

- » If you have a separate deep freeze or chest freezer, expressed breastmilk can be stored for 12 months.

How to transport expressed human milk

Place frozen human milk in an insulated cooler pack with ice packs touching the containers for transportation. Once at its destination, the donated human milk should be put directly into the freezer unless being thawed for immediate use.

- » Unpasteurised donor milk should be frozen immediately after expressing to limit lipolysis and microbial growth. Frozen donor milk must be labelled and dated and must not be used after maximum of 12 months from date of expression.
- » On arrival, donor milk must be placed in the freezer. If an amount is needed, only this amount is placed in the refrigerator to thaw. Breastmilk that arrives thawed should be discarded as its microbiological safety is unable to be verified.
- » The LMC will explain donor milk labelling to the donor:
Donor breastmilk will be labelled with Donor NHI, date and time of expression.
When the donor milk arrives at the Health New Zealand Canterbury|Te Whatu Ora Waitaha maternity facility, the recipient baby's label is added.
- » Donor milk labels are available from the person facilitating the milk donation.

For more information:

- » <https://eatsonfeets.org/>
- » Rotary Community Breast Milk Bank
Phone: 03 3756281
email: rotaryc9@gmail.com
website: www.themilkbank.nz
- » Discuss with your LMC or a Lactation Consultant



Information for breastmilk donors

Collecting, labelling, storing and transporting breastmilk

Expressing your breastmilk

There is no obligation for you to express just to donate your breastmilk. Breastmilk production depends on milk removal or 'supply and demand'. There is no absolute right time to express, so express when it is convenient for you and ensure that you express often enough to encourage production. One option for expressing is when your baby only feeds on one side - just express the other side after the feed. You will determine what works for you.

General hygiene when expressing at home

It is important to keep everything as clean as possible to avoid contaminating the breastmilk for donation. Routine hand washing is one of the most important factors in the safe collection, handling and storage of human milk. Careful attention to hand hygiene decreases the chance of contamination of pumps, pump parts, storage containers and expressed human milk.

Hand hygiene

1. Before expressing breastmilk or handling expressing equipment, actively lather hands with soap and water for 30 seconds, paying attention to the area between fingers, and under the finger nails.
 - » We encourage you to keep your finger nails short
 - » Preferably use liquid soap from a pump
2. Alcohol gel can be purchased from your supermarket and is an excellent option to improve hand hygiene. It can be used on your hands instead of washing with soap and water if your hands are not physically dirty, eg. after changing a nappy

3. Dry hands with a clean towel or disposable paper towel. Use the towel to turn off the tap.
4. Daily washing of breasts when showering/bathing is sufficient for breast hygiene.

Pump hygiene

1. The outside of the breast pump should be kept clean and any milk spots wiped away using washing up detergent and water.
2. The collection kit should be completely dismantled, washed and sanitised after each episode of expression (take care with small parts as they are easily lost).
3. Completely dismantle the pump set excluding the tubing attaching the pump to the personal kit.
4. Please wash the collection kit in a bowl or container, kept only for this purpose, to avoid contamination from the sink.
5. Wash all collection kit parts EXCEPT the tubing in hot water (from hot tap is enough) and washing up detergent to clean. Have a bottle brush available exclusively for this purpose and use this brush to remove any solidified breastmilk.
 - » Rinse in hot water to wash off detergent residues
 - » Place in disinfecting solution
 - » Shake off excess water
 - » Air dry by placing the collection kit between dry paper towels until the next use

Always handle these items with clean dry hands.

Donor milk storage information

This applies to women/people who are storing and transporting their expressed donor milk from home. Hand hygiene and cleaning of the electric pump parts are very important.

Storage guidelines

- » Use sterile bottles/containers
- » Breastmilk from each expression should be stored separately - small portions are preferable to avoid waste (100-300 mL)
- » Your NHI, the date and time you expressed must be written on Donor Milk labels provided and each bottle/container must be labelled
- » Apply the completed donor milk label first, then place the containers of breastmilk in freezer
- » Please leave a gap of 2 cm at the top of each storage container to allow for expansion when the breastmilk is frozen
- » Breastmilk expressed for donation should be frozen immediately
- » Do not add additional fresh expressed breastmilk to frozen milk, use a new container

To freeze your expressed breastmilk

- » Freeze your expressed breastmilk immediately.
- » Always place expressed breastmilk towards the back of the freezer where the temperature is more constant.
 - » If you have a freezer compartment located inside the refrigerator the expressed breastmilk can be stored for two weeks.
 - » If you have a separate door refrigerator/freezer, expressed breastmilk can be stored for three months.