



PUMPING and STORING BREAST MILK

STORING PUMPED MILK

- Store milk in a clean air tight container, such as glass or plastic bottles, plastic milk storage bags, or ice cube trays with lids.
- BPA-free options are available.
- Store milk in portions of 2-5 oz, depending on the baby's age.
- Pour portions of a larger bottle into a smaller bottle to feed your baby. Whatever your baby doesn't drink from the bottle within a feeding should be discarded. Avoid wasting it!

▪ Avoid spoiled milk by following these rules:

- Freshly pumped milk can stay at room temperature 4 hours, in refrigerator 4 days, and in freezer 4+ months. You can add freshly pumped milk to chilled or frozen milk. Cool the fresh milk first, ie don't pour warm milk on top of frozen milk.
- Defrosted milk needs to be refrigerated. Use within 24 hours. Do not refreeze. Defrost overnight in the refrigerator, in a pan of warm water, or under warm running water.
- Do not microwave breast milk, as the heat destroys nutrients and may burn baby.

CHOOSING A PUMP

More expensive pumps are usually more effective and more comfortable to use.

The pump you choose will depend on your needs.

- A double electric pump is necessary if you pump regularly during a typical work day, if you are trying to stimulate more milk supply, if you need to reduce engorgement, or if you are trying to maintain your milk supply if your baby cannot nurse for just a few days.
- The Pump In Style or Freestyle should do the job and can be purchased for around \$300.
- A hospital grade double electric pump will best maintain your milk supply if you pump milk for every feeding instead of nursing for several weeks or months. This type of high grade pump may also be necessary if you have supply problems while using the above mentioned pumps.
- The Medela Symphony or Lactina can be rented for about \$65 per month or \$20 per week.
- If you don't work and plan to pump only occasionally for convenience, any pump should work fine.

A variety of pumps are available at MilkWorks, located in the Trade Center at 56th and Highway 2.
5930 So.58th Street (402)423-6402 (MilkWorks also rents digital baby scales)

HOW TO USE A DOUBLE ELECTRIC PUMP

- The newer models have a "let down" feature. When turned on, it pumps quickly for 2 minutes and automatically switches to a slower cycle. This mimics how babies nurse to entice the let down.

If pumping is painful, the sides of your nipples might be rubbing on the inside of the tunnel when they are drawn in. You can purchase larger flanges at MilkWorks. Medela makes 5 sizes: 21mm, 24mm (standard), 27mm, 30mm, and a 24mm soft flexible flange.

- If you use a Pump In Style Original or Lactina, you must manually turn the speed dial to fast when you start, and turn it to slow when your milk lets down.
- With any pump, adjust the suction strength so it is strong but comfortable.

Wash the pump parts that come in contact with milk in warm soapy water, rinse and air dry. Be sure to clean and securely replace the white membrane on the yellow piece inside the bottle. If milk dries and crusts on the back side of this membrane, it won't seal properly and suction will be lost. (Medela recommends you boil the parts, but this will discolor the plastic and it's hard to get water out of the tubing.)