

INFORMATION SHEET ON EXPRESSING, STORING AND TRANSPORTING BREAST MILK

It is important for your child that breast milk is expressed hygienically. Thorough cleaning of all equipment is therefore essential. Following the storage and transport instructions helps preserve the nutrients as effectively as possible. This information sheet provides an overview and allows you to refer to the procedures at any time. If you have any questions or are unsure about anything, please do not hesitate to contact us.

Personal hygiene

- Shower or wash daily. Use a separate towel to dry your breasts and change it every day.
- Do not apply body lotion to your breasts.
- Use fresh breast pads after each expressing session.

Milk bottles

- Use only the bottles provided by the hospital, as these have been specially prepared.
- Do not open the bottles until they are actually needed.
- When opening, closing or transferring milk, avoid touching the inside of the bottle and lid or the rim of the bottle.
- Do not use damaged bottles; please return them.

Routine steps before each expressing session

- Regularly clean the surface on which the breast pump and pump accessories are placed, using a clean cloth and warm water with a little washing-up liquid.
- Wash your hands thoroughly with soap.
- Use a fresh personal towel each day or disposable paper towels to dry your hands.
- Always disinfect your hands in the hospital. This is not necessary at home.
- Have all the pump equipment you need and a drink for yourself ready so that you can express milk calmly and without interruptions.
- While expressing, avoid any contact with other food or with your mobile phone to prevent germs from being transferred.

Cleaning the pump equipment

- Wipe the breast pump, tubing and membranes daily with a clean cloth and warm water containing a small amount of washing-up liquid.

- Thoroughly remove any milk residue from the work surface, breast pump and other equipment before it dries.
- After each use, completely disassemble the pump set. Rinse all parts with milk residue under cold water, then clean them thoroughly in warm water with washing-up liquid. Use a washing-up bowl and a brush for cleaning.
- Finally, rinse thoroughly with hot water.
- Shake off any remaining water thoroughly, place the parts on a clean towel to dry and cover them with another towel. Preferably use disposable paper towels.
- The parts must be completely dry before they are reassembled.
- After cleaning the pump set, also rinse the washing-up bowl and brush with hot water and allow them to dry completely.
- Instead of cleaning the pump set by hand as described above, its individual parts may also be cleaned in the dishwasher. Select a programme with a temperature of at least 60 °C; do not use an eco or short programme. Afterwards, allow the parts to dry outside the dishwasher as described above.
- The washing-up bowl and brush may also be cleaned in the dishwasher.
- Once a day, after cleaning, boil all individual parts of the pump set for 3 minutes in a saucepan reserved for this purpose. The saucepan must be large enough for all parts to be completely covered with water.
- If limescale builds up on the pump set because of hard water, a small amount of vinegar or fresh lemon juice may be added to the boiling water.
- Instead of boiling the pump parts, you may use one of the following methods: a steam steriliser for milk bottles (a separate appliance or a microwave insert) or microwave steam-sterilising bags.

Collecting and storing breast milk

- After expressing, complete one of the pre-printed labels provided by the hospital with your child's name, the date and the time when the first portion was expressed, and attach it to the bottle. If a bottle is not labelled correctly, the milk may have to be discarded.
- Place the bottle in the refrigerator immediately afterwards.
- The refrigerator should be set to a temperature of 4 °C.
- Do not store the milk in the refrigerator door, as it is warmer there and the temperature fluctuates more.
- Ideally, store the milk bottles in a separate, uncovered container in the refrigerator so that they do not come into direct contact with other food.
- To save space, several portions of milk that have already cooled completely may be combined in one bottle. However, only portions expressed within the same 12-hour period may be combined. Always start a new collection bottle at 12 noon and at midnight.
- Label the bottle with the time when the first portion of milk was expressed.
- Maintain good hygiene when transferring milk as well.
- Ideally, bring the milk to the hospital every day.
- If it is clear that the milk cannot be brought to the hospital within 24 hours, freeze it at -18 °C or colder until the next possible transport date.
- When freezing, leave approximately 2.5 cm of space at the top of the bottle, as the milk expands when frozen.
- Frozen milk should be brought to the hospital within one month.

Transporting breast milk

- The most important requirements during transport are maintaining the cold chain and good hygiene.
- A smooth-sided, washable cool box is most suitable. Insulated bags provide less effective insulation and are suitable only for very short journeys.
- For transport, surround the refrigerated or frozen milk with plenty of completely frozen ice packs.
- The cool box or insulated bag and the ice packs must be cleaned thoroughly after every journey and then allowed to dry completely.

Important hygiene information

- All items used in connection with breast milk - for expressing, cleaning or transport - must be reserved exclusively for this purpose. They must not be used for other household tasks.
- Wash towels, cleaning cloths and similar items at a minimum of 60 °C.
- Do not use chemical disinfectants.