

## **Pumping and Storing Breast Milk**

We recommend waiting until your baby is at least two weeks old before pumping and storing breast milk. This allows your milk supply to be well-established and your baby to be proficient at breastfeeding.

Always wash your hands before handling pump equipment or breast milk.

### **Pumping:**

*Instructions for typical electric pumps. Refer to your instruction manual for more information.*

1. Usually your new electric pump comes pre-sterilized. If not, sterilize your pump equipment before the first use (refer to your pump's instruction manual or the sterilizing instructions on the reverse side of this sheet).
2. Set up your pump equipment by carefully following the instruction manual for your pump. If you do not set up your pump equipment correctly, milk could travel up the connecting tube and into the pump. If breast milk gets into the pump, it can't be cleaned – mold and bacteria will grow, and the pump will have to be discarded.
3. Before pumping, massage both breasts, and express a drop of breast milk by hand.
4. Begin pumping both breasts simultaneously; you will get more breast milk by pumping both breasts at the same time.
5. Pumping should be comfortable. If it is not comfortable, the suction may be too high, and you may cause nipple damage and swelling. Suction should be started between the low and medium settings. Never have your pump on high (high suction does not mean more milk).
6. Pump for 10-15 minutes.
7. After storing your milk (see instructions below), wash your pump equipment with warm soapy water, rinse, and dry.
8. The tubing connecting the equipment to the pump will have only air inside (not milk), so it does not have to be washed.

### **Storing Breast Milk:**

1. Breast milk can safely be stored for 6 hours on the table, 6 days in the refrigerator, or 6 months in the freezer.
2. If you plan on freezing the breast milk, you must do this within 24 hours of pumping.
3. Thawed breast milk that was previously frozen must be used within 24 hours or discarded.

### **Warming Breast Milk:**

1. NEVER put breast milk in the microwave.
2. Hold the cold or frozen milk under warm running water, or place bottle or bag of milk in a cup of warm water. Gently shake the warm breast milk, and before feeding your baby, test the temperature on your wrist to make sure it's not too hot or too cold.
3. If your baby has a bottle of breast milk and does not finish the bottle within 1 hour, then it must be discarded. Saliva mixes in the bottle during the feeding, and bacteria can grow.

## Preparing Formula

Always wash your hands before handling feeding equipment and formula.

### Sterilizing Equipment (before the first use):

1. Wash all feeding equipment with hot, soapy water. Use a brush to clean the nipples and bottles, and then rinse with water.
2. Place bottles and nipples in a pan, and cover with water.
3. Bring to a boil, and then turn the heat off and keep covered until you need the equipment. (Note: some bottles cannot be boiled. Be sure to read instructions for your brand of bottle.)
4. Store the sterilized bottles assembled and covered in a clean place.

### Mixing Powder Formula:

1. Wash your hands.
2. Powder formula is not sterile and may contain bacteria. Therefore, bring enough water for your bottle to a boil (the formula container has the instructions for the correct amount of water for a feeding – adding more or less can be harmful to your baby).
3. Add the measured, boiled water to the powder formula and shake (this should be done within 30 minutes of boiling, since the high temperature of the water destroys any bacteria in the powder formula).
4. Cool the bottle by running cold water over it or placing the bottle in a container of cold water (be careful the cold water does not get into the bottle of formula).
5. If you choose to not feed your baby right away, you can refrigerate the cooled formula for 24 hours (after 24 hours, it must be discarded).
5. After using your bottle, wash with hot soapy water and dry. Wash all feeding equipment with hot, soapy water. Use a brush to clean the nipples and bottles, and then rinse with water.
6. Store the clean bottles assembled and covered in a clean place.

### Warming formula:

1. To warm prepared powder formula or commercially prepared ready-to-feed liquid formula, DO NOT USE A MICROWAVE. This can cause hot spots that can scald your baby's mouth.
2. Warm the bottle of formula under warm running water, or place in a container of warm water.
3. Shake and swirl the warmed bottle to make sure the heat is even.
4. Always check the temperature of the formula before feeding your baby (it should be lukewarm).
5. After warming the formula, it must be used within 2 hours. After two hours, it must be discarded.
6. If your baby does not finish the bottle within 1 hour, it must be discarded. Saliva mixes in the bottle during the feeding, and bacteria can grow.

As always, call us with any questions.

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