

Breastmilk Pumping

Questions to consider when purchasing/renting a breast pump:

1. Is the pump for long term or short term use?
2. Is it commercial grade or consumer grade?
3. Is it electric or manual?
4. What will the pump cost?
5. How heavy is it?
6. How comfortable is it?
7. How efficient is it at emptying the breast?
8. How easy is it to clean?
9. Does it have any way to prevent pump contamination?
10. How will I learn to use it? Written instructions, youtube?
11. Is it compatible with standard bottles?
12. How many suction cycles are there per minute?
13. Does the pump cycle on its own?
14. How many cup sizes are available?
15. How quiet is it?
16. How long is the cord?
17. Can it pump both breasts at the same time?
18. Does it require the use of two hands?
19. Any warrantee?
20. Does it come with a case or tote?

Human Milk Storage Guidelines

	Countertop or table	Refrigerator	Freezer with separate door
Storage Temperatures	77° F or colder (25° C)	40° F or colder (4° C)	0° F or colder (-18° C)
Freshly Pumped/ Expressed Human Milk	Up to 4 hours	Up to 4 days	Within 6 months is best, up to 12 months is acceptable
Thawed Human Milk	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.



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Find more breastfeeding resources at:
WICBreastfeeding.fns.usda.gov
cdc.gov/breastfeeding/