

## **Expressing, Using and Cleaning your Pump**

### **Preparing to Express or Pump**

1. Wash your hands with soap and warm water.
2. Find a quiet place. Relax and be comfortable. Breathe in a slow deep manner to promote relaxation. Visualize baby - have pictures available. Have a non-diuretic beverage within easy reach.
3. To stimulate milk letdown, use warm compresses on breasts, not on nipples.
4. You may experience many let-downs. Let-down signs when expressing:
  - Uterine contractions, relaxed feeling, tingling in breast, increased vaginal discharge, milk leaks or sprays.
  - You will also experience these feelings when the baby is suckling and swallowing at breast.
5. If manually expressing, place thumb on top of areola, index and middle finger under breast, push back into chest wall and roll forward. Rotate fingers around breast. Express into a dry, clean container.

### **Using and Cleaning Your Pump**

1. Initially sterilize (boil 10 minutes) the pump parts and containers that come in contact with breastmilk (not the inside of the tubing since water is difficult to remove) or use Medela's microsteam bags. This is only necessary when you first use the pump. Afterwards, pump parts and containers should be cleaned with hot soapy water and rinsed thoroughly; or placed in dishwasher. Air dry parts after cleaning. Some moms occasionally sterilize thereafter.
2. Place the **center** of the breast flange over your nipple. Be sure the breast flange fits your nipple comfortably. Breast flange come in different sizes and can be purchased separately. Soft flanges are also available
3. Turn the pump on **after** you have placed your breast in the flange.
4. Start with lowest suction level and gradually increase to comfort. The settings reflect a range of speeds defined as "cycles/minute". The maximum speed is usually 60 –65 cycles/minute and the medium speed is 50 cycles/minute.
5. Pump each breast for 15 - 20 minutes or until your milk flow slows down. If you are single pumping, switch breasts every 5 – 10 minutes. Pump for 20 – 30 minutes total. If you are double pumping, pump for 15 - 20 minutes total time.
6. The best times for pumping are in the morning after feeding, between feedings, on one breast while nursing on the other, or pump after a feeding when breast not emptied.
7. Amount of milk pumped depends on the amount of time since last feeding, your milk supply, time of day, familiarity with pumping.
8. We recommend that mothers have their own breast pump.

## Storage, Transporting and Thawing Breast milk

### Storage

- Always wash your hands with soap and warm water before handling breast milk.
- It is normal for pumped milk to vary in color, consistency and scent depending on your diet. Stored milk separates into layers. Cream will rise to the top. Gently swirl the warmed bottle to mix the milk layers.
- You can continue to add small amounts of cooled breast milk to the same refrigerated container throughout the day. Avoid adding warm milk to already cooled milk.
- Store your milk in BPA-free breast milk collection bottles, or in milk storage bags made especially for breast milk. The storage bag is designed with two-layer construction to protect your stored milk. Place smaller bags inside larger food storage bag or stand upright in a Tupperware container.
- Freeze milk in 2 oz., 4 oz. to 6 oz. portions. Small amounts will thaw more quickly. You will waste less milk this way and will avoid over-feeding. Liquids expand when frozen. Be sure to leave some extra room at the top of the container so the bottle or bag won't burst.
- Seal containers tightly. Write the date and time on a piece of masking tape on the bag or bottle or directly on freezer bags. Use the oldest milk first.
- Expressed breast milk can be placed directly in the freezer after pumping.
- If you do not plan to use the milk within a few days, freeze it right away in the coldest section of your freezer. Do not place the bottle or bag up against the wall of the freezer.
- Do not add fresh milk to container with already frozen milk.

	Room Temperature 66°-72°F (19°-22°C)	Cooler Freezer Ice Packs 59°F (15° C)	Refrigerator 32°-39°F (0°-4° C)	Freezer	Deep Freezer 0°F (-19° C)
<b>Fresh Breastmilk</b>	4 - 6 hours	24 hours	Up to 5 days	3-4 months	6-12 months
<b>Thawed Breastmilk (previously frozen)</b>	Do not store.	Do not store.	24 hours	<b>Never refreeze thawed milk.</b>	<b>Never refreeze thawed milk.</b>

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### Transporting

- Frozen milk - don't use ice (ice causes milk to thaw). Pack tightly in cooler bag - use ice packs, and a clean towel or Styrofoam beads to fill extra space.
- At work, you can use a cooler carrier with frozen ice packs to transport milk back and forth to your day care provider.

### Thawing Milk

- Thaw milk overnight in the refrigerator. It takes 4 ounces of frozen breast milk 12 hours to defrost in refrigerator. Or hold the bottle under warm running water to quickly thaw. You can place the sealed container in a bowl of warm water for 20 minutes to bring it to body temperature.
- Thawing breastmilk at room temperature is **NOT** recommended.
- **Thawed milk is safe in a refrigerator for 24 hours. Do not re-freeze milk.**
- DO NOT use the microwave to heat milk. Reasons: Proteins in breastmilk are destroyed; uneven heating patterns can create "hot spots" in milk that may burn baby's mouth
- Gently shake the container of thawed milk before feeding to baby.
- Some mothers report their defrosted breast milk has a soapy taste or odor. This is due to a normally occurring enzyme, lipase, which helps to digest fat content of the breast milk. To avoid this from occurring, scald the breast milk (do not bring to a boil) on a stove until tiny bubbles appear along the sides of the pan; do this before it is frozen. The scalding process will neutralize the enzyme preventing the soapy taste or smell.

### Flying with breast milk

- If you travel for work or are just flying for pleasure, milk can be shipped packed in dry ice or shipped on airlines packed in cooler containers with dry ice packs. Check on-line to see what the rules and regulations are for your local airport.

### Feeding Tips

- Recommended times to offer a bottle is 3 – 5 weeks. This gives the baby time to learn how to breastfeed and to avoid nipple confusion. At this point, it also allows your baby to take a bottle if you are going back to work in several months.
- Choose a slow-flow bottle nipple, one that is soft and has a wide base. Have someone other than mom offer bottle if you can. Mom sometimes may need to leave the room or the house if infant is fussy taking the bottle. Keep trying! Sometimes it takes a little patience and perseverance.
- Pause to burp the baby when needed.

References: [www.Medela.com](http://www.Medela.com) and [www.Ameda.com](http://www.Ameda.com), Children's Hospital Information sheets.