

Collection and Storage of Donor Milk for the PREM Bank

The milk bank cannot use donated milk that has been contaminated in any way. One of the most important factors in safe handling and storage of human milk is routine hand washing. Careful attention to hand hygiene decreases the risk of contamination of pumps, pump parts, storage containers and expressed milk.

Hand Hygiene

Firstly check that your breast pump attachments and expression bottles are BONE DRY, free of any water or detergent droplets.

1. Before expressing milk or handling equipment actively lather hands with liquid soap and water for 30 seconds.

Pay particular attention around and under your finger nails.

2. Use a paper towel to turn off the tap you are using and dry hands with a clean paper towel.
3. Apply the supplied alcohol gel as a safeguard throughout your expression when handling your pump kit, attachment pieces and breast.

Alcohol Gel can be used up to six times without rewashing your hands.

It is not necessary to wash your breast each time you express. A daily shower is adequate. However if you have not showered 24hrs prior to expressing, please wipe your breast with a damp cloth and pat dry with a paper towel. Keep your clothing away from clean pump parts and bottles when expressing.

Storage of Donor Milk

When you have finished expressing carefully pour the milk into the provided storage container.

- Do not touch the inside of the cap or bottle at any time.
- Replace the cap and label your bottle with the yellow EBM and donor sticker.
- The first expression into each bottle is to be dated on the label.
- Please leave a 2cm air space on top of the bottle for expansion when frozen.

- Place bottle immediately into the coldest part of your freezer (the lowest shelf away from the door).
- Fresh milk may be added to this bottle later in the day when you do another expression. This should be done carefully to avoid any contamination.
- Store frozen milk bottles separately from other items in a sealed container or bag.

Cleaning and Disinfecting Breast Pump Parts

1. Rinse all pieces that touch the milk with cold water.
2. Wash pieces with hot soapy water and detergent to clean.
3. Rinse well in hot water twice to ensure no detergent residue is left.
4. Shake out all excess water.
5. Place open bottles on a dry paper towel.
6. Cover bottles with a second paper towel until BONE DRY.
7. Once dry, store pump parts and bottles in sealed container provided.

Transporting Milk to the Milk Bank

The PREM Bank is open 8.30am to 5pm Monday to Friday to accept your donor milk. A telephone call prior to delivery is appreciated.

The PREM Bank needs to accept your donated milk frozen.

- Transport your milk using a cooler bag or hard walled esky.
- Use of ice bricks or gel ice packs are acceptable.
- Ice or a water and ice mixture is discouraged, as your milk will defrost quicker.
- Pack any air spaces with paper towels or clean towels

Please ensure that you collect milk according to the instructions provided.

Clean, dry equipment and thorough hand washing will enable PREM Bank to use your milk to feed babies in need.