







A Guide for Parents: Washing and Sterilising Expressing Breast Milk Equipment

All expressing equipment needs to be washed and sterilised before it is used for the first time and then after each use

To wash the expressing equipment you will need a:	
Bowl Available from the ward	
Bottle Brush Available to buy in the Hospital shop	
Washing Up Liquid Available to buy in the Hospital shop	
Wash the equipment with a solution of warm soapy. Rinse off with water, then place in a steriliser bag	

To sterilise the expressing equipment	
Fill the bag with 60mls of water Do not overfill the bag with items Seal the bag tightly Heat the bag according to the guidelines on the box Carefully remove the bag from the microwave and drain the hot water – be careful of the steam	
Dry each part with clean towel Store the equipment in a clean dry container or zip lock bag if not for immediately use.	
Do not sterilise the tubing. Do not submerge in water. Wipe down the tubing with a solution of warm water and detergent. Store tubing in a clean bag when not in use.	

Symphony Breast Pump	
If you are using a pump that other people are also using: <ul style="list-style-type: none"> • Wipe the breast pump with an Azowipe before and after you use it 	