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Instructions for Collecting and Storing Your Milk for Donation

Please follow the below steps for collecting and storing your milk. This will minimize the chance of milk contamination. Most mothers find it works well to pick one time of day to pump. This helps to keep your supply consistent and regulated so you are comfortable.

Before pumping:

Wash your hands well with soap and warm water. Dry them with a clean paper towel.

After pumping:

- Put the milk in a clean container. On the label put your name with date pumped. Use a new container each time, even if you have one that is not quite full. **DO NOT** completely fill the container. There needs to be room for expansion in the container. Put in the freezer away from the door.
- Rinse the pump pieces that touch the milk with cold water and wash thoroughly with warm soapy water and rinse well with hot water twice. Let them dry on a clean paper towel and store them covered between uses.
- Bring or send your milk to the milk bank when you have an amount appropriate for donation. Please email or call ahead to confirm hours and availability of receipt. If you have any questions, please contact the IMMB for specific instructions.

Any time you have questions, please call or email IMMB.

- If you are unsure about saving milk - save it and put a note on the container (s) with your question.
- If someone in your home is sick, please notify IMMB.
- If you take occasional medication, within 12 hours of pumping, exclude this milk from donation.
- If you drink alcohol, do not pump for IMMB for at least 12 hours.
- If you have a yeast infection on your nipples, or you have a fever blister, call IMMB and exclude milk expressed until the infection is healed.
- If you are temporarily not saving your milk to donate, continue to pump. This maintains your milk supply and minimizes breast discomfort.
- If there are any changes in your health or risk factors for disease, notify IMMB immediately.

If you have any questions or concerns please contact:

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