



chpc } **LACTARIUM**

Health rules for donating to a breast milk bank

We would like to thank you for your interest in donating your breast milk to the breast milk bank at Cotentin General Public Hospital.

To ensure the health of newborns, it is vital to respect the **health rules** given in this booklet.

How to contact the breast milk bank



The breast milk bank is part of the neonatal unit. It is open every day, including Sundays and national holidays.

If you have any questions, get in touch : lactarium.cherbourg@ch-cotentin.fr

Before collecting your milk



Your day-to-day life

There are no prohibited foods.

It is important to have a balanced and varied diet. Drink (preferably water) regularly and as you need to. Drinking more does not increase the volume of milk.



No tobacco or alcohol
Tea and coffee in moderation

Do not **self-medicate**. Consult your doctor, who will prescribe you a course of treatment that is compatible with breastfeeding.

However, if you have to take medication, please inform the breast milk bank and provide information about each drug on the bottles of milk expressed.

Your physical hygiene

- Take a shower or bath every day
- Change your underwear every day
- Clean your breasts after each breast pump use (water and gentle, unscented liquid soap, rinse and dry carefully)



Wash your hands carefully using a gentle soap before collecting, then dry them with kitchen roll



To clean your breast pump, refer to the document titled "Maintaining the breast pump at home"



Collection



- The nipples used must be sterilized before each draw for lactarium (boiling water 10 minutes or sterilizer)



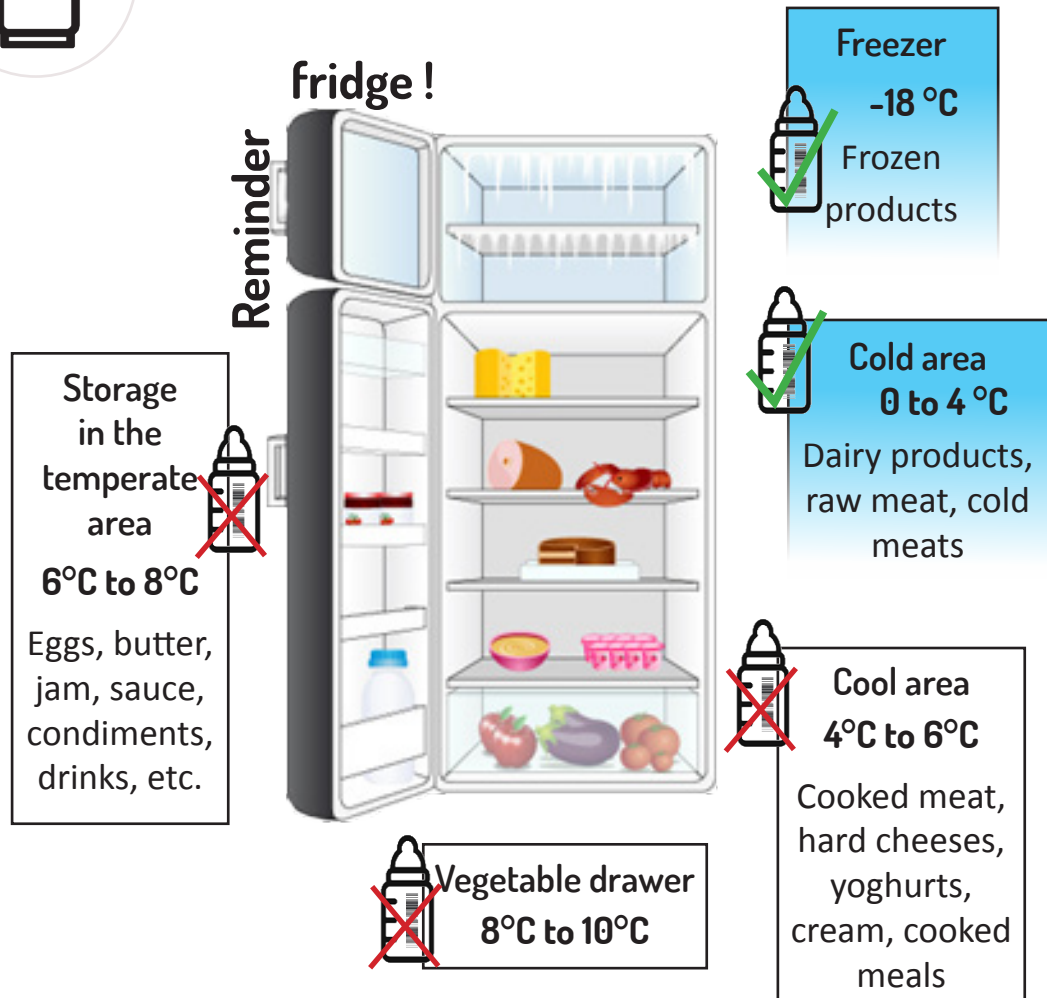
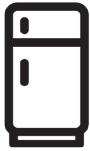
After filling:

- Close the bottle carefully, making sure to not touch the inside of the neck and the cap with your fingers
- Fill in a label (with barcode, provided by the bank) by indicating (**using a ballpoint pen**) the date, time, volume collected and any medication taken
- Stick the barcode label to the bottle vertically



Do not mix the milk : only 1 bottle should be used for 1 collection

Storage



Keep the bottles in a box for this purpose and away from other foods.

The temperature must be kept at between 0°C and 4°C (it is important to check this temperature).

Maximum storage 24 hours. After that, it absolutely must be frozen at -18°C

N.B. for storing in the fridge :

- Twice a month, defrost, then carefully wash the sides and trays with washing-up liquid
- Rinse with clean water
- Disinfect with water and bleach*, leave to work for 10 mins then rinse

* Water and bleach: 75 ml of bleach in 1 l of cold water. To prepare this solution using a carton of concentrated bleach, first prepare the bleach by pouring this concentrate into an opaque 1 l container, then add a litre of water before diluting for a second time with the 75 ml container



Refrigerated milk *(milk drawn for a hospitalized child)*

- Refrigerated milk **must** be transported to the breast milk bank in an **insulated bag** or a **cooler** with frozen ice packs
- It must not be transported for **longer than 2 hours**. The temperature of the milk will be checked on receipt. If the temperature is $> 8^{\circ}\text{C}$, the milk cannot be accepted and will therefore be destroyed.



Frozen milk

- This **must not be transported under your care**. It must immediately be frozen at -18°C and the childcare worker responsible for collection will ensure that it is taken to the breast milk bank
- If you pump your milk for your own child, milk that is not taken to the unit in 24 hours must be frozen and kept at home
- It is important to **check** the temperature of the freezer regularly, which must be at -18°C .



Chapping

Cracking

Drop in lactation

Swelling

Fever



Don't hesitate to get in touch with any questions !

A lactation consultant is here to help

For more information, visit our website and our videos on the CHPC YouTube channel :



www.ch-cotentin.fr/offre-soins/lactarium

<http://tinyurl.com/wp7zesn6>