NHS
Greater Glasgow and Clyde

Parents' Guide to Using an Electric Breast Pump and Cleaning Milk Collection Kits





Expressing Breast Milk

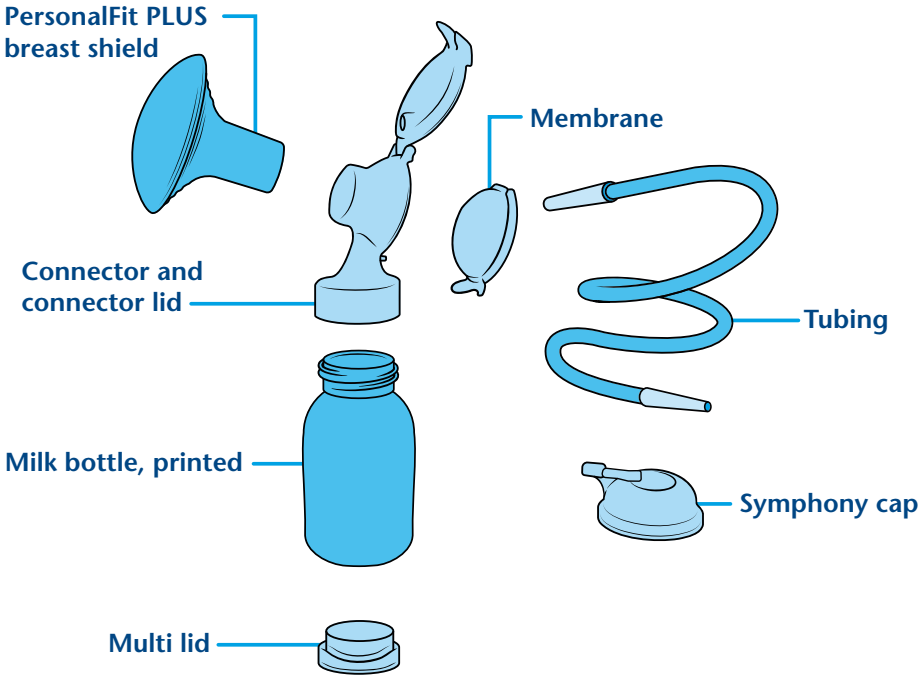
The aim is to start expressing as early, frequently and effectively as possible to stimulate and maintain a good milk supply.

- The earlier you start to express and the more often you express, the more milk you will make for your baby. Try to express soon after birth as possible, ideally within 2 hours.
- Your "Off to a Good Start" booklet explains how to hand express your milk. Staff can also teach you. Use the QR codes to link to a helpful video.
- Hand expressing is easier for getting colostrum in the early days. Combining this with the breast pump from the start will improve your milk supply.
- Breast massage before expressing can help to increase your hormone levels that make and deliver milk.
- Skin to skin and being close to your baby, will help you relax and can help with milk production.
- Expressing can be challenging so aim to express 8–10 times in 24 hours including once overnight.
- Double pumping will increase your milk supply and saves time.
- It's important the breast funnel fits well so expressing is comfortable and can also help with your supply.
- Check in with Staff who can assess your funnel fit and milk supply.



Hygiene - General and Equipment

Clean kitchen surfaces and wash your hands thoroughly before touching any equipment and use paper towel to dry surfaces and hands.



- The tubing as well as the symphony cap do not need to be washed, simply wipe down with detergent wipes before use.
- Clean the other parts immediately after use to avoid milk residues drying up and to prevent bacteria growing.
- Separate all parts of the pump set that are to be washed before cleaning.
- Rinse the breast shield and connector in clean water before washing thoroughly with warm, soapy water. Use a lollipop

foam stick to clean off the milk and then rinse the parts in clear water. We recommended dish washing detergent.

