

How to Clean the Lactation Aid and Container:

1. Clean the feeding tube and container after every feeding. Do not let the milk dry in the tube. If it does, use a new feeding tube.
 2. Clean the feeding tube and container with warm, soapy water and rinse well. Squirt cooled boiled water through the tube with a syringe until the water runs clear. Push air through the tube with the syringe to help dry the inside of the tube. Infant feeding tubes should not be boiled or steam sanitized.
 3. Remove the syringe from the feeding tube. Take apart the syringe. Place the feeding tube, container and syringe parts on a clean towel to dry. Once they are dry, place in a clean plastic bag or covered container.
 4. Replace the feeding tube as suggested by your health care provider. Never use a damaged feeding tube.
- * If using a commercial lactation aid system, follow the manufacturer instructions for cleaning and storage.

Other Helpful Tips:

- Give your baby a lot of time to enjoy skin-to-skin contact at your breast.
- Watch for feeding cues and offer your baby your breast.
- Continue to work with a health care provider or a person who is skilled at helping breastfeeding families while you are using the lactation aid. Consult with your health care provider if you are planning to reduce the amount of supplement that your baby is getting.

A video showing use of a lactation aid at the breast can be viewed at:
<http://www.breastfeeding.ca/content.php?pagename=vid-lactaid>

References

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- Watson-Genna, C. (2009). *Selecting and Using Breastfeeding Tools*. Texas: Hales Publishing.
- York Region Community and Health Services. (2014). *When Your Breastfed Baby Needs Extra Milk*. Newmarket, ON: Author.

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