

Newbie's Guide to Pumping at Work

You are going to be great! Don't worry!

Leave these things at work.	Bring these things from home each day.
	
<ul style="list-style-type: none">- Pump Device- Tubing- Charger- Hands-Free Pump bra- Quick clean bag or wipes (just in case)- Bag (if you don't have a drawer or safe, discreet place to keep these) <p>(none of these need refrigeration--just a safe place)</p>	<ul style="list-style-type: none">- Flange, connector piece (the part that goes on your boob) in a clean plastic bag- Bottles/and or bags* for as many pumpings as you need (pictured is what I'd need for ONE pump)- Cooler bag with ice pack <p>*I am a huge believer in the kiinde twist bags. They are amazing and screw on to the pump with an adapter (gray, pictured on the far left of this picture)</p>

Ok, Ready to pump! You've got this, mama!

Step 1: Get on your hands-free bra, get comfortable, and place your flange piece in the bra. (Make sure to tuck the flange under ALL layers of fabric so that it is up against your skin all the way around).



Step 2: Connect the tubing to the back of each flange contraption. Connect tubing to the pump motor and begin pumping. Don't lose track of your caps during this process!



Step 3: Okay! You've got your milk! (Mine is nonfat from the fridge, just for ease...) Unplug the tubing and stow it along with your motor back in your bag/drawer.



Step 4: CAREFULLY unscrew your bottle and bag while you still have the shields in the bra on your body. (This is because the milk can slosh out the back of the device. I always combined my milk at this point because that worked for the amounts I was pumping.)



Step 5: Label your milk with the date. If you want to get really specific (or are curious about your yield at different times of day), you could write the time or the # of pump that day. Your

milk is good with no refrigeration for 5 hours, in the fridge for 5 days, frozen in a regular freezer for 5 months, and good for even longer in a deep freeze (chest freezer).



Step 6: THIS IS THE BEST PART and so many moms have told me they didn't know this right away! *Put this in the fridge between pumps and you *don't need to wash it*!* I pumped up to 3x/day and then washed once at the end of the day.



Step 7: Repeat Steps 1-6 for as many pumps per day as you need to do.

ONCE BACK AT HOME...

Step 8: Most important step (when you first get home) is to put your milk away in the fridge. You actually shouldn't store it in the door; it is best to tuck it further back so the temperature is more consistent. However, this was the only part of my fridge that wasn't too scary to photograph. :)



Step 9: Rinse the breast milk off of everything that touched breast milk today (this would also include baby's bottles). Separate all parts and toss them in a basin in your sink.



Step 10: Soak those parts in warm water with soap for at least 5-10 minutes (Dawn or Medela soap).



Step 11: Wash with a brush that is dedicated to your bottles/pump stuff. Lay out on a clean towel.



Step 12: Sanitize every other night. You can do this in the quick steam bags. My preferred method was a big pot on the stove. Get some water boiling and boil the parts for 10 minutes. I

learned the hard way that doing this every night was too frequent and caused some warping, so stick to every other night.



Step 13: Use tongs to transfer sanitized parts to a drying rack (like Boon grass). Putting the parts in a different place after washing and sanitizing helped me to remember where I was in the process. Leave them to dry overnight. They work best when BONE dry when you reassemble for the next day's use.



MAJOR PRO TIP: I am a huge believer in the Medela Harmony hand pump. You won't regret keeping one of these bad boys under the seat of your car. I had a pump malfunction at work*

once that I couldn't figure out, and this saved me! The hand pump is about \$25 if you find it on sale and it is worth every penny!



It will also save you if you have a snow day and still need to pump for some reason...that never happened to me though... (but it totally did).

*Also, if you do have a pump malfunction (which I did a few times, I found that Medela customer service was very helpful. It's best to call when you have your pump in front of you because they will want to do some troubleshooting. In the case that you need replacement parts, they will send them ASAP.