

# 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



[www.neo-milk.de](http://www.neo-milk.de)

# 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).