



HOW TO COLLECT AND STORE MOTHER'S MILK FOR DONATION

Thank you for your willingness to donate milk. To keep the fragile babies who receive your milk safe, it is important to keep the milk you donate free of contaminants. Please note: used electric pumps, particularly those using an “open” system, may have mould and bacteria in the motor so check manufacturers’ recommendations regarding their pumps. Information is also available online - search “problems with used breast pumps.”

- 1. Find one time of the day to express milk for donation.** This helps you maintain your milk supply and keep comfortable.



- 2. Wash hands with soap and water before you pump or express milk.** Dry hands with clean paper towel (not made from recycled fibers.)

- 3. Express milk by hand, hand pump or electric pump.** Use clean equipment. After each use wash all pump parts that come in contact with milk. Review manufacturer’s instructions. To clean:





- Rinse used parts with cold water. Wash all pump parts in hot, soapy water using liquid dish soap and rinse well with hot water.
- Shake off water & dry with clean paper towel (not made from recycled fibers) or leave to air dry. Store dry equipment in a clean, dry container with a lid or in a zip lock bag (leave open) in the fridge.
- Disinfect clean pump parts at least once daily by boiling for five minutes.
- Clean the outside of your pump by wiping down with a damp cloth once a week.



- Ensure your equipment is clean. Check your tubing connecting the breast phalange to your pump regularly. If there is any moisture in the tubing, remove the phalange and run the pump for a few minutes after pumping to dry the tubing out. Moisture in the tubing can lead to growth of bacteria and mould affecting the quality of your milk.

4. Refrigerate or freeze your milk as soon as possible, ideally within 30 minutes of pumping in one of the following:



 <p>Clean, rigid plastic bottles with lids</p>	 <p>Milk storage bags laid flat (check prices on-line as they vary) * no baggies</p>	 <p>Clean, rigid glass bottles with lids (cleaned with hot soapy water and boiled for five minutes)</p>
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- Do not touch inside the clean container or clean lids.
- Use a new container each time you express milk.
- Allow 1 inch of space in containers as milk expands when it freezes.
- If you are expressing into a container & then pouring into a storage container, leave the storage container closed until you are finished pumping & are ready to pour your milk into it.
- Please note: we cannot return the bottles or containers to you.
- Use a permanent marker and mark your name & date of expression on the flap of the milk bag or on a sticky tape that you place on the milk container. **DO NOT** write directly on the milk container.
- If milk is refrigerated, freeze within 24 hours. For most consistent temperature, store milk at back of freezer (or bottom of freezer in a chest freezer).

- Human milk can be kept in a refrigerator freezer [-16°C (4°F)] up to 6 months and in a deep freeze for 12 months. NOTE: it is important to send milk to the Milk Bank as soon as possible as milk we process expires one year from the date pumped.

Caution!

- If you are unsure about saving milk, save it, but note your question on the container(s).
- Notify the milk bank immediately regarding any changes in your health, health behaviour, or risk factors for disease.
- Wait to pump milk for 12 hours after:
 - Drinking alcohol.
 - Taking occasional medication (including herbs, such as Mother's Milk Tea).



5. Phone

- Call a lactation consultant at the Provincial Milk Bank at BC Women's Hospital & Health Centre (604-875-2282) to ask about donating your milk if:
 - Your baby or someone else in the home is sick.
 - You have developed mastitis or a yeast infection on your nipples, your baby has thrush, or you have a fever blister (your milk is fine for your baby).
 - You get vaccinated.
 - You or your partner gets a tattoo.
 - You have any other questions.
 - You may wish to keep expressing your milk until your questions are answered. This maintains your supply & keeps your breasts comfortable.
- For more information about the Provincial Milk Bank, go to www.bcwomens.ca (search for Milk Bank).



BC Women's Hospital Provincial Milk Bank

Room 1U50, 4500 Oak Street
Vancouver, BC, V6H 3N1

Phone: 604-875-3743 Fax: 604-875-2871

Email: mbscreening@cw.bc.ca

Web: www.bcwomens.ca (search for Milk Bank)

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