

PREM MILK BANK

COLLECTION AND STORAGE OF DONOR MILK

The Perron Rotary Express Milk Bank (PREM 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.

As your breast pump kit (shield and bottles) will get regular use it is also important that particular attention is given to their cleaning between uses. This also ensures that milk expressed for your own baby will also be free from contamination.

Hand hygiene

- 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.
- Use a paper towel to turn off the tap you are using and dry hands with a clean paper towel.
- 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. 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

- Rinse all pieces that touch the milk with cold water first.
- Using a bottlebrush wash equipment in hot soapy water and detergent. Rinse well in hot water.
- Prior to expressing for the PREM Milk Bank place breastshield, bottle, valve and membrane in the Microwave sterilisation bag with 60ml of water. Seal and place in the microwave for three minutes.
- Using caution remove pieces from the bag, as they will be hot, and shake off excess water. All pieces are now ready to use.

Transporting to the PREM Milk Bank

The PREM Milk Bank is open 7.30am to 3.00pm Monday to Friday to accept your donor milk. Please telephone or email prior to delivery to ensure a PREM Milk Bank staff member will be available to accept your donation.

When dropping off milk please bring donation to the Enquiries Desk at the Bagot Rd entrance to King Edward Memorial Hospital (KEMH). Ask the staff member to page the PREM Milk Bank.

Car park delivery: Phone or email prior to delivery. When you arrive and have secured a 10 minute car bay out the front of KEMH please phone 6458 1207 or Mobile 0466 466 854 Alternatively if no answer please phone switch board 6458 2222 and ask to page 3543.

The PREM Milk 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 is 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, sterilised equipment and thorough hand washing will enable PREM Milk Bank to use your milk to feed babies in need.

For further information or questions regarding these instructions please contact the PREM Milk Bank:

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