

MEDELA FREQUENTLY ASKED QUESTIONS

(BREASTMILK & BREASTPUMP ACCESSORIES)

Bra Pads

- **What are the instructions for washing the 100% Cotton Bra Pads?**

Medela washable bra pads can be machine washed warm with like colors. Tumble dry.

- **What are the disposable bra pads made out of?**

Medela disposable bra pads are made of super absorbent materials that prevent leakage and maintain dryness. A soft layer keeps moisture away from the breast for added comfort. Includes a leak-resistant pocket and extra liner that provide added protection. Individually wrapped for hygiene and convenience.

Breast Shells

- **How do I clean the breastshells?**

Before first use every day

SoftShells™ should be sanitized once a day. For both Inverted Nipple and Sore Nipple Kits.

If you have just used the SoftShells, the foam inserts must be cleaned separately before sanitizing. Squeeze the milk out of the foam, then rinse them twice with clean cold water. Dry them by squeezing between a clean cloth or paper towel. Separate and place the silicone back and dome in a small pan filled with cold water. Distilled water is recommended. Bring the water to a boil and allow it to continue boiling for approximately 10 minutes. Drain off the water and place parts on a clean cloth to dry.

Between uses during the day

If you are leaking, special care must be taken to avoid the buildup of dried breastmilk on the shell parts and in the foam inserts. If the foam inserts become saturated, separate the shells, backs and inserts. The shells and backs should be washed with a mild soap or detergent in warm water, rinsed thoroughly in cold water and dried. Squeeze the milk out of the foam, then rinse them twice with clean cold water. Dry them by squeezing between a clean cloth or paper towel.

- **How do I use breastshells?**

Only wear breastshells during waking hours. The reason that you would only wear them during the day is so that you do not have to worry about lying on them or having them shift. If they shift they could apply pressure to the wrong area. If you are awake, you will know if they have moved out of place or if the pressure is too much and be able to adjust them.

If using the SoftShells, do not feed the milk collected in the foam insert to the baby. Discard the milk.

For inverted nipples, begin wearing the breast shells during the last couple of weeks of pregnancy (contact your healthcare provider before pre-natal use). Continue to wear them

after the baby is born between feedings, until your baby latches on to the breast without difficulty.

For sore nipples, breast shells can be worn continuously between breastfeeding sessions.

- **What material are the breastshells made out of?**

TheraShell backings are made of soft, flexible silicone backs and include both backings for sore and inverted nipples. The domes are made of polypropylene.

SoftShells are sold with only one type of backing, either sore or inverted. The SoftShell backings are also made of soft, flexible silicone backs, but have a more flattering contour under your clothing.

Breastmilk

- **Why does my milk smell soured or soapy?**

Rarely, some mothers notice their defrosted breastmilk has a soapy taste or odor. This is due to lipase, an enzyme, which helps to digest the fat content of the breastmilk. If this occurs, scald the breastmilk (do not bring to a boil) on a stove until tiny bubbles appear along the sides of the pan; do this before freezing. The scalding process will neutralize the enzyme, preventing the soapy taste or smell.

- **Can I transport my breastmilk on an airplane?**

The Transportation Security Administration (TSA) allows mothers flying with, and without, their child to bring breastmilk in quantities greater than 3 ounces as long as it is declared for inspection at the security checkpoint. Please check the TSA website for the most up-to-date information regarding restrictions.

- **How do I defrost my breastmilk?**

Thaw milk overnight in the refrigerator, or hold the bottle under warm running water until thawed. You can also place the sealed container in a bowl of warm water for 20 minutes to bring it to body temperature. Do not let the water reach the level of the container cap.

Thawed milk is safe in the refrigerator for up to 24 hours.

CAUTION: Never microwave breastmilk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. Microwaving can also change the composition of breastmilk.

- **How long can breastmilk be kept in a cooler carrier?**

- You can safely store your breastmilk for up to 10 hours* with Pump In Style Advanced and Freestyle breastpump cooler bags. *When Ice pack is frozen solid.
- Direct exposure to the sun, like leaving the cooler in a car, severely reduces the cooling effectiveness.
- Breastmilk is safe stored in a cooler at/or below 59 degrees for up to 24 hours.
- The liquid inside the cooling elements is water with food grade dye. The liquid is non-toxic.
- Medela does not have recommendations for storing breastmilk with dry ice. Consult a lactation consultant or healthcare provider for further information.

