



northwest
MOTHERS MILK BANK

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



- Pump into a clean milk storage container.
(We cannot accept glass jars or milk stored in ice cube trays)
- 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

