



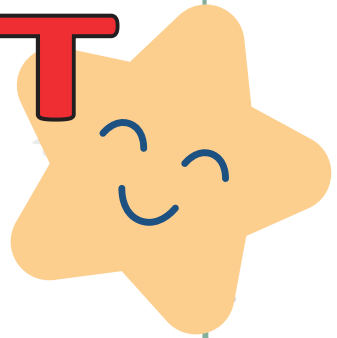
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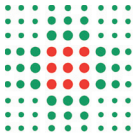
UNIVERSITÀ  
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- EX LABORE FRUCTUS -

DEPARTMENT FOR GROWTH AND REPRODUCTION  
NEONATAL INTENSIVE CARE UNIT  
Director: dr Giampaolo Garani

# BREAST MILK COLLECTION AT HOME



**Rules to follow dedicated to mothers  
of hospitalised children  
at the Neonatal ward**



*Dear Mrs/Miss,*

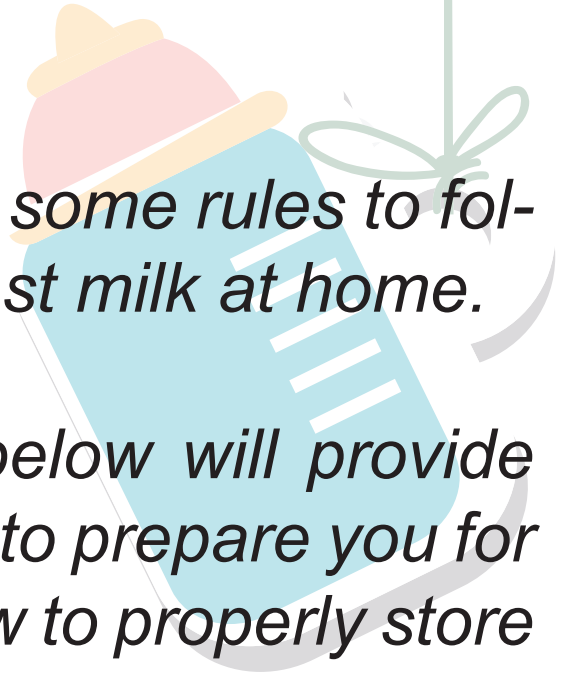
*In this leaflet you will find some rules to follow for the collection of breast milk at home.*

*The guidelines offered below will provide you with information on how to prepare you for breast milk pumping and how to properly store your milk.*

*In addition, this leaflet contains a detailed explanation on how to prepare bottles feeds from “powdered infant formula”.*

*Finally, in the last page, you will be given all the useful references for contacting the “Neonatologia e Terapia Intensiva Neonatale” (TIN) ward.*

*Experts will be at your disposal for every question or doubt.*





## BREASTMILK COLLECTION AT HOME (1/2)

The mothers of hospitalized children can collect their breast milk at home using the disposable feeding bottle provided by the ward.

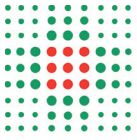
After having prepared all the necessary equipment for the breast pump you should:

**Accurately wash your hands and breasts. In particular the nipples** should be washed with running water or with a piece of gauze soaked in water; disinfectant solutions are not more efficient than water.



After every collection, the feeding bottle must be properly closed, allow it to cooled down using running water and put immediately in the coldest part of the refrigerator (on the bottom, far from the refrigerator door). We advice that you store the milk in the refrigerator for not more than 24 hours. After that period you should put the feeding bottle in your freezer. Following the

necessary hygiene precautions and keeping the bottle always in the coldest part of the refrigerator, you can add some milk in the same bottle between one collection and the other (in any case no more than 100ml).



## BREASTMILK COLLECTION AT HOME (2/2)

**In order to maintain the nutritional unchanged characteristics of the milk, it is preferable to bring it to the hospital ward within 24 hours from the time of collection.**

The breast milk must come direct from home and must be transported in thermo containers. These thermo containers must contain “refrigerating packets” that will maintain the lowest possible temperature.

The breast milk transported in inadequate containers will not be accepted by the ward personnel.

The feeding bottle with the breast milk must be signed with:

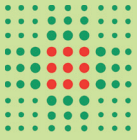
- Baby’s surname
- Date
- The writing “FROM HOME”, if possible using a permanent pen to avoid its disappearance.

In case it not possible to take the milk to the ward under 24h; it should be preserved in the freezer

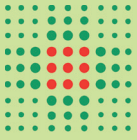
(Under 18-20°C) not in contact with food stuffs and at a level in the freezer less subjected to temperature changes. The preservation can last up to 6 months from the date of collection. It is therefore important to write the date of collection on the feeding bottle.

