

BREASTMILK FOR YOUR HOSPITALIZED INFANT (ELECTRIC BREAST PUMP)

Mothers who need to express milk for several weeks or months will need to use a hospital grade electric breast pump.

WHEN TO USE THE PUMP

Begin pumping as soon as possible. You should pump 8 to 12 times every 24 hours with a 5 to 6 hour break at night for sleep. If you wake up in the night, you should pump. The length of time to pump varies from mother to mother. A good rule is to pump for at least 15 to 20 minutes or until the milk stops flowing, and then two minutes more, whichever is longer. Stress and fatigue can affect your milk supply, so try to rest as often as possible.

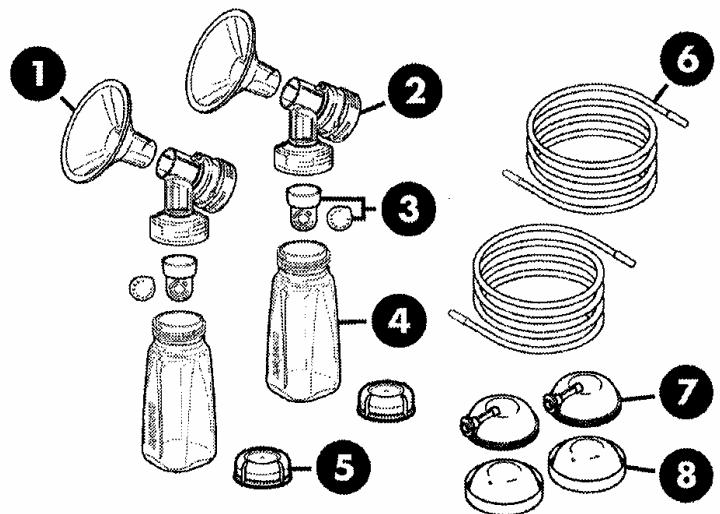
Electric pumps are available free of charge while your child is in Nationwide Children's Hospital.

For the time you spend away from the hospital, you will see breast pump rental stations in the Breast Pump Room in the Neonatal Intensive Care Unit (NICU). In addition, Nationwide Children's Homecare rents hospital grade pumps. If you have a prescription for the pump, your insurance may pay for rental. For more information, or for help renting a breast pump, contact the Lactation Team at 614-722-5228.

PUMPING WITH AN ELECTRIC BREAST PUMP

Before using the electric pump, you will receive the equipment you need. Your baby's nurse or a lactation consultant will teach you to use the equipment.

1. **Wash your hands** very well with soap and water for 15 seconds. Place the shield of the pump over the nipple with the skin around the rim of the shield.
2. Follow the directions for the pump you are using.
3. Pump both of your breasts at the same time for at least 15 to 20 minutes, or 2 minutes after your milk stops dripping, whichever is longer.
4. Pumping should not be uncomfortable. If you have any discomfort while pumping, be sure to tell a lactation consultant.



Picture 1 Medela Symphony® breast pump parts: 1. breast shield; 2. breast shield connector; 3. valve and white membrane; 4. collection container; 5. solid container lid; 6. tubing; 7. container stand; 8. membrane cap; 9. protective membrane.

STORING THE EXPRESSED MILK

1. Pour the milk into sterile containers that will be provided for you.
2. Label the milk container with your **baby's name**, **medical record number** and the **date and time**, of the milk collection and any medicines you have taken in the past 24 hours.
3. Store your breastmilk based on your baby's feeding plan. Expressed milk should be kept in the refrigerator for only 48 hours. It may be kept for 3 months in your freezer if your infant is in the hospital.
4. Pack the milk with freezer packs in a cooler when you bring it to the hospital.
5. When you visit your baby at the hospital, give your breastmilk to a staff member to store in the freezer or refrigerator.

EQUIPMENT CARE

Clean equipment is essential to providing your baby with a safe supply of your milk!

Washing Pump Parts at the Hospital	Washing Pump Parts at Home
<ol style="list-style-type: none"> 1. Wash your hands with warm, soapy water. 2. Separate the pump parts and collection bottles that have come in contact with your milk and need to be cleaned. 3. Wash your pump parts and collection bottles with soap and hot water. Do not use the antibacterial soap in the dispenser at the sink. Do not wash the tubing. 4. Rinse your pump parts and collection bottles with hot water and dry them with clean, paper towels. 5. Let the pump parts and collection bottles dry completely before putting them back together. 6. Sterilize the pump parts and collection bottles once every 24 hours, either by boiling them in water for 10 minutes or by running them through a dishwasher using the hot water cycle. If you do not have a dishwasher or cannot do the boiling water method, the Medela Micro-steam bag is acceptable. 	<ol style="list-style-type: none"> 1. Wash your hands with warm, soapy water. 2. Separate the pump parts and collection bottles that have come in contact with your milk and need to be cleaned. 3. Wash your pump parts and collection bottles with dish soap and hot water. Do not wash the tubing. 4. Rinse your pump parts and collection bottles with hot water and dry them with clean, paper towels. 5. Let the pump parts and collection bottles dry completely before putting them back together. 6. Sterilize the parts and collection bottles once every 24 hours, either by boiling them in water for 10 minutes or running them through a dishwasher using the hot water cycle. If you do not have a dishwasher or cannot do the boiling water method, the Medela Quick Clean™ Micro-Steam bag is okay.

If you have any questions, please call the lactation consultant at (614) 722-5228.