

Breast Milk Expression Guide for Patients with the Flu

Breast milk is important to your baby's growth and development. It provides needed nutrition. Breast milk also aids digestion and helps prevent allergies and infections. We are here to support your efforts to feed your baby breast milk.

*If you have
any questions,
please ask your
nurse.*

Each time you pump, follow these guidelines:

1. Place a mask over your mouth and nose.
2. Wash your breasts (not nipple or areola) and hands with soap and water.
3. Pump or hand express your milk into the bottles provided by your nurse. If you need help with pumping/hand expressing, please ask your nurse.
4. When finished pumping, place the cap on the bottle and contact your nurse. Then throw away your mask.
5. The nurse will wipe the outside of the milk bottle and label it with your name.
6. Your milk will be stored in a special refrigerator in the nursery until it is given to your baby.

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital's Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.