

Breastmilk Expression & COVID-19

What to do while in the hospital?

Have you been diagnosed or are you suspected to have COVID-19 and you want to breastfeed?

The AAP strongly supports breastfeeding as the best choice for infant feeding. Although research is limited no viable infectious virus has been detected in breast milk.

What steps should I take to avoid transmission of COVID-19 when pumping or feeding my infant?

Physical distancing, good hand hygiene, and masking are the best ways for you to avoid transmission to the baby.

If expressing milk for my baby, how often should I pump?

In order to build and protect your milk supply, it is recommended that you express milk 8-12 times every 24 hours.

What supplies will I need for pumping?

While in the hospital, we will make sure you have all the supplies you need. Your nurse will give you a pump collection kit and show you how to use the double electric breastpump. Clean bottles and labels for the milk will be supplied by your nurse.

How often should I clean my supplies?

Your collection kit should be cleaned after each use with hot soapy water, rinsed well, and placed in a clean area to dry. The CDC recommends sterilizing or sanitizing your collection kit every 24 hours. Your pump should be wiped down after each use.

What steps should I take to prepare for a pump session?

Your facemask should be in place. Wash your hands before touching the clean collection kit or pump. Put the collection kit together and be careful not to touch the inside of the bottles.

After pumping, what should I do?

Disconnect the bottles and seal them. Apply a label to the bottle and write the date and time of the pump session and your initials on the label. If your infant is in a separate location, notify the nurse so that the bottles can be brought to your infant for feeding. If your infant remains in the room with you, you can set the bottles aside so an uninfected person can feed the infant, if available. Milk is good at room temperature for 4 hours in the hospital setting.

Need a pump for home use?

Most insurance providers cover the cost of a breastpump; please call your insurance provider as soon as possible. Let us know if you need any help with this process.

Need help?

Please do not hesitate to ask any of our team members for assistance. We are happy to help.

References

American Academy of Pediatrics. (2020, September 10). *FAQs: Management of Infants Born to Mothers with Suspected or Confirmed COVID-19*, Retrieved from <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/faqs-management-of-infants-born-to-covid-19-mothers/>