

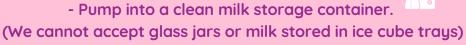
Best Practices for Expressing, Storing and Handling Breastmilk for Donation

BEFORE PUMPING



- Wash hands well.
- Remove excess topical creams/ointments from breast.
 - Use clean flanges with each pumping session.
- Label storage container with the date pumped and (if available) donor number.

DURING PUMPING



- Fill storage bags only 3/4 full. Milk expands with freezing.
 - We will provide you with complimentary storage bags if needed.



AFTER PUMPING

- Freeze milk within 24 hours after pumping.
- You can mix breastmilk from different pump sessions first refrigerate freshly pumped milk before combining it with previously refrigerated milk.
 - We cannot accept milk that has been heated or scalded.

QUESTIONS?

Call us at 503-469-0955 or Toll Free 800-204-4444

