

## **OBS Breast Pump Cleaning Instructions**

**WE RECOMMEND THAT YOU STERILISE ALL WASHABLE PARTS BEFORE YOU USE THE PUMP FOR THE FIRST TIME.**

### **After each use:**

1. Remove the tubing and cap from the kit; these do not need to be washed.
2. Dismantle the pump kit completely.
3. Carefully and thoroughly wash all parts of the kit in hot soapy water (or in a dishwasher). The small white valve tears easily, so it is important to wash it carefully.
4. Rinse thoroughly with running water and place each part on the upturned lid of the container prior to drying.
5. Dry the kit and the lid of the container on a paper towel or kitchen paper – not on a tea towel or cloth.
6. Place the kit in the clean, dry container and cover with the lid.

### **Before each use:**

1. Remove the lid of the container.
2. **Wash your hands thoroughly** with soap and water before handling / assembling the pump kit.

### **Once a day:**

Wash the container in hot soapy water, rinse and dry on a paper towel. You do not need to sterilise your kits, or any bottles/teats used that are used solely for your expressed milk. You may choose to sterilise if your baby is premature, unwell or has an underlying health issue. If you have any concerns about hygiene requirements for your baby, please check with your midwife or health visiting team.

### **Before returning the pump to OBS:**

Please wash all parts thoroughly, as you would after every use.