The milk delivered to the ward, will be pasteurised before being used. When the baby is discharge from the hospital, you may use the preserved milk in the freezer, by carefully unfreezing it in the refrigerator, at room temperature or in boiling water. After unfreezing, the unused milk can not be preserved again.





5 steps  
to follow  
to pump milk  
for your newborn



# STEP

# P

Properly wash your hands and breasts with neutral soap

Dry them using a clean disposable cloth

Clean your breasts with distilled water

# 1



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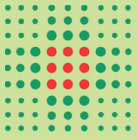
Take the external  
screw ring of the  
feeding bottle from the  
disinfectant solution

Rinse it with  
running water

Rinse it after  
the use as well

Take the sterilised  
feeding bottle

2



# STEP

# P

Screw the screw ring to the feeding bottle and connect the little transparent tube

Turn the breast pump on

Set the right pressure for you

Put the breast shield over your nipple and start pumping

Use it approximately 15 minutes on each breast

# 3



S

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P

WHILE  
YOU ARE USING  
THE BREAST PUMP:

Only happy thoughts

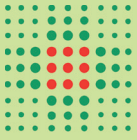
Relax

Mobile phone?

It is dirty,

do not touch it!

4



S T E

P

When you are done with the breast pump, close the feeding bottle with the screw cap and write down on the label that you will stick to the feeding bottle:

THE BABY'S NAME  
DATE AND TIME OF  
THE COLLECTION

Put the feeding  
bottle in your  
refrigerator

5



Up to 48 hours  
in your  
refrigerator




HOW TO STORE  
YOUR MILK

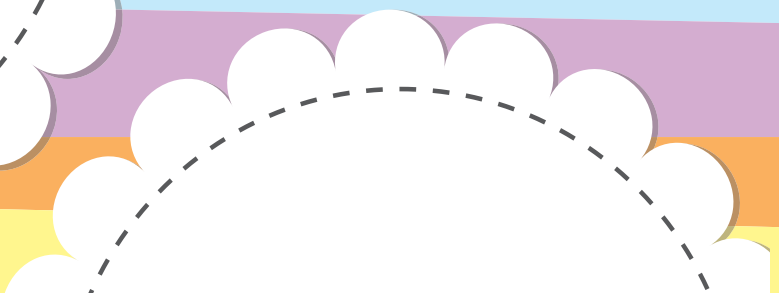
Up to 6 months  
in the freezer

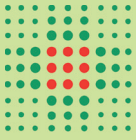


Freezer



Up to 1 hour  
at room temperature





# TIPS FOR HAVING A LOT OF GOOD MILK

Stimulate  
your breast  
every 3 hours



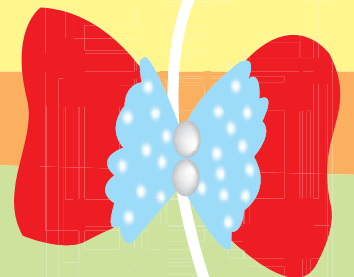
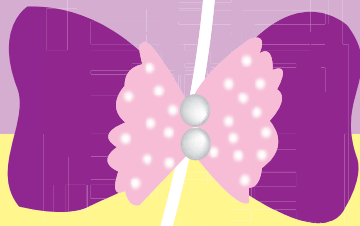
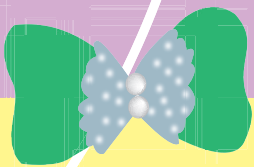
Do not drink  
alcohol or other  
energy drinks



Eat healthy  
food



Personal  
hygiene





# POWDERED INFANT FORMULA PREPARATION

**Hygiene and safety practises for a correct use of powdered infant formula.**

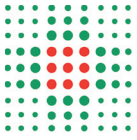
Powdered infant formula is not sterile (unlike liquid milk, which is sterile because it undergoes technological treatments before it is being put on sale). After the rehydration process, it may contain bacteria that can be dangerous for your baby.

When the milk passes from the powdered to the liquid state, it is very important to respect some good hygiene practises, which are listed in the next two pages.

You should prepare a fresh feed each time it is needed, avoid preparing lots of milk. If necessary, you can prepare only one or two feeds in advance for use later; however, the milk prepared in advance has to be cooled down quickly using a container full of cold water or ice. Then it can be stored for maximum 12 or 24 hours in the refrigerator.

