

BREAST PUMPS

Indication

- To provide breast milk to a baby that can not be breastfed
- To maintain milk production

Materials

- Electric breast pump, hospital grade
- Disposable breast pump kit (10 x 20cm package from RVH & MCH) **OR**
- **Permanent breast pump kit (25 x 30cm package exclusively from NICU)**
- Plastic bowl
- Germicidal disposable cloths

Key points

- **Electric breast pumps are available** to mothers who wish to express their milk. These pumps can be shared when properly disinfected between users.
- Breast milk is a body fluid that may contain potential pathogens. Routine infection control precautions and practices will be followed by health care professionals and mothers when using breast pumps and breast pump kits.
- **Disposable breast pump kits must be discarded after 24 hours.**
- **Permanent breast pump kits can be kept as long as mother requires it.**
- According to “L’Institut national de santé publique du Québec (INSPQ)”, breast pump kits that are labeled single use can be used as a single user breast pump kit.
- Nurses should ensure that mothers who are expressing their breast milk **receive instructions** on how to clean the breast pump and the breast pump kit.

Procedure - Pumping

○ When?

- Mothers are advised to start pumping **as soon as possible after delivery**, ideally within 6 hours of birth
- **Pump both breasts** at the same time for a greater milk production and time saving. If mothers prefer to pump one breast at a time, alternate breasts for 5 minutes each, until both breasts are empty
- Following the use of the electric breast pump, **use your hands to express any milk remaining in the breast.**
- During the first few weeks, pump the breasts at the same time **for 15 minutes** every 2 to 3 hours. Aim for a minimum of 8 pumping sessions every 24 hours.
- Include **at least once at night**, between 1 am and 5am, when prolactin levels are highest
- If schedule too demanding, it is better to space out your sessions, ie pumping every 3 to 4 hours is better than pumping every 2 hours and skipping 2 or 3 sessions. What is most important is that the breasts are being pumped **regularly.**

o How?



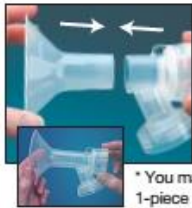
Quickstart instructions for single and double pumping kits



1. Power the Symphony by connecting cord to wall outlet and socket in back of the pump.

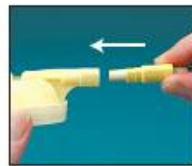


6. Assemble protective membranes and membrane caps.



2. Ensure breastshields* and connectors are securely attached.

* You may be using a 1-piece breastshield.



7. Insert the bright yellow ends of tubing into ports on membrane caps.



3. Snap white membranes onto yellow valves.



8. Insert pale yellow ends of tubing into the connectors.



4. Push yellow valves into place on breastshield connectors.



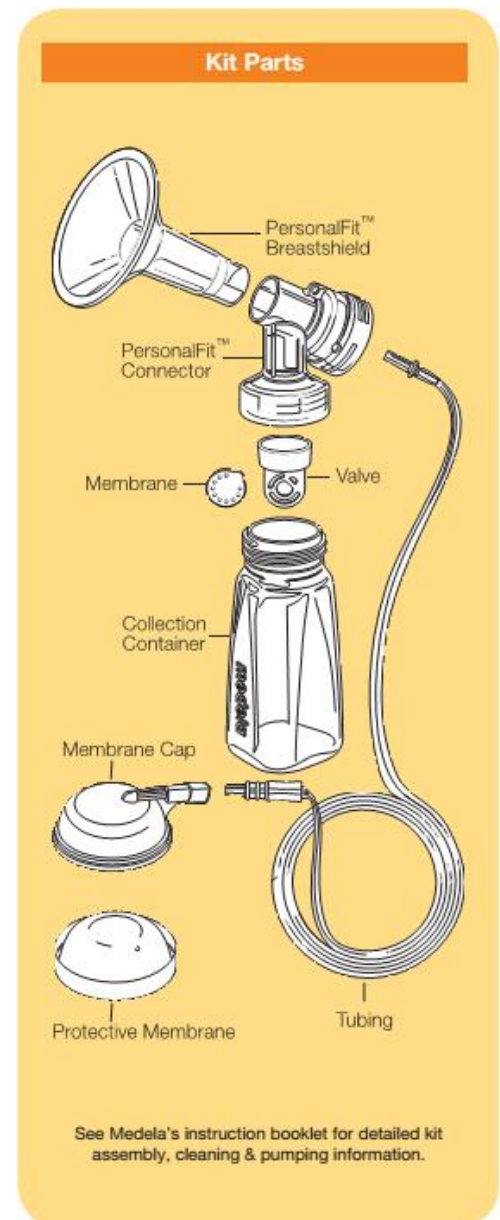
9. To open lid, press the oval release button on the top of the pump.



5. Screw collection containers onto breastshields.



10. Place membranes and caps on the pumping mechanism. Ensure the tube ports of the membrane caps are over the grooves in the pump housing. Press firmly into place with palm of hand to ensure proper fit. Close the lid.



IMPORTANT – Use only the Premie+ 1.0 program until you achieve 3 consecutive pumpings of 20mls or more, then switch to Symphony 2.0. At day 5 switch to Symphony 2.0 regardless of amount of milk pumped.

