

Collection, Storage and Handling of Breast Milk for Hospitalized Infants

NOTE: Wash your breasts every day when you take a shower or bath. Do not use soap on your nipples and areolae. If your nipples are sore, Lansinoh or Purelan may be used for comfort. Do not use any other creams or oils.

Step 1



Wash your hands with soap. Take special care to clean under and around your fingernails

Step 2



Assemble the equipment

Step 3 (Optional)



Apply warm compresses for a few minutes, and/or gently massage your breasts and roll your nipples to help with a letdown

Step 4



Position the pump flange on your breast with the nipple centered, and hold snugly, with even pressure around the edge of the flange

Step 5



Pump on a comfortable setting for about 15

Step 6



Cap the bottle and label the milk with the

minutes. Stop in the middle of the pumping time to massage the breasts for 2-3 minutes, then lean forward and “jiggle” your breasts. Then resume pumping until the milk flow has stopped for 2 minutes. If any areas of the breast remain firm, single pump while massaging the areas to help drain them completely

time and date you pumped. Place mild in the refrigerator. Each mother will have a label with a specific color and/or pattern assigned to her

NOTE: The milk may be frozen if it will not be used within 48 hours of pumping

Step 7



Wash the equipment with soap and warm water after each use

Step 8



Place cleaned pump parts on a clean towel and cover with another clean paper or cloth towel. Allow the equipment to air dry

Step 9



Bring fresh milk to the ICN as soon as possible

Transport Pumped Breast Milk From Home



Place refrigerated or frozen milk in an insulated bag.

Use a ‘blue ice’ or wrap towels around the bottles to fill in the spaces so the milk stays cold.

DO NOT use ice to transport the milk

Extra Pumping Tips:

- Pump 8 times in 24 hours
- Set up a ‘pumping corner’ and have water and snacks within reach
- Focus on a picture of your baby
- Listen to soothing music or relaxation tapes
- Call the Lactation Nurse if you have any questions or concerns