



All boutique proceeds benefit Women's Birth & Wellness Center, a 501(c)3 Charitable Nonprofit

Phone: 919-537-7055

Hours: Mon-Fri 9-6, Sat 10-5 & Sun 1-5

Email: boutique@ncbirthcenter.org

Breast Pump Rental Information

Hygeia Pump Rental Policy

- \$2.85 per day, minimum rental of one week
- \$50.00 per month

Medela Symphony Pump Rental Policy

- \$3.00 per day, minimum rental of one week
- \$65.00 per month, rentals one month or longer will be prorated at \$2.50 a day

Cleaning Fee & Replacement of Parts

Pump and all accessories (except personal kit) need to be returned clean and free of breastmilk or debris. A non-toxic, all purpose household cleaner can be used. If upon check-in the pump is in an unclean state a \$25 cleaning fee may be assessed by the boutique staff member. Also, upon check-in, if there are missing or broken parts lessee will be responsible for replacement costs.

Pumps are to remain in North Carolina. If out of state travel is necessary, advanced written notice is required for the rental station's files. The expected dates and location information would be needed. Electronic mail delivery from your personal email is sufficient.

Please contact the Women's Birth & Wellness Boutique for more information.

Breast Pump rental information is provided for informational purposes only.

NC Women's hospital does not guarantee prices listed on this sheet.

Proper Handling and Storage of Human Milk



Safely Preparing and Storing Expressed Breast Milk

- ✓ Be sure to wash your hands before expressing or handling breast milk.
- ✓ When collecting milk, be sure to store it in clean containers, such as screw cap bottles, hard plastic cups with tight caps, or heavy-duty bags that fit directly into nursery bottles. Avoid using ordinary plastic storage bags or formula bottle bags, as these could easily leak or spill.
- ✓ If delivering breast milk to a child care provider, clearly label the container with the child's name and date.
- ✓ Clearly label the milk with the date it was expressed to facilitate using the oldest milk first.
- ✓ Do not add fresh milk to already frozen milk within a storage container. It is best not to mix the two.
- ✓ Do not save milk from a used bottle for use at another feeding.

Safely Thawing Breast Milk

- ❖ As time permits, thaw frozen breast milk by transferring it to the refrigerator for thawing or by swirling it in a bowl of warm water.
- ❖ Avoid using a microwave oven to thaw or heat bottles of breast milk
 - Microwave ovens do not heat liquids evenly. Uneven heating could easily scald a baby or damage the milk
 - Bottles may explode if left in the microwave too long.
 - Excess heat can destroy the nutrient quality of the expressed milk.
- ❖ Do not re-freeze breast milk once it has been thawed.

Source: [American Academy of Pediatrics](#)

Storage Duration of Fresh Human Milk for Use with Healthy Full Term Infants

Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	5-39°F or -15-4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
Freezer			Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of a refrigerator	5°F or -15°C	2 weeks	
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3–6 months	
Chest or upright deep freezer	-4°F or -20°C	6–12 months	

Reference: Academy of Breastfeeding Medicine. (2004) Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants [PDF-125k] . Princeton Junction, New Jersey: Academy of Breastfeeding Medicine.