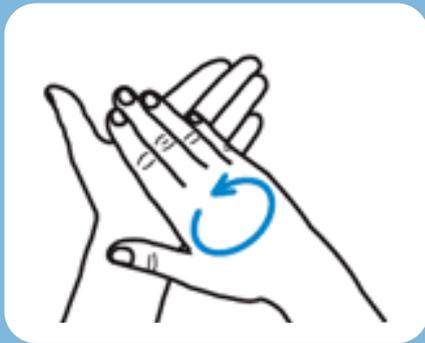
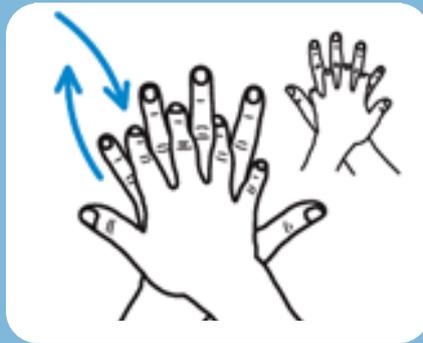


Handwashing technique

This guide should be followed before you begin to express. Wet your hands thoroughly before applying washing agent.



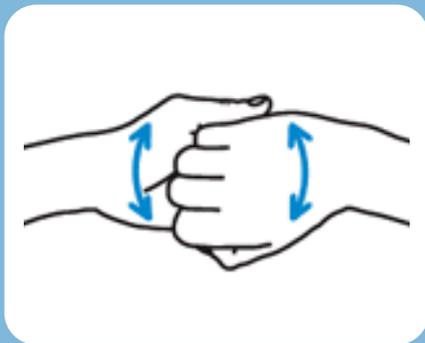
1. Rub palm to palm



2. Right palm over left dorsum and left palm over right dorsum



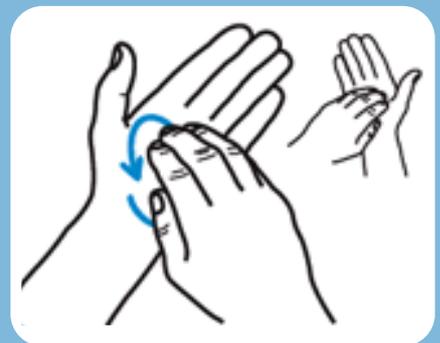
3. Palm to palm, fingers interlaced.



4. Backs of fingers to opposing palm with fingers interlocked.



5. Rotational rubbing of right thumb clasped in left palm and vice versa.



6. Rotational rubbing back and forwards with clasped fingers of right hand in left palm and vice versa.

Rinse and dry hands thoroughly

Where can I find out more?

milkbank.chester@nhs.net
www.milkbankatchester.org.uk



A large, stylized blue teardrop shape is centered on the page. Inside the teardrop is a white circle containing the text 'the milk bank at chester'. The background of the entire page is a light blue gradient with a blurred image of several white plastic bottles with measurement scales, likely used for milk collection or storage.

the
milk bank
at chester

A white circular graphic is positioned at the bottom of the page, containing the text 'becoming a donor'. The background of the page is a light blue gradient with a blurred image of several white plastic bottles with measurement scales, likely used for milk collection or storage.

becoming
a donor

Providing safe, screened donor milk to babies in need.

Thank you for enrolling as a donor for the Milk Bank at Chester. This leaflet provides you with important information about expressing, storing and donating your milk.

About expressing

Before expressing

Please report any health changes to the milk bank, for example, medications.

If you can, have a bath or a shower every day to reduce bacterial contamination. If you don't have time, we suggest that you wash your breasts with soap and water and dry with a clean towel or kitchen paper before expressing.

