

COLLECTING AND STORING MILK FOR DONATION

Thank you for providing your precious gift of breast milk! We accept your breast milk if you had *not taken* medications or herbs and there were *no* illnesses in the household at the time of collection. IF medications had been taken or illnesses occurred, please contact the Donor Coordinators at 1877-375-6645

BEFORE PUMPING	DURING PUMPING	AFTER PUMPING
<ul style="list-style-type: none"> * Wash your hands and lather with soap and rinse in warm water before expressing or pumping milk. * Dry them with a clean paper towel. * Use clean pump kits and bottles. 	<ul style="list-style-type: none"> * Pump directly into the cleaned bottle connected to the pump or new milk storage bag. * Massage the breast during pumping if doing a single pump session. * Pump both breasts simultaneously when/if you are comfortable managing it. * Fill the milk containers $\frac{3}{4}$ full. Milk expands with freezing.¹ 	<ul style="list-style-type: none"> * Put the collected milk in a clean bin inside the freezer. Check to see the container is securely sealed. * You can also transfer the milk into a breast milk storage bag. Check to make sure the bag is completely sealed before placing in the freezer. * Label the container with date and the amount collected. If you are already an approved donor, write the DONOR # on the container. * For donation, it is best to cool the milk in the refrigerator for not more than 24 hours and then place the sealed container in the freezer.
<p>CLEANING PUMP EQUIPMENT AFTER USE: Wash the pump pieces thoroughly with warm soapy water and rinse well with hot water twice. Let them air dry on a clean paper towel and store them covered between uses. <i>Always read the manufacturer's direction.</i></p>		<p>Do not place multiple pumpings in a single breast milk storage bag or containers.</p>