

DO'S & DON'TS FOR CLEANING BREAST PUMP PARTS

Here are the CDC's guidelines for how often to clean your breast pump parts and bottles

HAND-WASHING

Wash parts by hand as soon as possible after each session

DO

- Wash in warm, soapy water in a clean bowl for 5 minutes
- Rinse in running water, or in a separate bowl of clean water
- Dry parts on a clean, dry towel or drying rack

DON'T

- Let the parts touch the sink directly
- Use a kitchen sponge to scrub
- Dry parts off with a regular dish towel
- Put parts away when still wet

DISHWASHER

Use a dishwasher as an alternative to hand-washing

DO

- Place items on the top rack or in closed-top baskets or a mesh laundry bag so you don't lose any small parts
- Run the dishwasher using hot water and a heated drying cycle

DON'T

- Put any parts in the dishwasher before checking the manufacturer's guidelines
- Put membranes in the dishwasher
- Use the dishwasher instead of sterilizing

STERILIZING

Sterilize your breast pump parts once a day

DO

- Place parts in boiling water for 5 minutes
- Remove items with clean tongs and place on a clean, dry towel or drying rack
- Sterilize in the microwave using microwaveable steam bags

DON'T

- Put parts on a regular kitchen towel
- Boil any parts before reading the manufacturer's guidelines