

# 5 TSA TIPS FOR BREAST PUMPING MOMS



## You can bring more than 3.4 OZ of breast milk

Breastmilk does not have to abide by the TSA's standard liquids rule, so you can bring it in "reasonable quantities." However, you must declare it to the TSA agent and separate it from other liquids.



## Breast milk doesn't have to be X-rayed

TSA officers may test your breastmilk or put it through an X-ray. However, you can request that they not X-ray it. If it's in a liquid state, they will have to test it, but you can request that they put on clean gloves.



## Breast pumps do NOT count as a carry-on

A breast pump is considered a medical device, so it does not count as an additional carry-on bag. Just be prepared to explain several times that it is a medical device. DON'T check it! You don't want to arrive at your destination without your pump!



## Freezer packs and ice packs are ok

Ice packs and freezer packs are allowed in a frozen or partially-frozen state, but they must be screened. Also, coolers DO count as carry-on items. Make sure your cooler is water tight.



## Scope out where you can pump

If you need to pump in the airport, ask if there is a lactation room or mother's room. If not, look for a family restroom with an outlet. If you are on a long flight and need to pump, you can do it in your seat if you feel comfortable, or you can do it in the bathroom. Just try to choose a time when many people won't need to use it, such as when people are sleeping. Bring a hand pump if your regular breast pump requires an outlet.

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