Safely Disinfect Breastmilk Containers at Home and Bring to the Hospital

Disinfect the Container

1. Clean your hands with soap and water for at least 20 seconds, or alcohol-based hand sanitizer with at least 60% alcohol.
2. Pump milk into the container you were given at Stead Family Children’s Hospital.
3. Place lid on or seal the container before disinfecting it.
4. Have a healthy caregiver clean their hands and put on gloves (if you have some).
5. Have the healthy caregiver wipe the container with a PDI bleach wipe or other solution with at least 1000 ppm sodium hypochlorite. The solution can be sprayed or wiped on the milk containers.
   - A 1000 ppm solution of sodium hypochlorite can be made by mixing 4 teaspoons of bleach into 1 quart (4 cups) of water. Make sure you have proper ventilation when making and using the solution.
   - Check to be sure the product has not expired.
   - Never mix household bleach with ammonia or any other cleanser.
6. Let the cleaning solution air dry.
7. The healthy caregiver takes off their gloves and washes their hands.
8. Rinse the milk container with tap water to remove or dilute any bleach.
   - You need to rinse the container well to lower the bleach levels to be food-safe.
9. Dry the container and then put it in a clean plastic bag labeled with the baby’s name and “Disinfected and Rinsed.”

Bring the Milk to the Hospital

1. Keep the milk in a refrigerator before you bring it to the hospital.
2. Put the milk in the sealed bag into a small cooler with cool packs.
3. A healthy person must bring the milk to the hospital. They should:
   - Park in Ramp 2.
   - Go through the screening at Stead Family Children’s Hospital main entrance.
   - Ask the Guest Services staff at the Information Desk to call they baby’s unit. Tell them the milk is ready to be picked up.
   - Staff will meet you at the desk. They will make sure the milk label is right.
   - The person delivering the milk then puts it in a belongings or other bag. Keep the milk in the sealed and labeled bag.

Thank you for pumping milk for your baby during this time. Each drop is a gift.