler bag. Bottles should be packed tightly with frozen gel packs using clean towels or crumpled paper to fill any extra space.

### **Helpful Hints**

Pump after holding or visiting your baby, helps to increase milk supply.

Manual expression plus electric pumping may increase your milk supply.

The first two weeks is critical in establishing a healthy milk supply - pump routinely!

When using electric pumps in NICU, please be sure to wipe them thoroughly using Sani-Cloths (provided) both before and after each use.

Alcohol, nicotine, marijuana and cocaine enter your breast milk. Avoid these substances.

Contact Lactation Specialist for any nipple bleeding or signs of mastitis.

### **Storage of Expressed Milk for Premature or Ill Infants**

***Fresh- Refrigerate immediately, or acceptable < 4 hours if refrigeration not available***

***Refrigerated - 4 days***

***Freezer- Ideal: 1 month***

***Optimal: 3 months***

***Acceptable: < 12 months in deep freeze***

**LACTATION SPECIALIST/PARENT EDUCATION OFFICE: 806-725-6403**

## Clean Your Pump Parts After Each Use

Always wash hands.

Prepare a clean place to dry parts.

1-PULL OFF air hoses. Air hoses STAY DRY!

2-RINSE these parts in COOL WATER to remove milk protein.

3-SEPARATE ALL PARTS-see photo.

4-WASH PARTS WITH WARM SOAPY WATER.

Use running water, or a clean bowl—not the sink.

Use bottle brush per CDC guidelines.

5-RINSE WELL the washed parts.

Then shake off big water drops to help drying.

6-AIR DRY on a clean paper towel in basin, not on counter top or table.

7-COVER lightly to keep clean as parts dry.

AFTER YOU ARE HOME:

DAILY SANITIZE your washed, rinsed, parts by BOILING them in a covered pan on top of the stove for 5-10 MINUTES. Set a timer to avoid melting your parts. Air dry as above.



(An alternative to #4, #5, #6, after cool rinsing, is to put parts in the top rack of the dishwasher and run hot wash and hot dry cycles. Boiling is not necessary if using dishwasher hot wash and dry cycle or quick clean micro-steam bags.)

Before storing in a closed container, be sure parts are totally DRY. Use paper towels if needed.

*Note: If droplets of moisture are seen in air hoses, running the pump with hoses attached will help dry them. Discard if milk or mildew present in tubing.*