



Breast Milk Collection Instruction Sheet

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

Breast milk contains important nutrients and immune factors. Each breast milk sample will be used to study how these factors are influenced by your environment.

IMPORTANT NOTES FOR SAMPLE COLLECTION

- Your breastmilk sample will need to be expressed and dropped off **on the same day.**
- 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.

Before collecting any samples, please plan how to get them to the ORIGINS team by scanning the QR code or following the link for more information:

https://originsproject.telethonkids.org.au/for-participants/sample_collection/



STEPS FOR BREAST MILK SAMPLE COLLECTION

1. Check your breast milk collection kit contains:



- 1 x Sterile yellow topped specimen jar
 - 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.
 - 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.
 - 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.
 - For instructions on how to manually express milk, please visit https://www.healthywa.wa.gov.au/Articles/A_E/Expressing-and-storing-breast-milk
 6. Place lid on the pot and seal tightly to prevent leakage. Place pot in the biohazard bag provided.
 7. Fill in the **date** and **time** of the sample collection on the biological request form included in the sample kit and place in the outside pocket of the biohazard bag.

Thank you for being a part of this valuable research

Any queries please contact The ORIGINS team



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