



Bryan Neonatal Intensive Care Unit

Steps for Breastmilk Collection for NICU Moms

1. Wash your hands.
2. Place two clean bottles on the breastshield connectors every time you pump. Do not wash and reuse bottles.
3. Apply warm compresses for 2-5 minutes before applying the breastshields.
4. Center the nipple in the breastshields.
5. Turn the pump on and adjust the suction level to comfort.
6. Pump both breasts for 15-20 minutes.
7. Pump 8-10 times in 24 hours. Typically, pump every 2-3 hours, including through the night, if medically stable.
8. Use hands-on pumping (compressions) technique during each pumping session.
9. Use hand expression before or after using the electric pump.
10. Clean equipment with soap and water after all pumping sessions.
11. After being discharged from the hospital, sterilize pump pieces once a day at home.
12. Write the date and time that you pumped on each NICU label. Place this label on the bottle.
13. Place a colored/numbered dot on the bottle lid(s) for the first 30 pumpings of milk production.
14. While you are in the hospital, take the collected milk to the NICU within 4 hours.

*Reprinted with permission from 2005 Rush Mother's Milk Club/
Special Care Nursery, Rush University Medical Center*