

Safe Pumping and Storage Guidelines

Whether you are pumping for your baby or you plan to donate your breast milk, it is imperative to practice the following guidelines to provide the safest milk possible. Mothers' Milk Bank Southeast provides lifesaving donor milk to the most critical infants. Therefore, each donor must follow the following guidelines at all times so that we can dispense the safest donor milk possible.



Wash your hands.

Use warm water and soap to wash your hands. Don't touch your clean pump parts until you wash your hands. Once you wash your hands, don't touch anything else to avoid cross-contamination.



Wash your pump parts after each use.

Place pump parts in a clean wash basin used only for infant feeding items. Do not place pump parts directly in the sink. Add soap and hot water to basin. Scrub items using a clean brush used only for infant feeding items. Rinse by holding items under running water.



Air-dry

Place pump parts, wash basin, and bottle brush on a clean, unused dish towel, paper towel or drying rack. Do not use a dish towel to rub or pat items dry. Clean wash basin and bottle brush.



Sanitize Daily

Place pump parts and breast milk containers in boiling water for 10 minutes each day. If you cannot boil your items, please place them on the top rack of your dishwasher and run utilizing the sanitizing cycle. Air dry on clean dish towel, paper towel or drying rack.

HUMAN MILK STORAGE GUIDELINES FOR FRESHLY EXPRESSED MILK



Room Temp.
77° F or below
1-4 hours



Refrigerator
40° F or below
1-4 days



Side-by-Side Freezer
0° F or below
6 months



Deep Freezer
0° F or below
8 months

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