

Breast Pumping Hints



IH-IV-96
R.D. 4/07
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1. Wash your hands each time before pumping breasts and breastfeeding.



2. A daily shower is enough to clean your breasts, unless you use cream on your nipples. If you are using cream, wash your nipples with a warm wash cloth.

3. Pump 6-8 times a day, which is every 3 to 4 hours. Pump once at night if you are awake.



4. Pump each breast for 15 to 20 minutes. If you are using a double pump set-up, pump for only 10 minutes.

5. Use a clean bottle each time you pump, and store the breast milk in the **freezer**. Put your name, the date and time you pumped on the bottle label. You can store breast milk in your freezer for 3 months.

6. Do not let the milk thaw. If it thaws, use it in less than 24 hours (1 day). Bring it to the nursery on ice, in a cooler or ice chest.



7. Wash all the equipment after every use in hot, soapy water. Rinse, and then let it air dry.

8. Boil all plastic equipment (but not any of the tubes) for 20 minutes once each day.