

Early Breast Milk Sample (Colostrum) Collection Instruction Sheet

Thank you for collecting a sample of your colostrum for the ORIGINS Project. 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. The purpose of this information sheet is to provide instructions that limit the chance of contamination of the colostrum sample during and after collection.

IMPORTANT NOTES FOR SAMPLE COLLECTION

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** and is not spread over several feeds.
- A colostrum sample of 2ml is requested for collection however if 2ml is unable to be collected, any volume under this amount will still be beneficial.

STEPS FOR THE COLOSTRUM SAMPLE COLLECTION

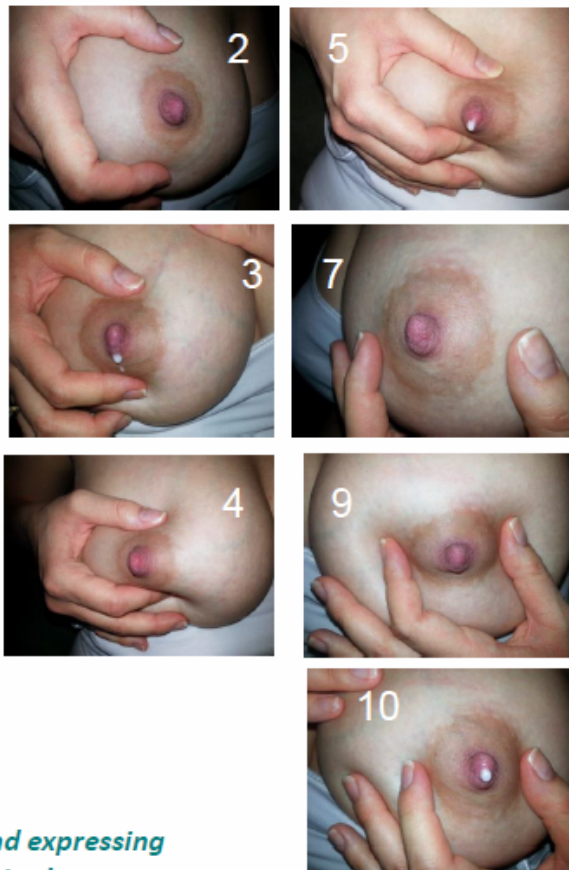
1. Check that your colostrum collection kit contains:
 - 2 x 1ml Sterile Syringes
 - 2 x Sterile red syringe caps
 - 1 x Western Diagnostic request form (partially filled in by ORIGINS staff)
2. Place all the contents of the colostrum kit in an easily accessible position next to where you will be collecting the sample.
3. Wash breasts with warm water to remove any traces of dirt or debris and dry well. Leave breasts exposed.
4. Wash your hands thoroughly with warm soapy water and dry well with paper towel.
5. Sit or stand in a comfortable position.
6. 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.
7. Place the syringe in your dominant hand, and use your non-dominant hand to press down on the breast and express the colostrum sample (as demonstrated overleaf)

8. When colostrum is visible on the nipple/areola, use the syringe to draw up the colostrum into the syringe.
9. Continue this process until the syringe is full, or until colostrum flow from breast has ceased. If the syringe is not full, commence expressing colostrum from the other breast.
10. Once syringe is full, unwrap one of the sterile red caps, ensuring not to touch the end of the cap which will be sealing the syringe.
11. Place red cap on the end of the syringe to seal and place syringe in the biohazard bag provided.
12. Repeat the process with the second syringe if possible.
13. Fill in the date of collection on the label on the front of the biohazard bag.
14. 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.
15. When the sample is ready, please give the sample to your midwife and they will send the sample to the Western Diagnostic Pathology Clinic at the hospital for processing.

How to manually (hand) express colostrum/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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