

Advice to Donors about Expressing and Handling Milk at Home

The advice in this leaflet is specific to mothers expressing their milk for donation, and may be different from advice given to mothers expressing milk for their own babies.

Preparing to Express

- Always wash your hands thoroughly before collecting the milk.
- Good personal hygiene is essential because milk banks cannot use donated milk that has been contaminated in any way.

Methods of Expressing

There are two methods of expressing milk - hand expression and pump expression. The milk bank accepts milk expressed using both ways.

How to express milk by hand

- Have a clean sterilised container ready.
- Begin with gentle breast massage to stimulate oxytocin release.
- Cup your breast with your finger and thumb in a 'C' shape about 2-3cm from the base of the nipple.
- Gently squeeze bringing the fingers and thumb together in a rhythmic action.
- At first, only drops will appear but keep going to help build up your supply.
- With practice and time, milk will flow freely.
- When the flow slows down, move your fingers to a different section of your breast and repeat.
- Swap to the other breast and keep changing until the milk is dripping very slowly or stops altogether.
- If the milk doesn't flow, try moving your fingers slightly towards the nipple or further away.



Expressing using a pump

If you use a pump, sterilize your equipment each time it is used.

The Breast Milk Bank does not accept milk that has been collected by a self-suctioning pump (Haaka)

Storage of Milk

When you have finished expressing your milk:

- Carefully pour the milk into storage bottles. Expressed milk can only be accepted by the milk bank if it's collected and stored in milk collection containers provided by, or acceptable to the milk bank. This milk bank does accept storage bags.
- Do not touch the inside of the bottle or the cap.
- Leave a 1-2 cm space at the top of each bottle as the milk will expand when frozen.
- Securely replace the cap and label the bottle with your name and the date. Use a pen to label the bottle of milk that does not run when wet.
- Ideally, freeze expressed milk for donation as soon as possible to maintain its nutritional and microbiological quality.
- If immediate freezing isn't possible due to storage capacity, refrigerate samples collected over 24 hours and then freeze the batch. Maintain the refrigerator temperature between 0 – 5°C.
- For mothers who wish to pool expressed milk collected over a 24-hour period, please contact the milk bank who will supply a thermometer and paperwork to record the fridge temp daily.
- Frozen milk expressed for the milk bank can be stored in a domestic freezer for up to 3 months, at -18°C or lower. Store the expressed milk separately from other food to avoid cross-contamination.
- The expressed milk will be pasteurised (special heat treated) before it can be used. This needs to be done within 3 months of it being expressed so ideally the milk bank needs to receive it within 2 months of it being expressed to prevent wastage.
- Ensure that you do check and document your freezer temperature every day and record it on the Donor Do It Safely Checklist. If you have any concerns about storage conditions or freezer temperature, discuss this with the milk bank staff.

Contact the milk bank to discuss suspending or stopping milk donation if:

1. You develop a fever or have contact with a viral infection which causes a rash, for example measles, rubella, or chicken pox.
2. You begin taking any medication.
3. You develop lesions or infection of the breast.

Transporting donor breast milk to the milk bank at Calderdale Neonatal Unit.

Contact the milk bank staff to discuss the arrangements for delivery or collection.

If the milk is to be collected, the collector will phone to arrange a date and time suitable for both parties.

Just before delivery or on collection, remove the milk from the freezer and place in a clean plastic bag. Complete the Donor Do it Safely Form.

On the Donor Do It Safely Checklist:

- Record the date and time the milk is removed from the freezer.
- Record the date of the first and last expression and the approximate amount of milk that is in the batch.
- Complete the section about you.
- Secure the bag with the tag and record on the checklist.

If you are delivering the milk to the milk bank, pack the milk tightly in a cool box using ice packs to maintain a frozen temperature. Deliver as soon as possible to ensure the milk remains frozen.

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale and Huddersfield
Donor Milk Bank
Telephone (01422) 224421

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"