








What you need to know in order to express breast milk safely for your baby

KEY	
	Bus Stop Centro / WM
	Shuttle Bus Stop* (Pick-up and drop off 7am to 7pm)
	Hospital Entrance
	Disabled Entrance
	Disabled Parking
	Parking
	Railway Station

*The Q-Park Shuttle Bus is a free service and is available from various locations around the QE site to transport patients and visitors to the main QE hospital, BWH hospital and QEP hospital buildings

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9) Bringing Your Milk to the Hospital from Home

It is important if you are intending to express milk while at the hospital, to bring your expressing set with you. There are steam sterilisers available in the Breast Feeding Room.

- Freeze the ice block and place in a cool bag. Place the milk on the ice block to keep cool during your journey.
- When you arrive at the hospital leave your milk in the cool bag until the nurse caring for your baby is ready to check the labels with you and put the milk into the fridge.
- If you are present when the nurse caring for your baby needs to collect a new feed she may ask you to check with her that it is the correct feed.

**If you have any queries contact:
0121 627 2686**

8) Storage of Breast Milk in Hospital

Please ensure that your milk is taken to the NNU as soon as possible after expressing, to maintain a constant supply for your baby. If this is not immediately possible your milk must be stored (for a short period only) in a designated milk fridge. These are located between Wards 3 & 4 or on Ward 2.

At Home

- Store milk in the middle of the fridge in a storage box with the lid on away from raw meat to avoid possible contamination. **Do not** store in the door.
- When at home the milk may be stored for a maximum of 24 hours in the fridge and brought in daily. If you are unable to visit each day then any milk reaching 24 hour deadline should be stored in the freezer..
- Please indicate on the label (issued with your sterile bottles) whether the milk has been frozen. **Do not** fill bottles above **100ml** mark.

When you receive your pump

1. Ensure you understand the instructions you are given
2. If unsure ask for further information.
3. You will also receive two sets of baby labels (see Section 6 on page 6). Ensure they are the correct ones for your baby.
4. **You will also receive:**
 - 2 x expressing kits in pre-sterilised packs
 - 1x sterilising solution container
 - Supply of pre-sterilised bottles
 - Supply of labels for name and date of expressing.

Please ask the nurse caring for your baby for a new supply when you have used these.

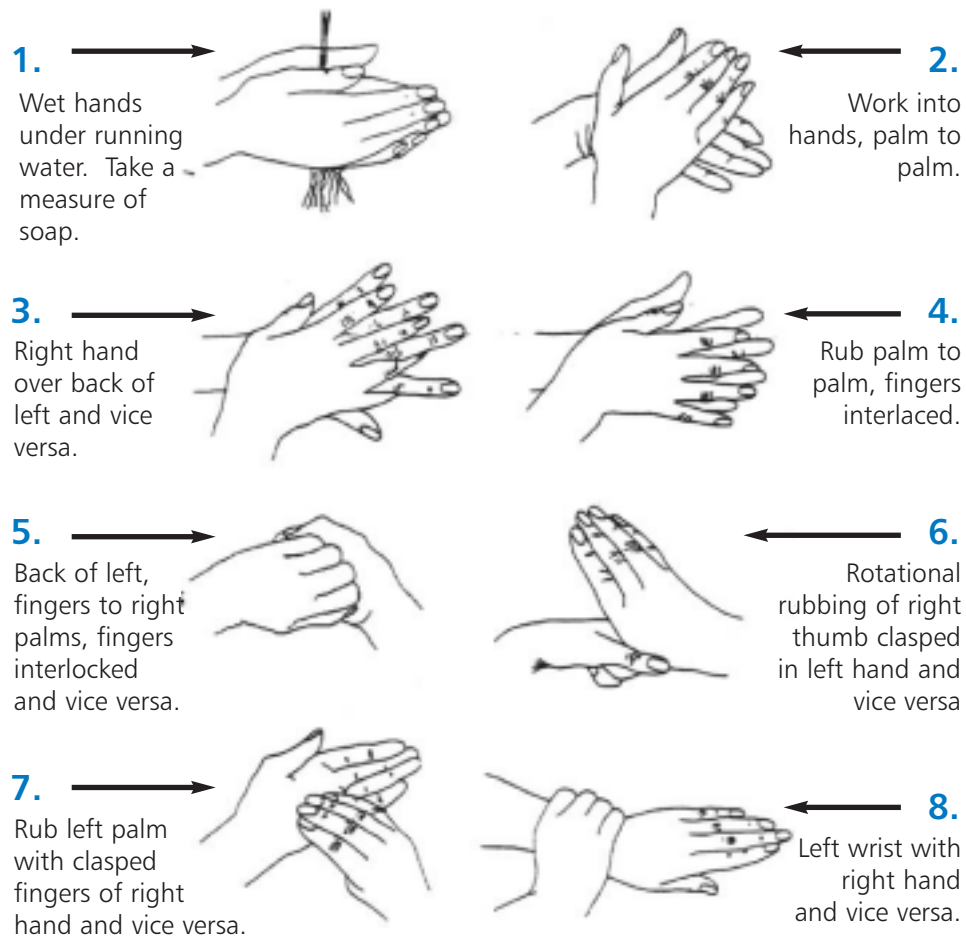
5. For bringing your milk to the hospital a cool bag and a freezer block are provided. (see Section 9 on page 9).

