

# CLEANING YOUR PUMPING KIT & INFANT FEEDING ITEMS

FOLLOW THESE STEPS TO KEEP YOUR BREAST PUMP AND INFANT FEEDING ITEMS CLEAN AND HELP PROTECT YOUR BABY FROM GERMS.

## BEFORE EVERY USE

- **Wash your hands** well with soap and water for 20 seconds.
- **Inspect** and assemble clean pump kit. If your tubing is moldy, discard and replace immediately.
- **Clean** pump dials, power switch, and countertop with disinfectant wipes, especially if using a shared pump.



## AFTER EVERY USE

- **Store milk safely.** Cap milk collection bottle or seal milk collection bag, label with date and time, and immediately place in a refrigerator, freezer, or cooler bag with ice packs.
- **Clean pumping area,** especially if using a shared pump. Clean the dials, switch, and countertop with disinfectant wipes.
- **Take apart** breast pump tubing and separate all parts that come in contact with breast / breastmilk.
- **Rinse** breast pump parts that come into contact with breast/ breast milk by holding under running water to remove remaining milk. Do not place parts in sink to rinse.
- **Clean** pump parts that come into contact with breast / breast milk as soon as possible after pumping. (See reverse for cleaning instructions)



## SANITIZE

For extra germ removal, sanitize all pumping & feeding items at least once daily. (Even the bottle brush and wash basin!)

Before sanitizing, make sure you have cleaned all items and check manufacturer instructions for which method to use.

Note: If you use a dishwasher with hot water and a heating drying cycle (or sanitizing setting) to clean infant feeding items, a separate sanitizing step is not necessary.



**STEAM:** Place disassembled items in microwave or plug-in steam system and follow the manufacturer's instructions for sanitizing, cooling, and drying the items.



**BOIL:**

1. Place disassembled items that are safe to boil into a pot and cover with water.
2. Put the pot over heat and bring to a boil.
3. Boil for 5 minutes.
4. Remove items with clean tongs.



After sanitizing, place items on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Allow to air-dry thoroughly before storing.

For more information and resources visit

[breastfeedingnm.org](http://breastfeedingnm.org)



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ALWAYS HANDLE PUMPING KIT AND INFANT FEEDING PARTS WITH CLEAN HANDS.

## CLEANING IN THE DISHWASHER

- **Check** manufacturer's instructions to see if your parts are dishwasher safe.
- **Separate** all pumping and bottle parts. Rinse all parts in water (any temperature) as soon as possible after use.
- Place parts in the dishwasher (Be sure to place small items into a top closed basket or mesh laundry bag). **If possible, run the dishwasher using hot water and a heated drying cycle** (or sanitizing setting); this can help kill more germs.
- **Remove** from dishwasher with clean hands.
- If items are not completely **dry**, place items on a clean unused dish towel or paper towel to air dry thoroughly\*\* before storing in an area free of dust or dirt.



## CLEANING BY HAND

- **Separate** all pumping and bottle parts.
- **Rinse** bottle parts and any other feeding items by holding them under running water. Do not set them in the sink. The water can be warm or cold, whatever you prefer.
- **Wash** all pumping or feeding items. Place all items in a clean basin\*.
- **Fill wash basin** with hot water and add soap. Scrub items using a clean brush\*.
- **Squeeze** water through bottle nipple holes to be sure they get clean.
- **Rinse again.** Rinse by holding items under running water, or by holding completely under fresh water, in a separate basin that is used only for cleaning infant feeding items.
- **Allow to air-dry.** Place bottle parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Allow to air dry thoroughly\*\*.
- **Clean** wash basin and bottle brush. Rinse the wash basins and brush well and allow them to air-dry after each use.

\*Designate a basin or container and a brush that will be used only to clean pumping parts or infant feeding items. Do not wash directly in the sink because it may contain germs that could contaminate these items.

\*\*Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.

After cleaning and air drying, sanitize all pumping and infant feeding parts at least once daily.

( See reverse for sanitizing instructions. )

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