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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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KT16 0PZ.
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St Peter's Milk Bank



We are always grateful for any surplus breast milk which enables us to feed the small and ill babies at St Peter's.

All donated milk is pasteurized to eliminate germs without losing the nutritional goodness of mother's breast milk.

We must also advise you that milk donated to us unfortunately cannot be returned.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Hygiene

We all carry germs on our skin, babies who are born premature or ill cannot cope with germs as well as normal babies can, therefore we ask you to pay particular attention to hand washing when collecting your breast milk so that as few germs as possible enter the milk. We also ask that you refrigerate straight away and freeze the milk you collect with 24 hours.

The most common reason for having to “reject” donated milk is the level of germs is too high before pasteurization so we provide sterile bottles which we prefer you to use instead of bags.

Good hand hygiene means more of your valuable milk will reach the babies that you are kindly donating for.

General Instructions:

1. If you do not have a daily bath or shower, wash your breast with soap and water once a day.
2. Please change your breast pads.
3. Wash your hands before hand expressing or taking equipment out of the container.
4. We would like to advise donors to collect expressed milk rather than drip milk in shells for the milk bank, however, if you are collecting drip milk make sure to wash your hands with soap and water before you begin, and if you change a nappy before offering the second side, was your hands again.

Further Information

We do ask all donors to notify the milk bank if your health and/or circumstances change or have developed lesions or breast infections. If you begin to take any medication please contact us to discuss if you need to suspend or stop breast milk donation.

Preservation of Milk

- Milk should be frozen as soon as possible to maintain the nutritional and microbiological quality of the milk.
You can however, refrigerate samples collected over 24hrs and then freeze the whole batch.
- All the milk should remain frozen during storage at home.
- Expressed milk for donation can be stored before transport to the milk bank for up to 2 months in a domestic freezer at -18C or lower.
- We ask all donors to fill in the freezer temperature sheet every day. We can provide a thermometer if need be.
- Please contact us with any concerns about storage or freezer temperature.

You are not committing yourself to donating any particular amount, or for any length of time.

St. Peter's Milk Bank

Neonatal Unit

St. Peters Hospital

Level 3, Abbey Wing,

KT16 0PZ

quantities can make transport more difficult. If you don't have as many as 24 bottles and the expiry date is looming, don't worry, just contact us, as we would rather make a trip to collect just one bottle than see it go to waste.

Once you have been accepted as a donor by the Milk Bank, you can request a collection by sending an email to;

Donormilk.obn@serv.org.uk

Please tell us your name, address, contact telephone number (s), email address and approximately how many bottles you have for us to collect. We will normally contact from you within 48hrs to agree a mutually convenient time to collect.

All our riders will be wearing a SERV jacket with ID badge on display and will supply you with a receipt for the collection.

When your collection is arranged please ensure your milk is ready by:

- Placing your frozen bottles into a clean plastic carrier bag.
- Tie the top of the bag so your milk is secure and nothing can fall out.
- Fill in one of your named sticky labels. Please ensure you fill in all of the information on the labels i.e. your name, collected from/to dates, medication and total volume sent as this information is necessary for us to process your milk properly.
- Attach the sticky label brown luggage tag and tie onto carrier bag.
- Place back in freezer until volunteer arrives to collect.

Equipment

We will provide you with: 100ml (sterile) bottles with lids, luggage labels and peel-off sticky labels

All the bottles provided are sterilized.

Cleaning your expressed equipment

We ask for mums to sterilize equipment before expressing for us.

There are several ways you can sterilize your expressing equipment. These include using a cold water sterilizing solution, by steam sterilizing, or boiling.

Before each use:

Wash your hands thoroughly with soap and water before handling / assembling the pump kit.

After each use:

- Remove the tubing (and cap) from the kit, these do not need to be washed.
- Dismantle the pump kit completely.
- Carefully and thoroughly wash all parts of the kit in hot soapy water (or in a dishwasher).
- Rinse thoroughly with running water.

Cold water sterilization solution:

- Follow the manufacturer's instructions.
- Change the sterilization solution every 24 hours.
- Leave expressing equipment in the sterilization solution for at least 30 minutes.
- Make sure there is not air trapped in your equipment when putting them in the sterilization solution.
- Keep all equipment under the solution with a floating cover.

Steam sterilization (electric sterilizer or microwave

- It's important to follow the manufacturer's instructions, as there are several different types of sterilizers.
- Manufacturers will give guidelines on how long you can leave equipment that you are not using immediately (straight after sterilizing) before it needs to be re-sterilized.

Sterilizing by boiling

- When using this method, care must be taken to ensure safety and prevent scales or burns. Hot pans and liquids should not be left unattended, especially if children are present.
- Make sure that whatever you sterilize in this way is safe to boil.
- Boil the expressing equipment in wait for at least 10 minutes, making sure that all times stay under the water's surface.

- Regularly check that your kit is not torn, cracked or damaged.
- Wash your hands thoroughly. Clean and disinfect the surface where you will put your kit.
- It's best to remove your kit just before it is to be used.
- If your kit is not being used immediately, it should be dried thoroughly and then store in a clean dry box with a lid. This is to stop it from being contaminated.

Collection through SERV

Once you have a 'batch' frozen please either contact me or SERV directly to arrange a collection. I usually request the first one for new donors so that SERV know that you are fully registered. Please find details for arranging a collection direct from SERV below.

Arranging a collection

SERV (OBN) is a registered charity that is run by volunteer motorcyclists. We provide a rapid response courier service free of charge to NHS hospitals for urgent medical products; home collection is also an option for those who have difficulty in transporting it to the hospital themselves.

To help us, it would be preferable if you would give us at least 48hrs notice. We have a limited carrying capacity and would prefer to collect either 24 or 48 bottles per collection. This is because each of our dedicated bikes can carry up to two special boxes and each box can only hold 24 bottles, so storing up large