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The impact of irrigation of breast on colonization of breast milk

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Breast milk health is one of the essential elements in feeding of premature infants. Generally in initial of breast feeding, different methods of disinfecting such as irrigation with usual detergents like water and soap are used to eliminate the probable bacteria. The necessity of the usage of such items has not been mentioned in some studies, and even at the time of comparison, different results have been obtained. This is a controlled clinical trial that evaluated results of breast milk culture in mothers of premature infants in NICU. Sample has been collected from breast of these mothers in four methods: Manual with and without irrigation and pump expression with and without irrigation. Each sample was collected in sterile pot and it was transported to laboratory quickly for microbial culture. The results showed that the cultured bacteria in samples collected manually with and without irrigation were *Staphylococcus* coagulase negative, *Staphylococcus aureus*, *Enterococcus* and *Klebsiella pneumoniae*. In one sample of without irrigation and four samples of with irrigation, lack of growth of bacteria was observed. In pump expression samples with and without irrigation, the cultured bacteria were consisted of: *Staphylococcus coagulase negative*, *Staphylococcus aureus*, *Enterococcus*, *Klebsiella pneumoniae*, *Enterobacteriaceae* and *Pseudomonas*. Among the samples, in three samples of without irrigation and two samples of with irrigation, lack of growth of bacteria was observed. The results showed that cultured bacteria in pump samples were much more than manual samples.

Biography

Ahmadshah Farhat has completed his Medical degree from Kabul University, Pediatric specialty from Mashhad University of Medical Sciences in Iran and Neonatology sub-specialty from Mashhad University of Medical Sciences. He has published more than 60 articles till date. He is the Vice Counselor at Neonatal Research Center.

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