



CanBreastFeed
Canterbury Breastfeeding Advocacy Service

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.



Te Puawaitanga
ki Ōtautahi Trust