

Electric Breast Pump: How to safely use your breast pump

What is a breast pump?

A breast pump is a device that some breast milk-producing women use to remove milk from their breasts. There are different types of pumps, including manual, electric, and battery-operated.

Why should I use a breast pump?

Using a breast pump lets you collect and save your breast milk for later use. Common reasons for doing this include:

- Having milk on hand so another person can feed a baby breast milk while a mother is working or when she is not available to breastfeed at feeding time.
- Pumping breast milk for a premature baby or a baby who can't latch onto the breast. (This requires pumping many times a day to build up and maintain milk supply).
- Making sure the baby has breast milk available during an interruption in breastfeeding. (Examples include hospitalization, medication, and travel.)
- Feeding breast milk to an adopted baby.
- Feeding a baby who has cleft lip or cleft palate and is unable to breastfeed. **Note:** In most cases, it's possible to breastfeed a baby with cleft lip or cleft palate.

Besides pumping to save breast milk, women commonly use a breast pump to:

- Relieve engorgement. (This is when the breast tissue overfills with milk, causing the breasts to become painful and hard).
- Reduce their milk supply during weaning.
- To restart breastfeeding after a gap (relactation).



How can you stay safe?

Follow these important dos and don'ts.

Do:

- Keep the cord and all other parts and equipment away from heated surfaces.
- Use the pump indoors only.
- Always start sessions on the lowest setting and slowly adjust the suction to a comfortable level.
- Be sure to put unused breast milk in the refrigerator. If you don't plan to use expressed milk within a few days, freeze it immediately in the coldest section of your freezer (away from self-defrosting freezer walls).
- If breast milk overflows into the tubes or the cylinder/piston, turn off the pump, take apart the pieces, and wash them as directed in the cleaning instructions on the next page.

Don't:

- Don't use the pump in or near water to avoid the risk of electric shock.
- Don't leave the pump unattended while plugged in.
- Don't share the breast pump kit with other mothers without proper sterilization to prevent the spread of germs.

How do I set up and operate my breast pump?

Follow these steps to use your pump:

- To assemble the pump, slip the rubber seal onto the piston until it snaps into place. The larger side should face the handle. To ensure a proper seal, hold the rubber seal firmly and twist the piston.
- Slide the vacuum regulator ring onto the cylinder, if this isn't already done. Push the handle end of the piston into the cylinder.
- Screw the cylinder tightly into the pump connector.
- Attach the pump connector to the pump and rotate until the tab is secure.
- Push the piston into the pumping arm and rotate until it is snug in the clamp.

For 2-piece breastshield assembly:

- Make sure the breastshield and the connector are securely attached.
- Snap the membranes onto the valves until the membranes are laying completely flat.
- Push the assembled valve and membrane onto the connector or breastshields.
- Insert the clear ends of tubing into the opening in the connector or breastshields.
- Insert the other ends of tubing into the ports on the pump connector.

For single pumping:

- Insert the plug into the unused port.
- Set the vacuum regulator ring to “min” (minimum). Adjust for comfort once pumping begins.
- Center the breastshields over your nipples and start pumping.

How do I clean my breast pump?

To keep your baby safe, clean your breast pump following these steps:

- Take apart all pieces of the kit that come into contact with breast milk and rinse them in cool water right after using.
- Sanitize by boiling the parts for 10 minutes or washing them in warm soapy water or in the top rack of your dishwasher. (Check the instructions that come with your pump to make sure the parts can be put into a dishwasher.)
- Let all parts air dry on a clean towel. Cover them when not in use.
- To eliminate condensation (wetness and foginess) in the tubing after you have completed pumping, continue running the pump with the tubing still attached for another 1 to 2 minutes or until dry.

When should I call Intermountain?

Call Intermountain Homecare if you have any problems at **1-800-527-1118**.

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