

## Breast Milk Collection Instruction Sheet

Thank you for your participation in collecting a breast milk sample for the ORIGINS Project. Breast milk is a valuable sample as it contains important nutrients and immune factors. Each breast milk sample will be used to study how these factors are influenced by your environment. The purpose of this information sheet is to provide instructions that limit the chance of contamination of the breast milk sample during and after collection.

### IMPORTANT NOTES FOR SAMPLE COLLECTION

- Your breastmilk sample will need to be expressed and dropped off at a Western Diagnostic Centre **on the same morning**. They will need to be dropped off **prior to 10am**.
- Breast milk may be expressed **manually** or using a **breast pump**. It is important to note on the request form which way the sample was collected.
- The milk sample should be expressed directly into the sterile breast milk pot supplied, regardless of the method used to collect the sample. Another vessel, bottle or container should not be used for collecting the milk sample.
- Avoid using creams, ointments and soaps on the breasts/nipples prior to collecting milk samples. 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 close to a regular feeding time, usually at least two hours after the previous feed.
- Ensure the entire breast milk sample is collected **at one time** and is not spread over several feeds.

### STEPS FOR BREAST MILK SAMPLE COLLECTION

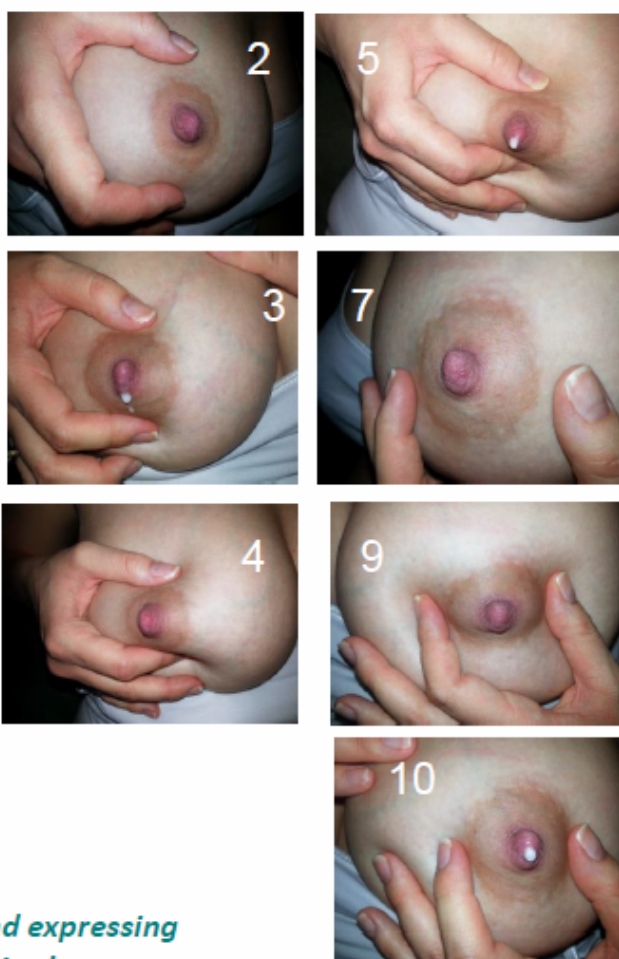
1. Check your breast milk collection kit contains:
  - 1 x Sterile breast milk pot collection pot
  - 1 x Western Diagnostic request form (partially filled in by ORIGINS staff)
2. On the breast milk pot, write the date of the breast milk sample collection.
  - a. If using a breast pump, set up the pump next to a comfortable chair and ensure sterile milk pot is within arm's reach. Instead of attaching your baby's bottle to the pump, the sterile pot will sit under the pump and collect the milk.
  - b. If expressing manually, the sterile pot can sit under the breast and collect the milk sample.
3. Wash breasts and hands with warm water to remove any traces of dirt or debris.
4. Sit or stand in a comfortable position.
5. Remove lid of the pot and express 15ml or as much as you can (up to 15ml) into the sterile breast milk pot. To prevent contamination of the breast milk do not touch the inner surface of the container or the lid.
6. Place lid on the pot and seal tightly to prevent leakage. Place pot in the biohazard bag provided.

7. If the sample cannot be immediately delivered to a collection site, place in the refrigerator.
8. Fill in the date and time of the sample collection, and whether the sample was collected manually or using a breast pump, on the biological request form.
9. Place the form in the outside pocket of the biohazard bag.
10. When you are ready to take the sample to Western Pathology, place sample in a cooler bag with a cold pack or ice to keep the sample cold whilst travelling to your nearest centre.
11. Take sample to the nearest or most convenient Western Pathology Clinic for processing **before 10am.**  
(*Note: ORIGINS-associated Western Diagnostic locations are listed on the back of your biological request form.*)

### How to manually (hand) express breast milk:

#### Hand expression routine:

1. Apply heat, massage and stroke breasts
2. Position fingers behind areola
3. Press back towards chest
4. Compress fingers together to express milk
5. Relax and repeat getting a rhythm going
6. Express for 5-7 minutes
7. Move fingers to a different position
8. Massage and stroke the breast
9. Press back towards chest
10. Compress fingers together to express milk
11. Express milk for 3-5 minutes
12. Massage and stroke breasts
13. Move fingers to a different position
14. Express milk for 1-2 minutes
15. Complete cycle takes 20-30 minutes



*Watch this video while you are hand expressing  
to see the technique in action!*

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

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