

How to Clean Breast Pump Parts

Patient Information
www.interiorhealth.ca

Breast pump parts are pieces of equipment that must be cleaned properly to keep you and your baby healthy.

Important: The instructions that come on the pump kit package may say that the kit should be thrown out after a single use or after 24–72 hours. There is no need to do this as long as you follow these cleaning instructions.

1. Always wash your hands before you begin.



2. Take apart all parts of the breast pump kit.



3. Do not wash the following parts as they will be damaged if you do. Instead, wipe these parts down with a slightly soapy cloth and air dry.

Ameda



Medela



4. Wash all parts in warm water with mild soap (use dish soap) in a clean basin or clean sink. If you are at home, the large plastic pieces may be washed on the upper rack of a dishwasher.



5. Rinse well under warm running water.



continued on other side →

Healthlink BC

Dial 8-1-1

*Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m. - 9 a.m. daily
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday
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6. Dry parts completely using a paper towel or allow to air dry on a clean towel.



7. All parts should be stored in a dry Ziplock bag or other clean container. If your baby is in the hospital, the container should be labeled with your name and room # to avoid any mix-up.



8. Make sure your container allows the parts to continue to air dry so that any slightly damp parts won't stay moist. Containers should be washed daily, rinsed and thoroughly dried.

9. If you are sharing a hospital pump, wipe down the machine with the disinfectant wipe given to you by the hospital after each use (use gloves). If you are at home, wipe it down with a slightly soapy cloth daily.



Before each use remember:

- Check all parts for cracks, wear and tear.
- Check the tubing—make sure it is clean and dry. If not, replace it.

If your baby is preterm, ill or in the nursery

The hospital will give you special sterile bottles to use each time you pump.

Questions?

If you have any questions, ask your hospital nurse, public health nurse or contact the pump manufacturer.

For more Information on:

- Safe storage of breastmilk, go to your copy of Baby's Best Chance (p.107) or <http://www.health.gov.bc.ca/library/publications/year/2013/bbc.pdf>
- "How to use an Electric Breast Pump", refer to IH Patient Handout #828070 (available at www.interiorhealth.ca)