

Storage

AT ROOM TEMPERATURE* 4 - 6 hours

IN THE REFRIGERATOR
BELOW 4 DEGREES CELSIUS 4 days

IN THE FREEZER Optimal: 3 months
Maximal: 12 months



*Note: it requires 4 hours already to feed the milk to your baby. Thus, the milk should be cooled immediately.

Breast Milk Pooling

Pooling is the process of combining milk from different pumping sessions. This can be particularly useful for small portions of milk.

- At home, the breast milk can be stored in the refrigerator for pooling for a maximum of 24 hours.
- Freshly pumped warm breast milk must first be cooled before it can be added to the already cooled milk.
- Fresh milk must not be added to milk that has already been frozen.

Transport

- During transport, the cooling chain must not be interrupted.
- The milk must be transported to the clinic immediately and without delay using a cool box with frozen cooling elements.
- Fill the empty space in the box with clean towels.
- The cooling box should be insulated, easy to clean and disinfected after each transport.

Every Drop of Breast Milk Helps Your Child!



Hygienic Handling of Breast Milk

THE MOST IMPORTANT POINTS



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Hygienic pumping of breast milk



PERSONAL HYGIENE

- Take a shower once every day.
- Clean the breast with water, without soap.
- Use a fresh towel every day to dry.
- Change your nursing pads regularly and your bra daily.
- Do not use care products containing paraffin.



HAND HYGIENE BEFORE PUMPING

- Wash your hands thoroughly with liquid soap under running water for 20 seconds before each pumping/contact with breast pump/pump set and dry with a fresh towel or paper towel.
- In a clinical setting, also disinfect your hands.



CHECKING THE PUMPSET

- Visual inspection of the pump set for contamination before each pump session.
- Replacement of the tubes in case of accumulation of milk or any other contamination in the tubes.



CLEANING OF THE PUMP

After each pumping session, wipe down the pumps control panel with a suitable surface disinfectant.



CLEANING THE PUMP SET: IN THE CLINIC

Use a new pump set every 24 hours and clean it after each pumping session.

- Disassemble the pump set.
- Rinse all parts under cold running water of drinking water quality.
- Clean the pump set with hot water and dishwashing detergent in a designated bowl and use a designated bottle brush.
- Rinse the pump set parts with clear water.
- Air dry on a fresh towel/ paper towel.
- Store the cleaned and dried pump set where it is protected from contamination.

Use a new pump set for each pumping if cleaning or personal storage is problematic.



CLEANING THE PUMP SET: AT HOME

By hand it is the same as in the clinical setting.

In the dishwasher, clean at 65°C at least, put small pump equipment in a closed basket or laundry bag, unload with washed hands, if necessary air-dry still damp parts on a paper towel or a clean towel.

Thermal disinfection once a day:

- Boil it in water (3 min) in a pot on the stove.
- Do a steam sterilisation using an electric steam steriliser or a microwave oven.
- In the dishwasher use a programme with a temperature of at least 65°C and heat drying or a special hygiene programme.
- If necessary, air-dry parts that are still wet on a clean towel/paper towel.
- Store the sterilised and dry pump set protected from contamination.



Storage

- Sterile bottles are provided at the clinic.
- Tightly close the lid, do not touch the inside.
- Label according to instructions (date, time).
- Cool the milk as quickly as possible.
- Place bottles at the back/top of the refrigerator/freezer.
- Freeze the milk immediately if not used within 4 days.
- Leave space of approx. 2cm in the bottle (milk expands during freezing).