

# **Guideline for the cleaning and disinfecting of breast set kits and breast pumps**

Specialty: Maternity Infant Feeding Coordinator

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### **Guideline for the cleaning and disinfecting of breast set kits and breast pumps.**

Breast milk is the best form of nutrition for a newborn baby, and the most effective method of milk transfer is a baby sucking on the breast. However, if the parents are unable to feed their baby at the breast or the baby requires a supplement in addition to breastfeeding, health professionals need to encourage parents to initiate and maintain lactation. To establish breastfeeding, parents will need to be shown how to express breast milk (EBM). There are two basic methods of expression: hand expression and mechanical expression. Ideally lactating people are taught to use both methods. Hand expressing is the optimum way of obtaining breast milk in the first 24-48hrs. Breast pumps can be used in place of, or in addition to hand expression. However, if a breastpump is to be used, the user must be instructed on how to clean and sterilise the equipment.

This policy and guideline are intended to reduce the risk of infection to the dyads who use these products.

Whatever method of expressing is chosen, it should always be:

- Discussed with the parents and detailed information given on the different methods available. Record of this discussion to be documented in the notes.
- Easy for parents to use.
- Appropriate for the length of time it will be used
- Safe for baby.
- Safe for mother
- An appropriate method that will maintain the supply of breast milk

### **Cleaning and disinfection of Expressed breast milk collecting kits**

- EBM collecting kits must be for the personal use of the dyad.
- The collecting kit must not be sterilised and re-used for another family.
- A container for sterilising the collecting kit must be available for the personal use of each mother.
- The collecting kit must be washed thoroughly with detergent and water, rinsed and immersed for at least 30 minutes in a chlorine realising solution e.g. Milton.
- The collecting kit must be washed and sterilised between each use.
- The importance of properly washing the collecting kits after use and prior to sterilisation must be emphasised to mothers. If the equipment is not washed thoroughly subsequent sterilisation process will be ineffective.
- Milton or products that utilises Sodium Dichloroisocyanurate as their active ingredient are recommended. Please refer to the manufactures instructions in the making up of the solution.
- Families are able to take the kit home if they have a compatible pump to reduce waste. Otherwise, it should be disposed of on discharge

## **CLEANING OF A BREASTPUMP**

Clean the pump thoroughly with green Clinell wipes. Please take care whilst cleaning to avoid exposing electrical contacts to moisture.

- Parents should carry this out before each use.
  - Hospital Staff should clean breast pumps daily.
  - Hospital Staff should clean breast pumps when they change to a different family
  - If families have been loaned an electric breast pump for use at home, it should be thoroughly cleaned on its return to the hospital unit before another family uses it.
- Remove and dispose of any collection set items returned check and the adaptor is in with the pump. Check the pump is functioning correctly and add instructions for use if missing

### **Refer to following policies:**

Infection control policy

Decontamination policy

Hand washing policy

## **REFERENCES**

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