

GUIDELINES REGARDING HYGIENE FOR MILKDONORS

Thank you for contributing to the important work of ensuring the best nutrition for premature and sick newborns.

⌚ Wash your hands well with soap and water before pumping. Use the disposable paper provided to dry, and turn off the tap with the paper.

⌚ The milk ducts are cleaned by hand milking a few drops of milk before the actual pumping starts.

⌚ The breasts are kept clean with daily wash. Otherwise, the breasts are washed with a disposable washcloth/ compress before each pumping, and then air-dried. Do not use hand sanitizer!

⌚ When hand milking instead of pumping, use a clean, boiled container or distributed bottles.

⌚ Empty the freshly pumped milk into the distributed container and place it in the freezer immediately. Mark the container with donor code and date. Refill cooled milk if needed, oldest pump date applies.

⌚ After each pumping, the equipment is taken apart. The equipment should be washed by hand with soap or in a dishwasher before being boiled for 5 minutes. The tube is to be boiled once a week.

⌚ When delivering milk to the milk bank, the milk must be transported in a freezer bag/cooler bag during transport. If necessary, use cooling elements.

⌚ Contact the milk bank if you become ill or if you are using medication.

⌚ You do not need to deliver milk weekly. We want you to collect a little, so that there is more with each individual delivery.

⌚ When you start as a milk donor, you will be given the following:

⊗ Sterile disposable bottles to hold the milk in

⊗ Labels

⊗ Disposable paper

⊗ Disposable washcloths

⊗ Declaration form

⊗ Pump with equipment's if needed