


Breast Pump Kit Cleaning Guide

Before cleaning, store milk safely by placing breast milk in a storage bag, bottle, or food-grade container. Seal the storage container and label it with the date and time. See [How to Store Your Breast Milk](#) care guide for more information.

Proper rinsing, washing and sanitizing of pump and milk collection parts helps protect your breast milk from contamination.

RINSE

Disassemble and rinse all pump and milk collection parts that come in contact with your breast or breast milk. Hold each part under running water to remove remaining milk.

 **CAUTION:** Tubing should NOT be rinsed or submerged in water because it does not come in contact with breast milk.

WASH

There are two methods you can use to clean your pump and milk collection cup parts: the hand washing method and the dishwasher method. See page 2 for instructions.

SANITIZE

For babies less than two months old, or babies with a weakened immune system, sanitize pump and collection cup parts at least once daily, in addition to washing after every pumping session. Sanitation options include using boiling water, electric steam sterilizers, or microwave sanitizing bags.

- **Boiling Water**

Put the bottle parts in a large pot, cover with water, and bring to a boil. Boil for five minutes, then remove with tongs and let air dry.

- **Dishwasher**

Use the sanitize-certified dishwasher cycle or hot water and a heated drying cycle. You might already be sanitizing when you use the dishwasher for washing.

- **Microwave Bag or Electric Steam Sterilizer**

Follow the manufacturers' instructions.

TIP

Keep an extra set of breast pump supplies on hand in case you don't have time to clean between pump sessions.



Hand Washing and Dishwasher Methods

HAND WASHING

Step 1: Wash Basin

Place pump and collection cup parts in a clean wash basin used only for infant feeding items. Do not place pump or collection cup parts directly in the sink!

Step 2: Soap & Water

Fill wash basin with hot water and add soap.

Step 3: Scrub

Scrub according to manufacturer's guidance. Scrub items with a clean brush used only for infant feeding items.

Step 4: Rinse

Rinse by holding items under running water, or by submerging in fresh water in a separate basin.

Step 5: Dry

Air-dry thoroughly. Place the pump and collection cup parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Do not use a dish towel to rub or pat items dry. Items must become completely dry to help prevent germs and mold from growing before storing. Store in a clean, dry, protected area. Wash brushes and drying racks every few days.

DISHWASHER

Step 1: Contain

Only use this method if your pump and collection cup parts are dishwasher-safe per your pump manufacturer's guidelines. Place small items into a closed-top basket or mesh laundry bag and place it on the top shelf of the dishwasher. Other items may be in the dishwasher at the same time.

Step 2: Wash

Add soap and run the dishwasher using hot water with a heated drying cycle (if possible) or use the sanitize setting.

Step 3: Dry

With clean hands, remove the pump and collection cup parts from the dishwasher. If the parts are not completely dry, place the pump and collection cup parts on a clean, unused dish towel to air-dry before storing. Do not use a dish towel to rub or pat items dry! Items must be completely dry to help prevent germs and mold from growing. Store in a clean, dry, protected area.

CDC Reference

Our classes and accompanying materials are intended for general education purposes and should not replace medical evaluation or consultation. Please seek advice from your own healthcare providers for individualized recommendations.