

Collection & Storage



Collect 2-3 times per day, store in same syringe (washed hands)

- Capp off with bung
- Store at the back of the fridge between uses
- Fridge temp < 4 degrees C

Place your palm around your breast with your thumb and index finger 1-2 inches back from the areola



Place in zip lock bag at end of the day

- Use labels to clearly **identify** – full name & DOB
- Date and time of Expression



Can be stored in Freezer

- 2 weeks max in freezer compartment
- Deep freeze at 18 degrees for up to 6 months



When attending Hospital

- Only bring in a small amount to avoid wastage
- Once thawed, has to be used within 24 hours
- Transport in cooler bag with ice pack along side



On arrival

- Request for the labelled syringes are placed in ward fridge
- Local guidance of expressed breast milk should then be followed



Collection & Storage



Collect 2-3 times per day, store in same syringe (washed hands)

- Capp off with bung
- Store at the back of the fridge between uses
- Fridge temp < 4 degrees C

Place your palm around your breast with your thumb and index finger 1-2 inches back from the areola



Place in zip lock bag at end of the day

- Use labels to clearly **identify** – full name & DOB
- Date and time of Expression



Can be stored in Freezer

- 2 weeks max in freezer compartment
- Deep freeze at 18 degrees for up to 6 months



When attending Hospital

- Only bring in a small amount to avoid wastage
- Once thawed, has to be used within 24 hours
- Transport in cooler bag with ice pack along side



On arrival

- Request for the labelled syringes are placed in ward fridge
- Local guidance of expressed breast milk should then be followed