1) Hand Hygiene

Always wash hands using the technique shown below, before removing expressing equipment from the steriliser prior to expressing.

Handwashing Techniques

Wash hands using the following 8 steps. Each step consists of five strokes rubbing backwards and forwards.



Rinse hands under running water and dry thoroughly

7) Cleaning Equipment After Use

Immediately after expressing the equipment should be cleaned using hot soapy water and a bottle brush and rinse in clear water before placing in the steriliser.

As shown in the expressing set picture (over the page) the three components **must be separated** prior to being washed and sterilised.

Equipment **must be washed** in hot soapy water **NOT** just rinsed under running water.

PLEASE DO NOT USE THE HANDWASHING SINKS ON THE WARDS - ask a member of staff where the designated area is to wash your expressing equipment.

6) Labelling your Milk

To avoid the risk of a baby receiving the wrong mothers milk it is very important to label your milk correctly ensuring your baby's name is on the label before giving the bottles to the nurse. Unlabelled milk will be thrown away.

Example of label

Baby Number Label * last 3 digits

Name J. Brown	Brown
Date	Baby Boy
Time	300891 234
am / pm	Fresh / Expressed
	Frozen at home / hospital

If you run out of Baby Number labels - please write * last 3 digits on the bottle and make sure you ask for more labels when you next visit the NNU.

Please write only in biro (not gel pen) as the ink tends to run and becomes unreadable if the labels get wet i.e. when defrosting milk.

Please check when you are given your baby labels that the information on them is correct.

2) Personal Hygiene

- You should shower daily using a separate clean cloth to wash the breasts.
- Use a clean dry towel to dry the breast area first.
- Use a clean towel each day if possible.
- Wear a well fitting supporting bra, which should be changed daily.
- Change breast pads frequently.

3) Care of the Expressing Pump

- Keep the pump clean and dry.
- If the pump is not working properly - please return it (together with sterilising box) and we will replace it.

PLEASE BE AWARE THAT WE HAVE A LIMITED NUMBER OF PUMPS AVAILABLE

The pump and all equipment should be returned to the NNU *before* your baby is transferred to another hospital or discharged home.

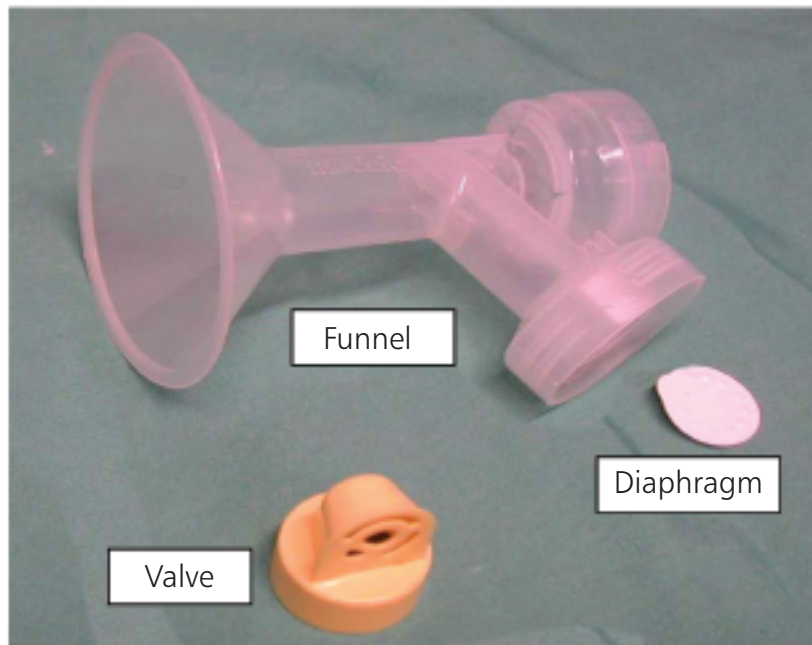
4) Sterilising the Equipment

There are 2 methods of sterilisation

1. Steam
2. Sterilising fluid / tablets. ***It is important that the manufacturers instructions are followed for dilution and submersion times.***

If you are unsure how to use either of these methods then please speak to the nurse caring for your baby.

The picture below shows the items that make up the expressing set.



5) Expressing

- Express into sterile bottles
- *Do not* touch the inside of the bottle or lid
- *Do not* touch the inside of the funnel (on expressing set)
- To maintain a good supply of milk for your baby you will need to express every three hours and once during the night.

Illness

If you are ill please ring the Neonatal Unit and speak to the nurse caring for your baby who will advise about visiting and expressing.

Medication

If you are taking or are prescribed any medication please give this information to the nurse caring for your baby.