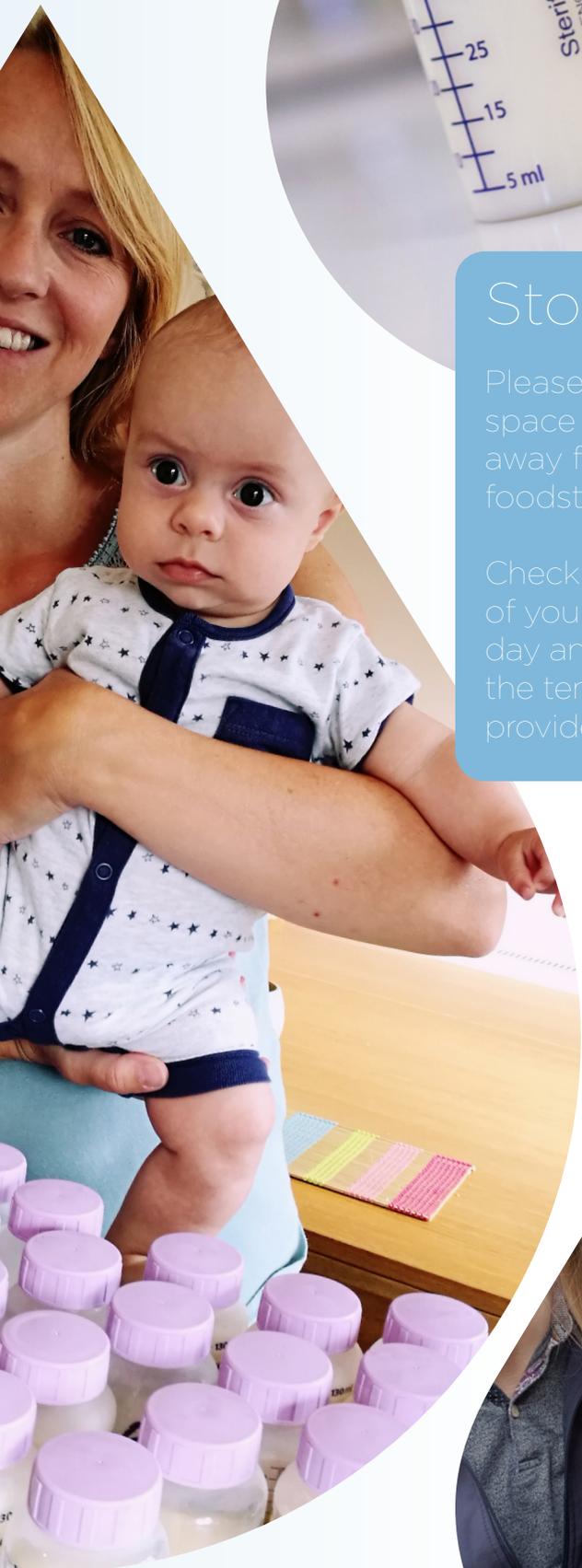
Please ensure that you have cleaned your breast pump in accordance with our guidelines provided. Your hands must be washed carefully by following the guidelines overleaf.

During expressing

Try to keep clothing away from your breast when expressing. If possible, express milk directly into one of the milk bank's pre sterilised bottles. Do not over fill bottles, leave about a 2cm gap at the top to allow for expansion. Label the lid with your name and date of expression using the marker pen provided by the milk bank.

We recommend you freeze milk immediately to help preserve the nutritional content and reduce the risk of bacterial contamination.





Storing milk

Please dedicate freezer space for 20-30 bottles away from other foodstuffs in your freezer.

Check the temperature of your freezer every day and record it on the temperature sheets provided.



Milk collection

We will contact you approximately every four weeks to discuss collection of your milk. If you require a collection we will confirm a date and estimated time with you beforehand.

Please ensure you have completed the freezer temperature sheet and signed the checklist on the reverse. If you have taken any medication (with the exception of paracetamol) during the period of expressing, it is essential you declare this on the checklist and note the dates when you were taking the medication.

The driver will have a cool box to transport your milk to the milk bank. Please take your milk from your freezer when the driver arrives, place into a carrier bag and give to the driver along with your completed temperature sheet and checklist.

When we collect your milk for the first time, we will provide you with a blood box and letter for your GP/ Practice Nurse/Phlebotomy Clinic to arrange for your blood samples to be taken,

Thank you

for enrolling as a donor,
your milk will help many
babies in need.