

# Pumping, Storing and Transporting Breast Milk for Infants in the NICU

## Procedure:

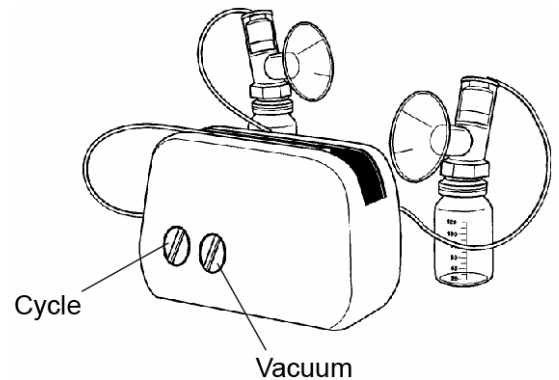
1. Wash your hands.
2. Gently massage your breasts.



3. Position the breast shield(s) on your breast(s) and turn on the Ameda Elite Electric Breast Pump. Adjust the knobs.

**Cycle knob:** For the first minute, turn the knob to MAX. Then turn the knob to halfway point for remainder of the pump session.

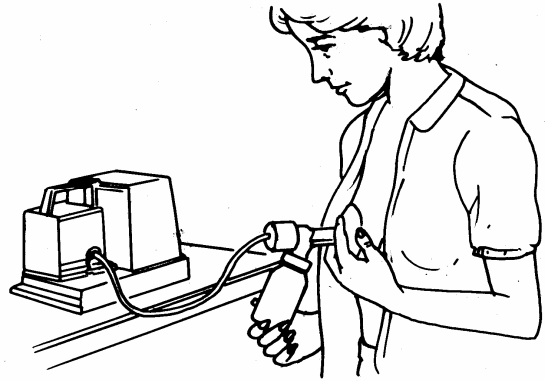
**Vacuum knob:** This knob turns the pump on. Turn the knob to a comfortable setting. It should **not** hurt to pump.



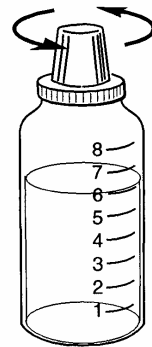
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Learn more about your health care.

- Pump your breasts 10 to 15 minutes, 8 to 10 times a day. Pump every 2½ to 3 hours during the day and at least one time at night.** Milk production depends upon supply and demand. The more often you pump the more milk you will produce.



- Pour the breast milk into a sterile container supplied by the hospital. You can get other bottles from your NICU nurse as you need them. Containers should be filled to the line marked to allow for expansion with freezing. Place the cap on the bottle tightly without touching the inside of the cap or container.



- Place a label including name, date, and time on each container.
- Refrigerate or freeze your milk after pumping. Breast milk may be stored for 48 to 72 hours (2 to 3 days) in the refrigerator, 2 to 3 months in the freezer and 6 months in a deep freezer. When freezing breast milk, place it in the back of the freezer not in the door.
- If you are pumping at home for your infant in the hospital and you **plan to take the milk to the hospital within 48 hours, refrigerate the milk.** Pack the container of milk on ice or in the "blue ice" insulated bag provided by the hospital.
- If the milk will not be taken to the hospital until after 48 hours, put the breast milk in the freezer** and take it frozen packed in blue ice in the insulated bag.
- Give the breast milk to your infant's nurse upon arriving at the hospital so that the milk can be immediately refrigerated or put in the freezer.

11. You may store milk pumped from both breasts in one container. Each expression should be chilled or refrigerated after the pump session. **Do not add fresh pumped milk to frozen milk in a container.**
12. Wash the parts of the pump that come into contact with your breasts or breast milk after each use in warm soapy water. Dishwashing soap such as Joy, Ivory or Dawn may be used at home. Rinse thoroughly and allow to air dry. Each day sterilize the parts of the pump for 20 minutes in boiling water. You may also use the top shelf of your dishwasher for sterilization.
13. If you have any questions or concerns about pumping milk, equipment, storage of milk or breastfeeding, your infant's nurse or the Lactation Consultant is available to help you. Call the NICU at (614) 293-8693 or the Lactation Consultant at (614) 293-8910.

Reference: Human Milk Banking Association of North America. "Best Practice for Expressing, Storing, and Handling Human Milk in Hospitals, Home and Child Care Settings". 4th edition, 2005.

- ✦ Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).