



Donor Milk Collection and Storage Guidelines

Collecting and Storing Your Milk

1. Before touching your pump or pump parts, please **wash your hands thoroughly** with soap and warm water. Actively lather your hands for a full 15 seconds. There is no need to wash your breasts, but you should gently wipe off any creams or lotions used on your breasts.
2. Express your milk into a clean container, using clean pump parts. If you are interrupted, cap the milk and put it in the refrigerator.
3. Be sure NOT to touch the inside of the caps, bottles or bags or the threading of any bottles you may be using for storage.
4. **Do not overfill bags beyond the highest measurement marking.** Milk expands during freezing and we cannot pasteurize milk from containers that have leaked.
5. Do not add fresh milk to previously frozen milk (also referred to as “layering”).
6. If you are donating milk collected prior to becoming a donor, each container must be clearly marked with the date of collection. If you are collecting milk going forward, please add your donor ID to each container, in addition to the date. You can also add your name but it is not essential.
7. Ideally, milk should be placed in the refrigerator as soon as possible but no longer than four hours after collection. Milk should be moved to the freezer **within two days of collection**.
8. Place the milk in the rear bottom of your freezer where it is the coldest. The freezer door is often warmer than the rest of the freezer and is subject to fluctuations in temperature when opening the freezer door.
9. If you combine milk from **more than one day** the entire date range must be on each milk storage container.

Cleaning your Pump and Accessories

If you are using an approved, shared multi-user pump, wipe the pump with antiseptic wipes or a clean paper towel using an antiseptic spray prior to use. Use only your own kit, including tubing, each time you pump. Wash and rinse the pumping parts that touch your breasts or milk every time you use the pump.

Note: It is not necessary to wash the tubing.

1. Wash your hands thoroughly using warm water and soap.
2. Completely disassemble the pump kit, including removing any valves and valve holders.
3. Rinse all parts with cool water to remove milk residue (hot water can “bake” residue on)
4. Wash all parts with warm, soapy water. It is not necessary to sterilize the pump parts daily.
5. Thoroughly rinse pump parts with fresh, warm water.
6. Shake off excess water and allow parts to air dry on a disposable towel or freshly laundered towel. Do not use paper towels made from recycled material as it has been shown to have a higher bacterial count.
7. Cover with a fresh, clean towel when dry or place in a clean, zippered plastic bag.

Thank you for taking the time to ensure that the milk you donate is as safe as possible in consideration of the health of our recipients. We are so grateful for your support of the Mothers' Milk Bank Northeast.