

## VIII Cleaning and Hygiene

Follow these cleaning instructions unless you are told otherwise by your healthcare professional.

- Important**
- Use drinking water quality for any of the following described cleaning procedures.
  - Clean parts immediately after use to avoid dry up of milk residues and to prevent from growth of bacteria.
  - Disassemble all parts prior to cleaning. Especially be sure to remove the yellow valve head from the breastshield and separate the white valve membrane from the valve head.

- Prior to first use and once daily**
- Disassemble, wash and rinse all parts of your pump kit that come in contact with the breast and milk (a+b+c+d+f+g+h), except motor unit.
  - Place parts in a saucepan of sufficient capacity.
  - Fill with cold water until the parts are well covered. Optionally, a tea spoon of citric acid may be added to avoid a build-up of limescale.
  - Heat it up and allow to boil for 5 minutes.
  - Remove from stove and drain water off.
  - Dry parts with a clean towel.

Alternatively, the disassembled parts can be sanitized in top rack of dishwasher or steam-sterilized.

*Note: Food colorings may discolor components which will not affect performance.*

- After each use**
- Disassemble and handwash all parts of your pump kit that come in contact with the breast and milk (a+b+c+d+f+g+h) in warm, soapy water (except motor unit).
  - Rinse in clear water.
  - Dry parts with a clean towel.
  - Use a damp (not wet) cloth to wipe the motor unit after each use.

**Hints** After cleaning, when parts are not in use, put in a clean zip lock bag or store in a container with lid. Alternatively, the parts can be wrapped in a clean paper or cloth towel.

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- Hygiene**
- Wash hands thoroughly with soap and water before touching the breast and pump parts.
  - Avoid touching the inside of bottles and lids.
  - Clean the breast and surrounding area with a damp cloth.
  - Do not use soap or alcohol which can dry the skin and cause cracked nipples.

## IX Storing / Thawing Breastmilk

*Check with your hospital for specific instructions.*

### Breastmilk Storage (For Healthy Term Babies)

	Room Temperature	Refrigerator	Refrigerator Freezer Compartment	Deep Freezer
Freshly expressed breastmilk	<i>Do not leave at room temperature</i>	<i>3 - 5 days at approx. 4° C</i>	<i>6 months at approx. -16° C</i>	<i>12 months at approx. -18° C</i>
Thawed breastmilk (previously frozen)	<i>Do not store</i>	<i>10 hours</i>	<i>Never refreeze</i>	

- *When freezing do not fill bottles/bags more than 3/4 full to allow space for expansion.*
- *Label bottles/bags with the date of pumping.*
- *Do not store breastmilk in the door of the refrigerator.*
- *In order to preserve the components of the breastmilk, thaw in the refrigerator overnight or by holding the bottle/bag under running warm water (max. 37° C).*
- *Gently shake the bottle/bag to blend any fat that has separated.*
- *Do not thaw frozen breastmilk in a microwave oven or in a pan of boiling water (danger of burning).*