- Dry the pump set parts with fresh paper towel.
- Store the parts (still separated) in a clean container with a lid and lined with a clean paper towel.
- Wipe the actual pump down with detergent wipes or paper towel and household detergent before and after each use.
- Sterile bottles are provided for babies in the Neonatal Unit and you should express straight into new sterile bottle(s) each time.
- For babies at home, bottles can be reused after thoroughly washing following the instructions above.
- All milk should be labelled with the date, time expressed, baby's name and hospital number then stored in the fridge.
- Do not overfill the bottles as milk expands when frozen and this may lead to wastage

Storage of Breast Milk

Your fridge needs to be kept very clean and it is advisable to keep a fridge thermometer in it to check the temperature.

- After being expressed, milk should be put in the fridge immediately.
- At home, store your milk at the back of your fridge between 2–4°C. Transport the milk in a cool bag to the neonatal unit within 24 hours of expressing.
- If there is a delay in visiting the baby, the milk should be frozen and taken to the hospital quickly in a cool bag with freezer blocks or packed in ice.
- Within the neonatal unit, Expressed Breast Milk should be stored in the designated fridge between 2–4°C and used within 48 hours. If not used, it should be frozen in a freezer at -20°C or colder.
- For healthy well babies at home, fresh milk can be stored in a fridge for up to 5 days.
- Milk can be stored for a maximum of 6 months in a -20°C freezer but preferably less than 3 months as antibody and fat quality will be better.

Defrosting Breast Milk

Defrosting milk for use in Neonatal Units is done slightly differently. Staff will show you how.

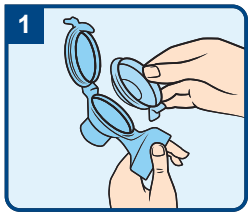
When your baby is well and at home, your milk can be left to defrost for 24 hours in the fridge. Milk can be defrosted in warm water making sure no water enters the bottle.

Once defrosted the milk should be used within 24 hours if stored in fridge. Once you have warmed it to give your baby you need to use it right away and discard any your baby does not take. Do not refreeze.

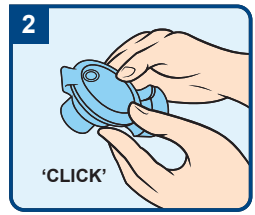
Pump Assembly

Assembling the pump set

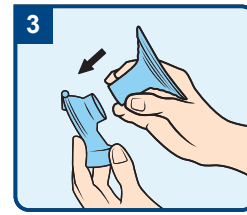
Important: ensure components of the personalfit plus collection kit are thoroughly dry prior to assembly.



Carefully place the membrane into the connector with the flap into the opening of the connector. Make sure that the membrane forms a seal around the edge of the connector.



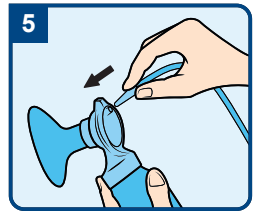
Close the connector lid until it audibly clicks.



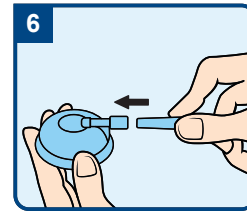
Carefully push the breast shield onto the connector.



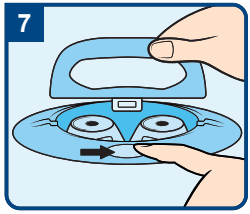
Screw the connector onto the bottle.



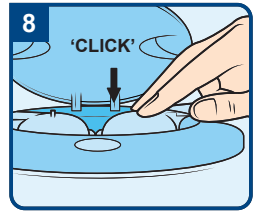
Insert the tubing adaptor into the corresponding opening in the connector lid.



Insert the tubing adaptor into the opening in the Symphony cap.

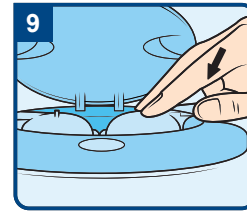


Open the lid of the breast pump: Press the oval button on the top of the Symphony pump and lift the handle.

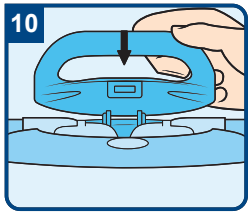


Position the Symphony pump cap firmly on the breast pump membrane to form a seal.

→ Make sure that the Symphony cap engages and lies flush to the surface.



