



BREAST PUMP CARE & CLEANING

SIMPLE STEPS TO KEEP YOUR AMEDA BREAST PUMP CLEAN

Keeping your breast pump clean may sound time consuming, but here are a few things you can do to simplify your life and your pump care — so you can spend more time with your new baby.

NO TUBING CARE

For mothers using a pump with tubing, any moisture in the tubing can contaminate milk. The best way to keep the tubing dry is to use an Ameda breast pump, which has a solid diaphragm barrier between the breast flange and the tubing to prevent air exchange between these pieces. With this solid barrier, under normal use and conditions, you do not need to clean the tubing or worry about moisture and contamination.

Mothers who own pumps without a solid barrier to protect the tubing need to keep a close eye out. Moisture can get inside tubing and grow mould.

STERILIZE YOUR AMEDA PUMP BEFORE THE FIRST USE

Always follow the manufacturer's instructions.

If your pump kit package is not marked "sterile," put all the pieces that come into contact with your milk in a pot, cover them with water, and boil for 20 minutes before using the pump.

Unless your doctor or hospital has told you otherwise, there is no need to do this again.

EVERYDAY CLEANING FOR YOUR AMEDA BREAST PUMP

With an Ameda pump, you don't need to boil, microwave or wipe your pump pieces with disinfecting wipes on a regular basis.

After every use, wash the pieces that come in contact with your milk in hot, soapy water (using mild detergent), rinse with clear, hot water, and air dry.

You can also clean large pump parts, such as the breast flanges and bottles, in the dishwasher.

You may want to get one or more extra pump kits and wash them all once at the end of the day. That way you don't need to wash your parts every time you pump.

(Go to www.ameda.co.nz , Products – Breast Pump Accessories/Spare Parts)

To clean your pump motor or bag, just wipe it with a clean, damp cloth.

This is also a good way to clean the outside of your pump tubing if milk drips onto it.

Pump care can be simpler than you realize.

*This is general information and does not replace the advice of your physician or healthcare provider.
If you have a problem you cannot solve quickly, seek help right away.
Every baby is different, and your baby may not be average.
If in doubt, contact your physician or other healthcare provider.*