HAVE YOU PUMPED A TOTAL OF 20MLS OR MORE 3 TIMES IN A ROW?

NO

YES

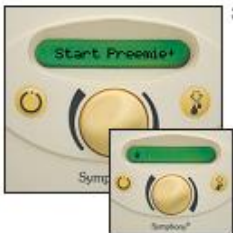
Initiation - Premie* 1.0



1. Press on/off button followed by the let-down button (Ⓜ) within 10 seconds.



2. Centre breastshields over nipples.



3. The Premie+ program will run for 15 minutes and is a sequence of stimulation and pause phases. Pump at your maximum comfort vacuum (MCV). The pump will display "Done" when finished. Always complete the entire 15 minute session.



2-Phase Expression* - Standard 2.0

1. Press on/off button and wait 10 seconds. The standard program will start automatically. Display will say "Start Standard".



2. Centre breastshields over nipples.

3. The standard program operates with 2-phase expression. 



4. Pump starts in stimulation phase. Pump at your maximum comfort vacuum (MCV).



5. The expression phase is the most efficient phase for milk removal. Switch to expression phase by pressing the milk let-down button (Ⓜ) once your milk starts to flow or you sense milk ejection.



Note: The pump will automatically switch to the expression phase after 2 minutes. If milk has not begun to flow, press the let-down button to return to the stimulation phase.

Maximum Comfort Vacuum

Research has shown that you will produce more milk in less time when pumping at your Maximum Comfort Vacuum™ (MCV).

Special Circumstances when using standard 2.0

The Symphony standard 2.0 allows moms to switch back to the stimulation phase by pressing the let-down button. If you are experiencing:

- **No milk ejection within the first two minutes** - Press the let-down button once to return to the stimulation phase. If you have not achieved a milk ejection after two consecutive stimulation phases, take a break, relax and try again in 15-30 minutes.
- **Sore nipples** - Careful use of the stimulation phase may help to provide some relief. To return to the stimulation phase, press the let-down button (Ⓜ).
- **Engorgement** - Careful use of the stimulation phase may help to provide some relief. Return to stimulation phase until ejection occurs. Remain in the stimulation phase until enough milk has been expressed so that the nipple and areola are not as hard and engorged. When engorgement is relieved, follow up with either breastfeeding or pumping in the expression phase to adequately empty the breast.

Medela strongly encourages pumping in the expression phase after milk ejection, at your MCV for the most effective removal of milk. It may be necessary to address temporary discomfort issues by pumping in the stimulation phase. If the above conditions persist or worsen, consult your health care provider.

#1 choice of hospitals & mothers

For more information, call Medela's customer service team at 1.800.435.8316

HOW TO: Find your Maximum Comfort Vacuum

To find your MCV, turn the vacuum regulator knob clockwise until pumping feels slightly uncomfortable, never painful. Then decrease the vacuum slightly by turning the knob counter-clockwise, until comfortable.

Procedure – Cleaning

○ Cleaning procedure for the ELECTRIC BREAST PUMP

- Breast pump must be disinfected **before and after each use** with **disinfectant wipes** when used by different mothers or when the pump is visibly soiled. All surfaces of the pump (top, sides, underneath and inside the cover) should carefully be wiped down.

○ Cleaning procedure for the breast pump kits

➤ Cleaning procedure for DISPOSABLE breast pump kit

- Follow the MUHC Hand Hygiene Policy before and after each use.
- **After each use:**
 1. Disassemble all parts that have come into contact with the breast or breast milk and place into a plastic bowl. In the hospital setting, the cleaning should never be done directly in the sink.
 2. Wash all parts in soapy warm water. Exception: do not wash tubing, unless milk is visible within the tubing
 3. Rinse parts and dry all parts with a clean towel or brown paper towel
 4. Inspect all the pieces in the kit and be sure they are not cracked or broken
 5. Keep all parts in a dry, clean towel and allow parts to air dry in a clean and dry area, away from splashes. Do not store in plastic bags. The humidity within the bags will support bacterial growth
 6. THE DISPOSABLE KIT MUST BE DISCARDED AFTER 24 HOURS

➤ Cleaning procedure for PERMANENT breast pump kit

- Practice hand hygiene before and after each use
- **After each use:**
 1. Disassemble all parts that have come into contact with the breast or breast milk and place into a plastic bowl. In the hospital setting, the cleaning should never be done directly in the sink.
 2. Wash all parts in soapy warm water. Exception: do not wash tubing, unless milk is visible within the tubing
 3. Rinse parts and dry all parts with a clean towel or brown paper
 4. Inspect all the pieces in the kit and make sure they are not cracked or broken
 5. Keep all parts in a dry, clean towel and allow the parts to air dry in a clean and dry area, away from splashes. Do not store in plastic bags. The humidity with the bags will support bacterial growth.
- **Once a day**, must be disinfected with one of the following techniques:
 - *In a dishwasher with a high-temperature washing and drying cycle*
 - *In boiling water for 10 minutes*
 - *In micro-steam bag or other appliances sold to sterilize baby equipment*