- **How much milk should I produce?**

In the past it was thought that mothers needed to make more and more milk as their babies grew. Scientists now know that a healthy milk supply remains fairly constant over the six (6) months of exclusive breastfeeding. Your baby will take the amount he needs.

During the early weeks, babies eat very frequently and grow very quickly. By day 10-14, babies should regain any weight they lost after birth. For the next few months babies will gain about an ½ ounce to 1 ounce a day.

Around three (3) to four (4) months, a breastfed baby’s rate of growth begins to slow down. Your milk supply will continue to satisfy the baby until it is time to introduce solids at 6 months.

By the end of the first week of life, women who are breastfeeding one baby normally make between 19 to 30 ounces of milk each day. Infants between one (1) and six (6) months of age normally drink an average of 19 to 30 ounces a day.

An average size “meal” for a baby is between three (3) to five (5) ounces of breastmilk. Formula is harder to digest and less well absorbed. Formula fed babies may need larger feeds. Consult your healthcare professional for advice.

- **How do I store my breastmilk?**

- It is normal for pumped milk to vary in color and consistency depending on your diet. Stored milk will separate into layers and the cream will rise to the top. Gently swirl (don’t shake) the bottle to mix the milk layers.
- Avoid adding freshly pumped milk to already cooled milk. You can add small amounts of cooled breastmilk to the same refrigerated container throughout the day.
- Pumped milk may be added to frozen milk provided it is first chilled and the quantity is less than what is frozen.
- Store your milk in Medela’s BPA-free breastmilk collection bottles or in storage bags specifically designed for breastmilk, such as Medela’s BPA-free Pump & Save™ bags.
- Freeze milk in two (2) to four (4) ounce portions. Small amounts thaw more quickly. You will waste less milk this way. Be sure to leave some extra room at the top of the container so the bottle or bag will not overflow when freezing or thawing.
- Seal containers tightly. Write the date on a piece of tape and place on the bag or bottle. Use the oldest milk first.
- If you do not plan to use the milk within a few days, freeze it right away in the coldest section of your freezer.

Freshly Expressed Breastmilk Storage Guidelines (For Healthy Term Babies)			
Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Freezer
4–6 hours at 66–78 °F (19–26 °C)	24 hours at 59 °F (15 °C)	3–8 days at 39 °F or lower (4 °C)	6–12 months 0–4 °F (*18–20 °C)

For more information, or to find a lactation consultant near you, call our Breastfeeding National Network (BNN) at 1-800-TELL YOU or visit www.medela.com

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References: www.BreastmilkGuidelines.com 1547514 C 1213

Breastmilk Bottles

- **What are the ages for the slow and medium flow nipples?**

Each silicone nipple is stamped with an “S” for Slow-flow or an “M” for Medium-flow.

Wide base slow flow 0-4 months.

Wide base medium flow 4-12 months.

- **Can bottle liners be used with Medela breastmilk bottles?**

Medela does not suggest the use of bottle liners as anything placed into the bottle can interfere with the valve assembly causing lack of suction. If you wish to use a bottle liner, pump into Medela bottles and then pour the collected breastmilk into the bottle liner.

- **How do I clean the breastmilk bottles?**

Cleaning

- Prior to first use, bring water to boil then place lids & bottles in boiling water for 10 minutes.
- For regular cleaning, all components may be washed on top rack of dishwasher. Labeling lids and breastmilk bottles may be sanitized in boiling water for 10 minutes. To hand wash, rinse in cool water to remove breastmilk, wash in warm soapy water and rinse with clear water. Air dry in clean area and store when not in use. Do NOT store wet or damp parts. Labeling lids and breastmilk bottles may also be sanitized using a Quick Clean™ Micro-Steam™ bag.

Safety

- Always test temperature of breastmilk before feeding to your baby.
- Always inspect the bottle, nipple and other components before and after each use.
- To prevent possible choking hazard, test strength of nipple by pulling on bulb portion. If nipples appear cracked or torn, discontinue use immediately.
- Infants must not be bottle fed without adult supervision.
- Do not allow child to walk or run with bottle.
- Do not let child take bottle to bed or self-feed for long periods of time.
- Do not attempt to enlarge the nipple hole.
- Nipples should not be used as pacifiers.

