



Instructions for Collecting and Storing Breast Milk for Donation

Before Pumping

- Wash hands before pumping. Lather with soap and rinse with warm water. Dry thoroughly.
- Use clean pump kit and storage bags or bottles every time.

Clean Your Pump Equipment

After Each Use:

- Wash pump pieces with warm, soapy water.
- Rinse well with hot water two times.
- Air dry on clean paper towel.
- Store in covered container between uses.
- Read manufacturer instructions for cleaning your pump.

During Pumping

- Pump directly into clean storage bag or bottle that is connected to pump.
- Massage breast during pumping.
- Pump both breasts at the same time if you have a double breast pump.
- Only fill bag or bottle 3/4 full because milk will expand with freezing.

Remember if you are taking medications, herbal supplements (mother's milk tea) or anyone in your household is ill during the time you are collecting, please call our Donor Coordinators at 407-248-5050.

We welcome your questions about milk collection and storage. Thank you for your milk donation. Every drop is life-saving!

After Pumping

- Refrigerate or freeze your milk within 30 minutes of pumping.
- Only keep milk in refrigerator for up to 24 hours if you think you will need it for your own baby.
- Put sealed bags or bottles in a clean, sealed container in the freezer.
- Label the bags/bottles with the date and your donor number if you are already an approved donor.

The mission of the Mothers' Milk Bank of Florida is to promote health and healing by collecting, processing and distributing pasteurized donor human milk by physician prescription, using the guidelines from the Human Milk Banking Association of North America.