

# HOW TO KEEP YOUR BREAST PUMP CLEAN

Breast milk is one of the best things you can give for your baby's health and development. In addition to breastfeeding, you can express milk to give breast milk to your baby. However, germs can multiply quickly in breast milk or in the milk residue left on parts of the pump. If your baby was born prematurely or has other health problems, your baby's healthcare provider might give you more tips on how to express breast milk safely.

Follow these steps to keep your breast pump clean and help protect your baby from germs.

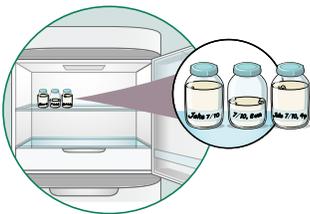


## BEFORE EACH USE:



1. Wash your hands with soap and water for 20 seconds.
2. Inspect and assemble the clean extractor. If the tubes have mold, discard, and replace them immediately.
3. Wipe the power button and the surface where you will put it with disinfectant wipes, especially if you are using a shared extractor.

## AFTER EACH USE:



1. Store milk safely. Cap the milk collection bottle or seal the milk collection bag, put a date tag on it, and immediately place it in the refrigerator, freezer, or thermal bag with ice packs.
2. Disassemble and check the extractor. Remove the tubes from the pump and separate all parts that come into contact with the breast or breast milk such as cups, valves, membranes, connectors and milk collection bottles.
3. Clean the extractor. As soon as possible after expressing milk, clean the parts of the pump that come into contact with the breast or breast milk with running water.



For more information, please contact the Preventive & Educational Community Services Unit **787.277.6571**.

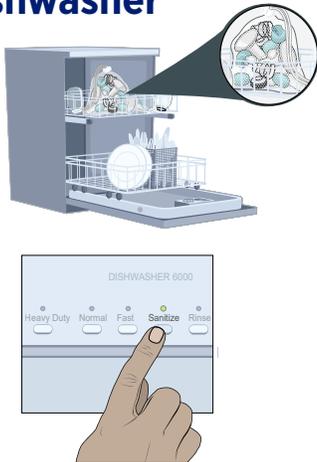
## CLEAN THE EXTRACTOR

### Handwash



1. Place the pump parts in a clean container that you use only for baby feeding items.
2. Add hot water and soap to wash the extractor in a bowl.
3. Scrub the parts with a clean brush that you use only for baby feeding items.
4. Rinse the parts under running water or soak them in cool water in a separate container that you use only to clean the baby's feeding items.
5. Dry completely in the air. Place the parts of the extractor, washing container, and bottle brush on an unused clean kitchen towel or paper towel in an area that is protected from dirt and dust. Do not use the kitchen towel to dry the items because that way you could transfer germs to the items.

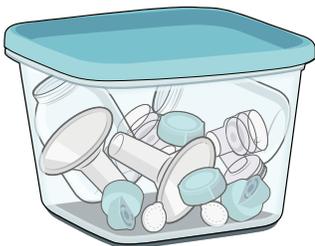
### Dishwasher



#### Do not place the extractor parts directly inside the dishwasher!

1. Wash the extractor parts in the dishwasher if the extractor manufacturer recommends it for a dishwasher. Be sure to place small items in a closed basket or net bag. Add soap and, if possible, use the hot water function and the hot dry (disinfect) cycle.
2. Remove the parts from the dishwasher with clean hands. If the items are not completely dry, place them on a clean, unused kitchen towel or paper towel, so that they air dry completely before storing.

## AFTER CLEANING



For further microbial removal, disinfect the parts of the extractor, wash container, and bottle brush at least once a day after cleaning.

Store dry items safely until you need them. Make sure clean extractor parts, bottle brushes, and washing containers have been completely air-dried before storing.