Centre the tubing connector in the recess in the pump housing.



Close the lid.

ASSEMBLY

SCAN ME!

Symphony® Controls Initiate Program

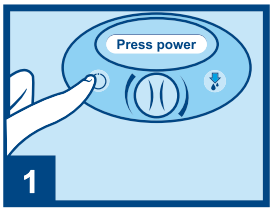
When first expressing use the Initiate Program setting. This is a pre-set program that runs for 15 minutes with an audible bleep at the end to tell you that it is complete.

This program is designed to stimulate your milk supply for the weeks and months ahead. To start, you may only produce small volumes of milk but that is completely normal. Over the first week, your supply will increase and once you reach 20mls in total between both breasts, you can switch to the Maintain Program.

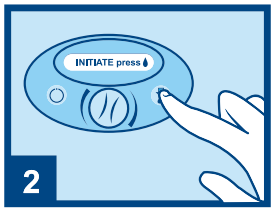
See below for further instructions.

You can tell this program is running from these symbols on the display:

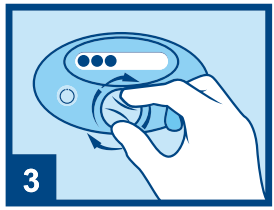




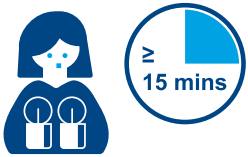
Press power



Press the "Let-down" button to use the INITIATE program



Set vacuum



NOTE: Program ends automatically

INITIATE PROGRAM

SCAN ME!

Maintain Program

The maintain Program should be used for the rest of your expressing journey.

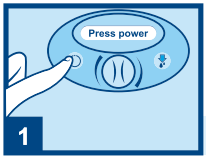
After 2 minutes, the pump will automatically switch from stimulation to pumping phase. If milk begins to flow before the 2 minutes, you can use the Let-down button to switch to the pumping phase.

You can then stay on the pump till you milk flow starts to slow but this should be no longer than 15 minutes.

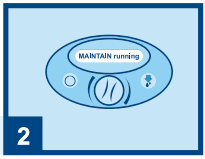
See below for further instructions.

You can tell this program is running from these symbols on the display:





Press power

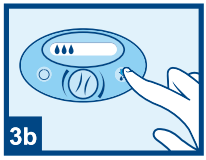


After 10 seconds, the **MAINTAIN program** starts

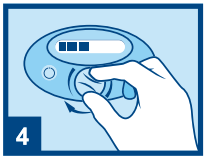


Set a vacuum. After 2 minutes, system switches automatically to the pumping phase (4)

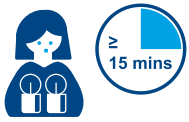
— or —



If milk begins flowing before the two minutes have passed, press the "Let-down" button to switch straight to pumping mode. (4).



Re-set vacuum



NOTE: Program does **not** end automatically

IMPORTANT! SET THE VACUUM CORRECTLY AND CHECK/ADJUST IF NEEDED

Always use the minimum vacuum level comfortable. This helps produce optimal milk flow and makes pumping most effective.

SCAN ME!

MAINTAIN PROGRAM

Milk Bank Scotland

Breast milk is particularly important for premature and ill babies but sometimes mums are not able to provide their own breast milk, especially in the first few days. It can also help support mums in the first few days if their supply is a bit slower to come in.

If you are interested in knowing more about becoming a donor then Milk Bank Scotland will be happy to talk about the screening process and to answer any questions you may have.

For more information:

Donor.MilkBank@ggc.scot.nhs.uk

@milkbankscot

@milkbankscotland

@scotmilkbank

Other useful contacts

NCT Breastfeeding Buddies

Our volunteers provide free breastfeeding support to families in NHS GGC, both online and in person.

Text **FEED** with your name and postcode to **66777** for a registration link.

National Breastfeeding Helpline

0300 100 0212 open 9:30am till 9:30pm every day.

Parent club Scotland **www.parentclub.scot**

Offers up to date guidance on you and your child's health and well-being. It offers hints and tips from other parents and carers who have been there before.

Notes

Notes