IMPORTANT: Plastic bottles and component parts become brittle when frozen and may break when dropped. Also, bottles and component parts may become damaged if mishandled, e.g. dropped, over-tightened, or knocked over. Take appropriate care in handling bottles and components. Do not use the breastmilk if bottles or components become damaged.

- **What are the breastmilk bottles made out of?**

Medela breastmilk bottles are made of FDA food contact grade polypropylene. Medela bottles are BPA-Free and designed for safe feeding and long-term storage of breastmilk.

Polypropylene has a recycle number of 5 or PP stamped into the plastic item. Medela only uses new, virgin materials in manufacturing of all products.

- **Why is Calma available in only 1 size?**

Multiple nipple sizes are not required as the baby controls the flow of milk through vacuum. The baby will apply more or less vacuum to Calma as its need for milk changes throughout breastfeeding duration.

- **Does Calma require any special cleaning?**

Cleaning & Care

Prior to first use and after each use:

Disassembly

1. Remove Calma from bottle by turning counter clockwise.
2. Press base down.
3. Lift nipple from top and remove silicone nipple.

Cleaning

It is important to clean Calma after every feed:

1. Rinse all separated parts in cool water to remove breastmilk.
2. Wash all separated parts in warm, soapy water.*
3. Rinse all separated parts with clear water.
4. Allow all separated parts to air dry in a clean area.
5. Note: You can also wash all separated parts on top rack of dishwasher.

***It is not recommended to use a bottle brush with Calma.**

CAUTION: Do not leave feeding parts in direct sunlight or heat, as this may weaken or damage parts.

Sanitizing

1. In addition to cleaning, Calma can be sanitized once per day by boiling:
2. Separate all parts.
3. Choose a pot that is large enough so parts. DO NOT rest on the sides or bottom while boiling.
4. Fill the pot with water and bring to a boil.
5. Carefully drop parts into boiling water, and boil for 10 minutes.
6. Gently remove parts from water with tongs and place on a clean surface.

7. Allow all separated parts to air dry in a clean area.

Medela's Quick Clean™ Micro-Steam™ bag can be used as an alternate to boiling.

Storing Parts

Make sure all parts are completely dry before storing. When parts are not in use, put in clean plastic bag or store in a container with a lid. Alternatively, the parts can be wrapped in clean paper or cloth towel. Do NOT store wet or damp parts.

- **Is Calma compatible with all Medela bottles/containers?**

Calma is compatible with all Medela containers, including the Colostrum containers, 80 ml, 5 oz and 8 oz bottles.

- **Can Calma only be used with breastmilk?**

Calma has been designed to be exclusively used with breastmilk and as such we cannot attest to Calma being used with other food.

- **Can Calma be used with other manufacturer's bottles on the market?**

Calma has been designed to be used with Medela's bottles and containers. We have not done testing on other manufacturer's containers. You may find that you can thread Calma onto other bottles but you may find that this combination may leak or cause other issues. We do not recommend using Calma with any other manufacturer containers.

Breastshields

- **What are the breastshields made of?**

The PersonalFit breastshields are made of Polypropylene.

- **How do I choose the correct size breastshield?**

Click [here](#) for more information about choosing the right size breastshield.

- **How do I clean the PersonalFit breastshields?**

Before using for the first time, clean **and** sanitize kit parts: breastshields, breastshield connectors, white membranes, yellow valves, breastmilk bottles and lids.

CAUTION: Take apart and wash all parts that come in contact with your breast and breastmilk immediately after use to avoid dry up of milk residues and to prevent growth of bacteria.

CAUTION: Only use drinking quality-tap or bottled water for cleaning.

CAUTION: Do not store wet or damp parts as mold may develop.

Clean

Clean breastpump kit parts after each use.

