

## Early Breast Milk Sample (Colostrum) Collection Instruction Sheet

Thank you for your participation in The ORIGINS Project. Following are instructions on how to collect a colostrum sample. Following the procedure below will limit the chance of contamination of the sample during and after collection.

Colostrum is a fatty-like milk produced prior to your milk coming in. It is valuable as it contains important nutrients and immune factors. Each colostrum sample will be used to study how these factors are influenced by your environment.

### IMPORTANT NOTES FOR SAMPLE COLLECTION

- **You do not have to collect any amount of colostrum for ORIGINS if you do not wish to.**
- If you do choose to collect colostrum for ORIGINS, *any amount (even a few drops)* is still beneficial.
- Your colostrum sample will need to be sent to Western Diagnostic Pathology at the hospital **immediately after the sample has been expressed.**
- Colostrum should be expressed **manually**, as the sample contents may become trapped in tubing if a breast pump is used.
- The colostrum sample should be expressed directly into the sterile syringe that is supplied. Another vessel, bottle or container should not be used for collecting the colostrum sample.
- Avoid using creams, ointments and soaps on the breasts/nipples prior to collecting the colostrum sample. If creams/ ointments have been used please wash your breasts with soap and then thoroughly rinse with water prior to the collection.
- It is recommended that you collect your sample at or as close to a regular feeding time as possible, usually at least two hours after the previous feed.
- Ensure the entire colostrum sample is collected **at one time only.**

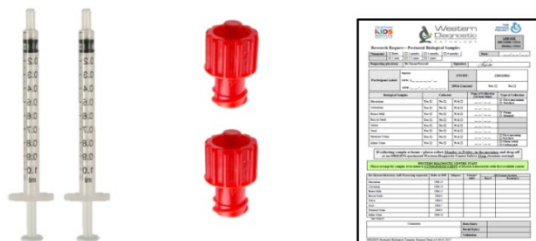
**Birth samples for ORIGINS are all collected in hospital with the support of the midwives. For more information scan the QR code or follow the link:**



[https://originsproject.telethonkids.org.au/for-participants/sample\\_collection/birth\\_samples/](https://originsproject.telethonkids.org.au/for-participants/sample_collection/birth_samples/)

## STEPS FOR THE COLOSTRUM SAMPLE COLLECTION

1. Check that your colostrum collection kit contains:



- 2 x Sterile 1ml syringes
- 2 x red syringe caps
- 1 x Western Diagnostic request form  
(partially filled in by ORIGINS staff)

2. Wash breasts with warm water to remove any traces of dirt or debris and dry well. Leave breasts exposed.
3. Wash your hands thoroughly with warm soapy water and dry well with paper towel.
4. Remove the first syringe from its sterile wrapping, ensuring not to touch the tip of the syringe. This will prevent contamination of the syringe and colostrum sample.
5. Place the syringe in your dominant hand, and use your non-dominant hand to press down on the breast and express the colostrum sample.
6. When colostrum is visible on the nipple/areola, use the syringe to draw up the colostrum into the syringe.
7. Continue this process for as long as you can. If colostrum flow from the breast has ceased, attempt expressing colostrum from the other breast.
8. Once you have finished expressing (the syringes do not have to be full), place the syringe(s) down.
9. Unwrap a red syringe cap and place on the end of the syringe so it is sealed. Repeat for the second syringe if it was used.
10. Place syringes in the biohazard bag provided.
11. Write the date of collection on the label on the front of the biohazard bag.
12. Fill in the **date** and **time** of the sample collection on the biological request form included in the sample kit and place the form in the outside pocket of the biohazard bag.
13. Please give the sample **IMMEDIATELY** to your midwife and they will send the sample to the Western Diagnostic Pathology Clinic at the hospital for processing.

***Thank you for being a part of this valuable research***

Any queries please contact The ORIGINS team



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