



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

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

Specialty:	Infant Feeding Coordinator
Date Approved:	March 2015
Approved by:	W&CH Clinical Governance Committee
Date for Review:	February 2018

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

RATIONALE

Breast milk is the best form of nutrition for a newborn baby ¹. However if the mother cannot feed her baby at the breast or the baby requires a supplement in addition to breastfeeding, health professionals need to encourage mums to initiate and maintain lactation.

To establish breastfeeding, mums will need to be shown how to express breast milk (EBM) ². There are two basic methods of expression: hand expression and mechanical expression. Ideally lactating women 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.

Aim

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

Principles

Whatever method 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.

Methods

- Hand expressing
- Manual breast pumps
- Motor driven pumps
- Battery operated pumps
- Electric pumps

**ALL STAFF SHOULD BE
TRAINED IN THE USE OF THE
VARIOUS METHODS
AVAILABLE FOR
EXPRESSING.**

Policy/Guidelines - Care of EBM collection kits and Breast pumps. Written by Karen Evans Infant Feeding Coordinator, Singleton Hospital, Swansea NHS Trust. 05-07-2006

Guideline (i)

Cleaning and disinfection of Expressed breast milk collecting kits

- EBM collecting kits must be for the personal use of the mother.
- The collecting kit **must not** be sterilised and re-used for another mother.
- 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 collecting kit after each use must be initially rinsed in cool water.
- The collecting kit must then be thoroughly washed in hot soapy water. Then rinsed.
- 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.

- Collecting kit must be sterilised between uses as per manufactures recommendations. Please refer to manufactures instructions.
- Cold-water chemical sterilisation is the recommended form of sterilisation within the hospital setting.
- 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.
- The collecting kit should be disposed of once mum no longer requires its use or she has been discharged home.

ALL STAFF SHOULD BE TRAINED IN THE METHOD OF USE AND MAINTENANCE OF COLD WATER CHEMICAL STERILISATION.

Guideline (ii)

CLEANING OF A BREASTPUMP

Clean the pump with tuffie wipes, if contaminated a chlorine releasing solution of 1000ppm or IMPY Bactericidal wipes

- Please take care whilst cleaning to avoid exposing electrical contacts to moisture.
- Mothers should carry this out before each use.
- Hospital Staff should clean breast pumps daily.
- If mothers 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 mother 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.

ALL STAFF SHOULD BE TRAINED IN THE METHOD OF USE, MAINTENANCE AND CLEANING OF BREAST PUMPS.

Refer to following policies: Infection control policy
Decontamination policy
Hand washing policy

REFERENCES

1. UNICEF (1998) The UNICEF UK Baby Friendly Initiative: A brief guide for health professionals.
2. Swansea NHS Trust (2005). Reluctant Feeder Guidelines.
3. Mohrbacher.N et al (2003) La Leche League International. ***The Breastfeeding Answer book 3rd revised Ed.*** Schaumburg, Illinois
4. Biancuzzo,M (2003) ***Breastfeeding the Newborn. Clinical Strategies for Nurses.*** Mosby. Missouri.
5. ***Guidelines for the collection, storage and handling of breast milk for a mother's own baby in hospital.*** The United Kingdom Association of milk Banking (2nd ed April 2001)

Directorate of Women & Child Health

Checklist for Clinical Guidelines being Submitted for Approval by Quality & Safety Group

Title of Guideline:	Guideline on Cleaning of Breastpump
Name(s) of Author:	Carol Jones/Karen Evans
Chair of Group or Committee supporting submission:	Postnatal Group
Issue / Version No:	2
Next Review / Guideline Expiry:	Policies need to be reviewed every 3 years
Details of persons included in consultation process:	Postnatal Forum Decontamination nurse
Brief outline giving reasons for document being submitted for ratification	Updated
Name of Pharmacist (mandatory if drugs involved):	Pharmacy must approve the document prior to submission to Directorate Q&S Group
Please list any policies/guidelines this document will supercede:	Policy and guideline on cleaning of breastpumps
Please indicate key words you wish to be linked to document	Breastpumps
Date approved by Directorate Quality & Safety Group:	18 th March 2015
File Name: Used to locate where file is stores on hard drive	pow_fs1\ABM_W&CH_mgt\Clinical Governance-Q&S\Policies & Procedures – Ratified\Maternity