

HANDLING PUMPED BREAST MILK

Ideally, you should pump breast milk approx. every 3 hours (adapted to the rhythm of your baby) to stimulate and maintain milk production. If you have any further questions, please speak to the breastfeeding counsellor on station G1, your midwife or your nurse.



If you pump breast milk at home, it is important to refrigerate it permanently afterwards. In order not to interrupt the cold chain, the breast milk should be stored in a cool bag with cool packs on the way to the hospital. Please label the bottles with your child's name, the pumping date and time.



When you arrive, you will find a table with baskets in the entrance area next to the gowns. Please wipe the outside of the bottles with the disinfectant wipes provided and then place them in one of the baskets.



You can then take the basket with you and place it on the designated table in the corridor outside the service room. We will then immediately pour the milk into our bottles to prepare it for the meals and refrigerate it further.

Important: For hygienic reasons, we are only allowed to use breast milk for 24 hours from the time of pumping. Breast milk from different times must not be poured together.



After your visit, you can take your bottles home again and clean the returnable bottles according to the manufacturer's instructions. Your K3 team 😊