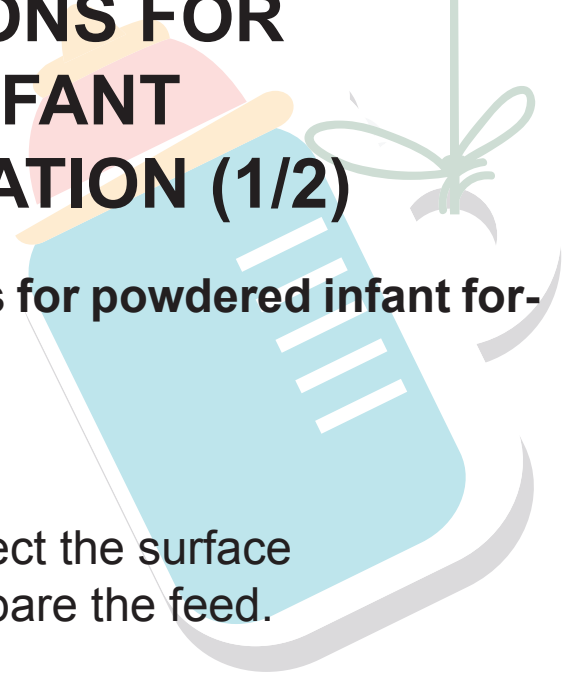
Do not leave the reconstituted milk at room temperature.





# RECOMMENDATIONS FOR POWDERED INFANT FORMULA PREPARATION (1/2)

These are some recommendations for powdered infant formula preparation:



1

Clean and disinfect the surface on which to prepare the feed.

2

Wash your hands with soap and water.

3

Boil the correct amount of water (according to the paediatrician's instructions) in a bottle. This process is to be done because the water is not sterile and needs to be boiled before using it. You can use the microwave as well.

4

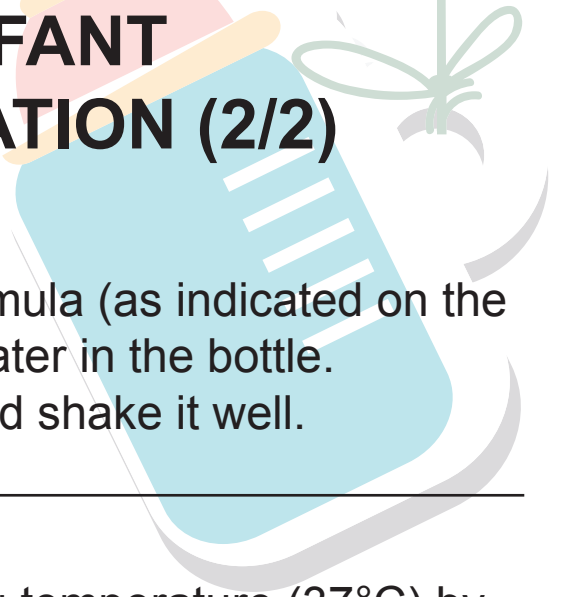
Pour the correct amount of boiled water into the feeding bottle.

5

Let the water cool down in the feeding bottle for about 15-20 minutes.



## RECOMMENDATIONS FOR POWDERED INFANT FORMULA PREPARATION (2/2)



6

Add the exact amount of formula (as indicated on the packaging) to the water in the bottle.  
Close the bottle and shake it well.

7

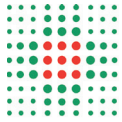
Cool immediately to feeding temperature (37°C) by placing the bottle in a container of cold or iced water.  
Make sure that the level of the cooling water is below the lid of the bottle.

8

Check the temperature of the feed by dripping a little quantity onto the inside of your wrist.  
It should feel lukewarm.

9

Throw away any feed that has not been consumed within two hours.



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NEONATAL INTENSIVE CARE UNIT  
Director: dr Giampaolo Garani**

**You can find the Neonatology and  
Intensive Neonatal Therapy ward at:  
Settore 3, Corpo D, 1<sup>st</sup> Floor**

## **FOR MORE INFORMATION**

You can contact the health providers  
24 hours a day

At the following phone numbers:

**0532.236014 or 0532.236389**

**Fax: 0532237386**

The entrance to the ward is allowed **ONLY** to  
parents 24 hours a day Relatives can enter  
from 7p.m to 8p.m accompanied by parent  
one at a time, a maximum of 2 people a day.

*REVIEWED ACCORDING TO PRINCIPLES OF HEALTH LITERACY.*

*PRESS OFFICE (Marco Malossi – Valentina Tomasi)*

*UNIVERSITY HOSPITAL OF FERRARA*

*Translated by Maria Enosayaba Mediator Camelot Cooperative*

*The pictures inserted on the pages that explain the “5 steps on how to collect milk for your baby” was realised by SIMONA FRANCESCHINI ZANELLA.*

*Thanks to BARTOLINI FOUNDATION for donations and pasteurisers.*

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