

## CLEANING AND STERILISING

To ensure that your baby stays well, it is vital that you keep all parts of the pump that come into contact with your milk clean.



### BENCH-TOP

wash in hot soapy water, place all parts onto a clean drying rack on a spill-proof tray or in the sink and pour boiling water over the lot. Leave to air-dry.



### DISHWASHER

top-shelf away from the element. Make sure there is not food residue on cleaned parts.



### STOVE-TOP

place parts in a pot and cover with water. Bring to boil and boil for 2 minutes. Remember to set your timer!



### MICROWAVE

Microwave sterilising does risk damaging parts. For this reason we **DO NOT RECOMMEND** this form of cleaning



### CHEMICAL / MILTONS

sterilising in a chemical solution may cause the plastic to deteriorate quicker. For this reason, we **DO NOT RECOMMEND** this form of cleaning

### HANDY TIP!

If you are a busy mum who exclusively pumps, because breast milk is antibacterial, you can put your parts in a clean bag into the fridge after each pump and sterilise at the end of the day.

- Sterilise all parts (except main body / motor) daily.
- If you submerge the air tube in water, make sure you hang it up so that all drips have drained out and the tube is completely dry again.
- In between sterilising, wash parts that come into contact with milk in warm soapy water after each use.

## TIPS FOR PUMPING



Choose the calmest time and place you can to start pumping



Consider covering the bottle with a sock to minimise yield stress and maximise oxytocin



Have everything you need handy including water, music and a photo that makes you feel warm and fuzzy



Give your breasts a very gentle massage (no firmer than you would pat a cat!)



Take a few deep calming breaths and ensure you are comfortable



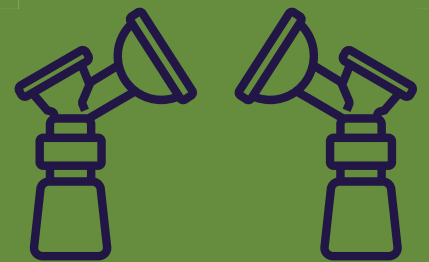
Apply pump (ideally to both sides) turn on and adjust to comfortable setting



Relax and pump for 10 minutes - not focusing on the amount you are getting



You will get different yields at different times of the day so play around with what works best. The AVERAGE yield per session (both sides) is around 30ml, but this varies



If you are pumping to increase supply, double pump for 15 minutes (unless advised otherwise)

IT CANNOT BE STRESSED ENOUGH THAT THE AMOUNT OF MILK YOU ARE ABLE TO PUMP IS NOT EVER A RELIABLE INDICATOR OF HOW MUCH MILK YOU ARE PRODUCING, OR HOW MUCH MILK BABY IS TAKING IN. THE HEALTHY BREASTFED BABY IS USUALLY MUCH MORE EFFICIENT AT GETTING MILK FROM THE BREAST THAN A PUMP IS.

## STORING YOUR BREAST MILK



clean and dry  
equipment prior to use



Ensure you have  
storage containers you  
can write on (bags or  
bottles) and write date  
and time of pumping  
and keep these cool



If adding fresh milk to  
stored milk, chill fresh  
milk to stored milk  
temperature, add the  
milk and use within the  
timeframe  
recommended for the  
milk pumped earliest.  
Do not mix with  
formula.



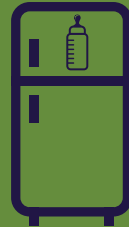
It is normal for milk to  
look different at  
different times, to be  
greenish, yellowish or  
reddish at times or to  
be watery or thick



Breast milk is safe at  
room temperature  
(up to 26 degrees)  
for for four hours



Milk is safe in the  
fridge (best close to  
the back of the  
fridge) for 2 days



Milk is safe in the  
freezer compartment  
of a fridge/freezer for  
up to 6 months



Milk is safe in a  
chest freezer for up  
to a year

## USING FROZEN BREAST MILK



Thaw the milk in the  
fridge first



Warm the milk in the  
container within  
another container  
(cup or bowl) of hot  
water



Mix the milk well and  
check temperature  
on your wrist before  
giving it to baby via a  
spoon, cup or bottle



Feed the milk to the  
baby whilst holding  
them close and  
responding to their  
cues