

I. Pumping For Preemies

I. DO NOT DONATE IF:

- A. You, your baby, or any household member becomes ill. The exception to this is an uncomplicated cold, or seasonal runny nose, or allergies, in which the sick person's temperature is no higher than 100° F orally. With all other illnesses, we cannot accept milk collected in the 24 hours before the person became ill and until 24 hours after they are well. If you have questions about this, please give us a call and we can discuss it further.
- B. You need to take any new medications or drugs. In this case, please call us for advice. (Milk enhancing herbs such as fenugreek and blessed thistle, blood pressure and many anti-depressant medications are NOT approved for milk donation for premature infants.)
- C. You have ANY breast tenderness. In the presence of plugged ducts or breast infection, unacceptable bacteria may be present in the milk. Continue NURSING and expressing milk for YOUR OWN BABY.
- D. You smoke cigarettes or use tobacco.
- E. You use recreational drugs such as marijuana, amphetamines, cocaine, etc.

*If any of the above circumstances has occurred and your milk has already been sent, please call us immediately at **212.956.MILK (6455)**. Each situation is different. Sometimes your milk may be perfectly safe to use.*

Additional Dietary Instructions and Restrictions:

- All nursing mothers need to eat a balanced diet and drink to satisfy thirst.
- Vegans should be taking a daily multivitamin, including vitamin B.
- Any alcohol intake of 2 ounces requires a 6-hour waiting period before pumping.
- Caffeine from tea, coffee, soda, or chocolate is acceptable if no more than 24 ounces per day.
- Herbal teas are okay, but limit to two cups per day. If greater than two cups, vary the type of herb.
- Vitamins are acceptable in usual dosages. No mega-dosing and no herb-containing vitamins.

II. DONOR PUMPING INSTRUCTIONS (Going forward)

Please follow these steps. If you have any questions or if you need more collection bags call us at 212.956.MILK or send us an email: donatemilk@nymilkbank.org.

1. WASH HANDS AND PUMP PARTS THOROUGHLY WITH SOAP AND WARM WATER before each pump session. Dry hands with a clean towel.
2. If you are pumping directly into the collection container, open it and place the cap inside up on the table. If you are collecting into another container, please leave the container closed until you are finished pumping and are ready to pour the milk into that container. Do not touch the top lip of the container or the inside of the cap or container.
3. Leave a space in the collection container to allow for expansion as the milk freezes. It is safe to fill our containers to 6oz, but no higher. Please do not donate any cracked or leaking containers; we will have to discard them.

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4. Label each container with the following information, using a permanent marker. Labeling is easier if done before the bag is frozen:
 - a. Your full name and donor# (when available)
 - b. Date of collection and approximate time
 - c. Medications taken if applicable
 - d. If you are donating milk collected before contacting us, please place your storage containers inside a clean food storage bag. On the outside of the bag, please mark your name and donor number with a permanent marker
5. Refrigerate or freeze your milk within *30 minutes* of pumping. Place the milk in the rear or bottom of your freezer, wherever it is coldest. If necessary, you may refrigerate your milk for **up to 24 hours** before freezing.
6. **Please do not donate any milk that has been heat treated in any way. This includes warming, scalding, boiling, or thawed after freezing.**

Cleaning your pump parts:

1. Wash pump parts with soap and warm water and rinse them after each pumping. Do not wash the tubing.
2. Sterilize the pump parts once a day. Follow any of these procedures:
 - a. Sterilize parts by placing clean, disassembled parts in a saucepan. Cover parts with water and bring to a boil. Time for 5 minutes. Drain water over a colander and allow parts to cool in an open pan until you can remove them with clean hands to a clean towel to dry; then, place them into a clean plastic bag or container and cover. If you leave them on the counter top, cover them with a clean, dry cloth.
 - b. Using the Medela Steam bag in the microwave is acceptable.
 - c. The top rack of a dishwasher on the sanitizing cycle is acceptable.

III. PUMPING MILK SPECIFICALLY FOR PREMATURE AND SICK BABIES

You can help provide higher calorie milk that will help our tiny babies grow. We know that pumped milk changes during the course of a single feeding. Milk pumped from a full breast starts out as lower calorie "foremilk". It is normal for it to look thin. As the breast empties, the fat content of the milk increases. The "hindmilk" is higher in calories. This creamier looking milk helps small babies gain weight. It is very important to include hindmilk in each container to help the babies receiving donor milk to grow well.

WAYS TO INCREASE THE HIND MILK IN YOUR PUMPED MILK:

- Pump milk *after* you have fed your baby
- If you pump from a full breast, pump until you empty the breast. This will make sure that both the foremilk and hindmilk have been removed. Use as many containers as you need
- Massage the breast gently before and during pumping to help stimulate the letdown reflex and release more fat in to the milk
- Encourage letdown by relaxation techniques
- Milk expressed in the morning may contain more foremilk since it has had time to collect in the ducts overnight. Milk expressed in the afternoon may be higher in hindmilk.

Please do not hesitate to call us if you have any questions! **212.956.MILK (6455)**