

Breast Pump Cleaning Guide



Before Each Pumping Session

- Wash your hands
 - Use soap and water for 20 seconds
 - Dry hands on a clean towel
- Inspect Pump Parts Before Assembly
 - If a part or tubing is broken or moldy, discard part immediately.
- Clean exterior of pump, pump dials, power switch, and countertops with disinfectant cleaning products or wipes (especially if using a pump that you don't own or share with others).

After Each Pumping Session

- Store Milk Safely
 - Place cap on milk collection bottle tightly
 - Seal milk collection bag
 - LABEL with the date and time (and the child's name if the milk is going to a childcare provider)
 - Immediately put the milk in a refrigerator, freezer, or cooler bag with ice packs.
- Clean Pumping Area (with disinfectant products or wipes - especially if sharing a pump with others)
 - Clean the pump dials
 - Clean the power switch
 - Clean the countertops
- Disassemble Breast Pump
 - Remove tubing
 - Separate parts that came into contact with breast and/or breast milk
- Rinse
 - Hold the parts under running water to remove remaining milk.
 - DO NOT PLACE IN THE SINK TO RINSE (sinks contain numerous bacteria and contaminants)
- Clean Pump Parts
 - Any part that touched a breast or breastmilk needs to be cleaned
 - Cleaning in a dishwasher or by hand in a wash basin or bucket (specifically for washing ONLY your infant feeding items)