1. Disassemble all parts.
2. Rinse in cool water all separated parts that came in contact with your breast and breastmilk in order to remove breastmilk residue.
3. Washing options: Wash in sink or dishwasher.
 - a. **Washing in sink:**
 - Soak all separated parts in warm soapy water for 5 minutes.
 - Clean with a clean dish-cloth or soft brush.
 - Rinse all separated parts with clear water.
 - Allow all parts to air dry in a clean area.
 - Store dry parts when not in use.
 - b. **Washing in dishwasher:**
 - Wash all separated parts on top rack of dishwasher.
 - Allow all breastpump parts to air dry in a clean area.
 - Store dry parts when not in use.

Sanitize

1. Sanitize breastpump kit parts once daily.
2. Fill a pot with enough water to cover all parts.
3. Bring water to a boil.
4. Place parts in boiling water for 10 minutes.
5. Allow water to cool and gently remove parts from water with tongs.
6. Place parts on a clean surface and/or towel.
 - Allow parts to air dry
 - Store parts when not in use.
 - Do NOT store wet or damp parts.

Or you may sanitize your kit parts by following the instructions on **Medela's Quick Clean™ Micro-Steam™ bag**.

Safety

- Always test temperature of breastmilk before feeding to your baby.
- Always inspect the bottle, nipple and other components before and after each use.
- To prevent possible choking hazard, test strength of nipple by pulling on bulb portion. If nipples appear cracked or torn, discontinue use immediately.
- Infants must not be bottle fed without adult supervision.
- Do not allow child to walk or run with bottle.
- Do not let child take bottle to bed or self-feed for long periods of time.

- Do not attempt to enlarge the nipple hole.
- Nipples should not be used as pacifiers.

- **Can more than one Micro-Steam bag be put in the microwave at once?**

More than one bag can be put in a larger microwave. No additional time on the microwave is required. Make sure the bags fit and rotate properly.

- **Can Micro-Steam bags be used in microwaves that have a higher wattage than 1100 watts?**

Micro-Steam bags can be used with different types of microwaves. If the wattage is higher than 1100 watts, set the time for 1.5 minutes.

- **How should tubing be placed in the Micro-Steam bags to prevent melting?**

It is not normally necessary to steam clean tubing. Steam clean only if milk contacts the inside of the tubing. Steam-cleaning the tubing may cause clouding or discoloration which will not affect its performance.

1. Wash tubing with warm, soapy water. Rinse in clear water.
2. Add 4 ounces (120 ml) of water to Quick Clean™ Micro-Steam™ bag.
3. Lay tubing flat on bottom of Quick Clean Micro-Steam bag.
4. Make sure tubing is covered with water.
5. Do not place any other items in the bag with the tubing.
6. Follow steps 4-6 printed on the Quick Clean Micro-Steam bag.

- **Micro-Steam bags are NOT okay for use with?**

- Micro-Steam bag is intended for use only with microwave safe plastics.
- Do not use to clean breastpump piston and cylinder.
- Do not use to clean SoftFit™ breastshields.
- Do not use to clean Harmony™ breastpump parts.

- **Micro-Steam bags are okay for use with?**

Breastmilk bottles, nipples, pacifiers, cups, and breastpump accessories. Use only with microwave-safe plastics.

NOTE: Tubing must not be steam-cleaned with any other items, and requires 4 ounces of water. Steam-cleaning tubing may result in clouding or discoloration which will not affect its performance.

- **How many times can a single Micro-Steam bag be used?**

Each bag can be used up to 20 times (no more because they can break down and leak).

Storage Bags

- **How do I store my breastmilk?**

- It is normal for pumped milk to vary in color and consistency depending on your diet. Stored milk will separate into layers and the cream will rise to the top. Gently swirl (don't shake) the bottle to mix the milk layers.

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- Seal containers tightly. Write the date on a piece of tape and place on the bag or bottle. Use the oldest milk first.
- If you do not plan to use the milk within a few days, freeze it right away in the coldest section of your freezer.

To help prevent accidental leaks:

1. Ensure that the zipper on the bag closed properly.
2. If milk is trapped in the zipper, attempt to clean out the milk. Milk in the zipper may expand during freezing, causing a potential leak.
3. Handle bags with care once frozen. Be careful not to drop bags or have bags bang together.
4. Store bags in the upright standing position to prevent damage. Do not store bags lying flat or stacked on top of each other.