

Cleaning Your Breast Pump

When cleaning a breast pump, you really only need to clean the parts that will come in contact with your skin or your milk. There is no need to clean the tubing unless somehow milk gets into the tubing. If this is the case make sure that the tubing is completely dry before using it. You can simply let it sit on a drying rack until it is dry, swing it around your head until it is dry, or hook it up to the pump and start it and let the air dry it out.

When you clean your pump parts there is no need to sterilize them in boiling water the way you may do with bottles, instead you can just wash them in warm soapy water and let them air dry. Before washing them in a dishwasher check the manual to be sure that it is okay and how to safely do so. Know that the small amount of germs that they may come in contact with them through the parts of your pump would only help their immune system in the long run, not to mention it is nothing compared to some of the germs that will be ingested as your child gets older. Just wait until you find your kid eating dirt. As for washing the electric unit of your pump (if you have an electric pump) you can wipe the pump off with a paper towel or a soft cloth. Do not wipe down with a wet cloth of any kind or dunk the mechanism into water. Avoid getting water in the mechanism to avoid messing up the inside and having to purchase another pump.

For moms who are on the road and traveling and have no place to rinse or wash your pump parts some companies make wipes to clean your parts. Know that this should not be a substitute for washing them and you should still make sure you are properly washing them when you get the chance.

Read the instruction manual that came with your pump to see what the company recommends you to do to properly clean the pump.

Assuming that you aren't sick or have any other illnesses, you can rinse the parts after every use and place them in a baggy and sit them in the refrigerator and wash them at the end of the day.



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