Calderdale and Huddersfield
Donor Breast Milk Bank

Advice to Donors about Expressing and Handling Donor Milk at Home

The advice in this leaflet is specific to mothers expressing milk for donation, and may differ 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, as 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 both ways.

How to express milk by hand

1. Have a clean sterilised container to hand before you start.

2. Cup your breast and place your thumb and finger about 2-3 cm from the base of the nipple

3. Using your thumb and the rest of your fingers in a C shape, gently squeeze this area – this shouldn't hurt.

4. Release the pressure and then repeat again and again, building up a rhythm. Avoid sliding your fingers over the skin. At first, only drops will appear, but just keep going as it will help build up your supply. With practice and a little more time, milk will flow freely.



© Crown



© Crown

compassionate care

5. When the flow slows down, move your fingers round to try a different section of your breast and repeat. When that flow slows down, swap to the other breast. Keep changing breasts until the milk is dripping very slowly or stops altogether.

6. If the milk doesn't flow, try moving your fingers slightly towards the nipple or further away, and try a gentle breast massage.

If you use a pump, you will need to sterilise your equipment each time it is used. Any containers used for hand expression will also need to be sterilised. A steam steriliser, microwave steriliser or cold-water steriliser may be used. Please follow manufacturer's guidelines of use.

Storage of Milk

When you have finished expressing, pour the milk carefully into the storage bottles. You are advised that expressed milk can only be accepted by the milk bank if it has been collected and stored in milk collection containers provided by, or acceptable to, the milk bank.

Do not touch the inside of the bottle or cap. Always leave a 1-2 cm space at the top of each bottle, as the milk will expand when frozen. Replace the cap securely and label the bottle with your name or milk bank ID number and the date. Use a pen to label the bottle of milk that does not run when wet.

It is advisable that expressed milk collected for donation should be frozen as soon as possible to maintain the nutritional and microbiological quality of the milk. If this is not possible i.e. because of storage capacity, you are advised to refrigerate samples collected over 24 hours, and then freeze the batch. Refrigerator temperature should be maintained between 0-5ºc. 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 temperature on a daily basis.
Frozen expressed milk should be transported to the milk bank as soon as possible. However, if necessary, expressed milk for donation can be stored before transport to the milk bank for up to 3 months in a domestic freezer, at –18ºc or lower. Store the expressed milk separately from other food to avoid cross-contamination.

The milk bank would prefer to receive the milk before the 3 month time limit is up to allow time for the pasteurisation process. Ensure that you 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 breast 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 exanthematous disease i.e. 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.

Discuss with the milk bank staff 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.

On the Donor Do It Safely Checklist:

- Record the date and time the milk is removed from the freezer.
- Record the amount of milk in the batch.
- Complete the section - About you.

Secure the bag with the blue plastic tag and record this on the check list also.

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.

© Crown copyright 2015. Produced by William Lea for Public Health England
Extract 'How to express milk by hand' from 'off to the best start' www.baby friendly.org.uk

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

Calderdale and Huddersfield
Donor Breast Milk Bank
Calderdale Royal Hospital
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

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ 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
براہِ 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"

CHFT