In the hospital, clean the outside of the breast pump.

Wash your hands and scrub under the nails.

Pumping should not hurt. Use the highest comfortable suction.

After pumping, take everything apart to clean.

Wash in your own container to avoid germs in the hospital sink.

Dry parts upside down and cover with clean paper towels.

At home use a brush and hot, soapy water to clean the parts.

Pump parts can be sterilized by boiling for 10 minutes.

Run the pump with tubes open to dry. Replace moldy tubes.

For best suction, replace worn out valves.

The milk you pump during the first week comes in many colors.

Milk pumped near the end of a pumping session is creamier.

For best suction, replace worn out valves.