GREENVILLE HOSPITAL SYSTEM NURSING STAFF POLICY & PROCEDURE

BREAST MILK, STORAGE AND COLLECTION OF

PERSONNEL:
- Registered Nurses
- Certified Lactation Consultants
- Licensed Practical Nurses
- Patient Care Technicians
- Student Nurses under the supervision of a RN or instructor

DESIRED OUTCOME:
1. To stimulate and maintain lactation during temporarily interrupted breastfeeding.
2. To provide a breastfeeding environment for the initiation and successful progression of breastfeeding.

INFECTION CONTROL:
Standard Precautions

SUPPORTIVE DATA:
Women’s Hospital Policy and Procedure Manual: Breastfeeding Guidelines

EQUIPMENT:
1. Manual or electric breast pump; or patient’s own breast pump
2. Containers for the collection and storage of the breast milk (polycarbonate or polypropylene plastic bottles are recommended.)

PROCEDURE:
For assistance or information concerning collection and storage of breast milk, contact a GHS Lactation Consultant via pager 996-0185 or by leaving a voicemail at 455-2229 (during the day). After hours, contact the Mother-Baby Unit at GMH or Labor and Delivery at ABMH.

Manual Breast Pump:

<table>
<thead>
<tr>
<th>STEPS</th>
<th>KEY POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Identify the patient and explain the procedure to the patient.</td>
<td></td>
</tr>
</tbody>
</table>
**STEPS**

2. Wash hands in view of the patient.

3. Place the shield onto the breast and begin to gently pump with the short handle.

4. Transition to the long handle after the milk begins to flow (approximately 2 minutes).

5. Pump 15 minutes per breast, every 2-3 hours.

6. Instruct the patient to massage each breast while pumping.

7. At the end of the pumping session, place the lid on the milk container and label appropriately.

8. When collection is completed, disassemble the breast shield and rinse all pieces with cold water. Follow with hot sudsy water and rinse well. Allow to air dry.

**Electric Breast Pump:**

1. Wash hands in view of the patient.

2. Plug the pump into an electrical outlet.

3. Open the breast pump kit and place the membrane cap and tubing onto the pump. Attach the breast shield and bottles to the tubing.

4. Place the breast shield on the breast.

5. Press the On/Off button to start pumping.

6. Adjust the vacuum regulator knob to the patient’s comfort level.

7. Pump 15 minutes per breast, or 12-15 minutes if double pumping, every 2-3 hours.

**KEY POINTS**

3. Instruct the patient to be rhythmic, but gentle.

4. Instruct the patient that more suction is not better. Patients should not experience pain.

5. Frequent, not longer, pumping, will adequately stimulate the breast to increase milk production.

6. Massage helps the milk to move through the milk ducts.

7. On the OB units, label the container with the mother’s name, newborn bracelet number 970, date and time collected. On non-OB units, label with the infant’s name, 970, date and time collected.

3. The kits are personal care items and are not to be shared between mothers.

5. Explain to the patient that the pump has two cycles to mimic the infant suckling at the breast.

6. Remember, more suction is not better. Patients should not experience pain.

7. Frequent pumping, not long pumping sessions, aids in the production of milk. Double pumping increases prolactin levels more than single pumping and saves the patient time.
8. Place the lid on the milk container and label appropriately.

9. When collection is completed, disassemble the breast shield, and rinse with cold water. Follow with hot sudsy water and rinse well. Air dry.

STORAGE DIRECTIONS FOR PUMPED BREAST MILK FOR A HEALTHY INFANT (NOT A NICU INFANT):

NOTE: For breast milk storage options, contact the Lactation Consultant or Pediatrics.

1. Polycarbonate or polypropylene plastic bottles are recommended.
2. Fresh pumped breast milk will be safe for 4 – 6 hours at room temperature (66-72°F).
3. Fresh milk may be stored in the refrigerator at 39°F for approximately 5 days.
4. Frozen milk may be stored in the back of a freezer for up to 6 months or in a deep freezer at 20°F for up to 12 months.
5. Defrosted milk may be kept for up to 24 hours in the refrigerator.

DOCUMENTATION:

Document in the appropriate area of the patient record.

REFERENCES:


DATE:

October, 1993 (Breast Milk, Manual Expression of)
REVISED:

August, 2007
(Not included in the 2003 total manual revision)

NOTE: Revision was done with the corresponding Women’s Services procedure in August, 2007, but not approved for the GHS Nursing Manual until July, 2008.

REVIEWS BY:

GHS Lactation Department
Women’s Hospital Nursing Clinical Practice Council
GHS Nursing Clinical Practice Council – 8/07

ORIGINAL DOCUMENT WITH APPROVAL SIGNATURES IS ON FILE IN THE OFFICE OF THE CHIEF NURSING OFFICER FOR:

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