



## BEFORE EXPRESSING

- Tie your hair back with an elastic band if you think it might come into contact with the containers or breast pump.
- Shower daily and, if necessary, wash your nipples and aureoles before expressing.
- **Wash your hands with soap and water for 1 minute.**
- We also recommend using an alcohol-based hand sanitising gel if you have some.
- If you are using gloves, they should be single-use gloves and should be discarded when you are finished.
- Wear a mask during the whole process and do not remove it until you have put away the cleaned and sterilised breast pump.
- **Never touch or adjust your mask during this process.**
- Avoid applying products to the breasts that may alter the taste or smell of the milk, such as creams and perfumes.
- Prepare the necessary material for expressing, such as the sterile containers provided by the Human Milk Bank.
- If the breast pump is new or more than a week has passed since your last extraction, sterilize the consumable parts before use.

## DURING EXPRESSING

- Find a quiet place where you can express the milk in a relaxed manner.
- You can perform the extraction using the Human Milk Bank's pump, your own pump, or by manual expression.
- If you have been using your own breast pump for more than 6 months, you should change the consumable parts.
- If you are using the breast pump provided by the Human Milk Bank and, during expression, your nipple hurts or you do not get much milk, please contact us and we will check that the problem is not due to the wrong funnel size.
- Use the containers provided by the Human Milk Bank directly and, if you are pumping, screw them onto the breast pump. Sterile bags, which can be purchased in pharmacies, can also be used. Do not use sterile urine bottles or other types of reused containers.
- **Open the sterile container's packaging only when you are about to express the milk.**
- Do not fill the jars to the top because they will spoil during freezing. It is advisable to fill each jar to only  $\frac{3}{4}$  of its capacity.
- Avoid transferring milk from container to container: milk to be donated should be expressed directly into the containers provided by the Human Milk Bank.
- You can express milk from both breasts into the same container, as long as it is done at the same moment of expression.

## AFTER EXPRESSING

- **Quickly close the container of milk.**
- Put your name and surname, the amount expressed and the date of expression on the label, and stick it in a visible place.  
**It is important to use a pen and not a marker, permanent or otherwise, to avoid losing information during freezing.**
- **After each use, immediately wash each part of the breast pump with plenty of soap and water and dry thoroughly with a paper towel.**  
You can put everything in the dishwasher, at maximum temperature.
- **Sterilise the consumable parts of the breast pump with boiling water for 5-15 minutes, at least once a day. You can also use other sterilisation methods (microwave bags, steriliser, etc.).**  
**Dry it thoroughly with a paper towel and store, keeping it from coming into contact with foodstuffs and cooking utensils, in a clean, dry place.**
- **Keep containers and breast pump from coming into contact with tea towels.**

## MILK PRESERVATION

- Always freeze milk after expression. Do not leave it in the fridge for hours to continue refilling the containers.
- Use one container for each expression and, even if it is not full, freeze it and do not reopen it.
- **Keep containers from coming into contact with other foods in the freezer.**
- Store the milk containers in the plastic zip bag provided with the containers or in a single-use plastic bag.
- Do not keep containers frozen for more than 4 weeks. Contact the Human Milk Bank to ask us to come and collect the milk.  
Call us on **+34 935 573 566** and we will arrange pickup.
- Hand over the milk in the zip bag we provide or in a single-use bag.
- Place the bag with the donated milk inside the cooler that the courier brings to your home.
- If you have not donated milk for more than 6 months, we will remove you from the list of donors, unless you have informed us explicitly of your desire to continue.

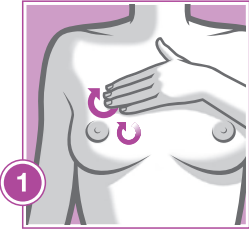
**Check the home pickup schedule:**



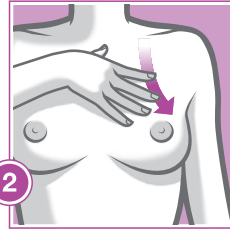
## EXPRESSION TECHNIQUES

### 1. Stimulation of milk flow

- Stimulate your breast as instructed:



Briefly massage the breast: press your breast towards your thorax (ribs) in a circular motion, keeping your fingers pressed against the same point, without sliding them over the skin. After a few seconds, change areas.



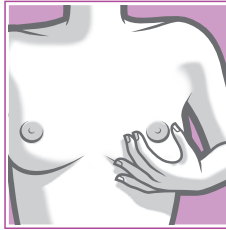
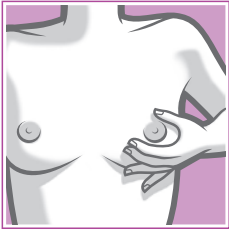
Massage from the top to the nipple.

### 2. Expression techniques

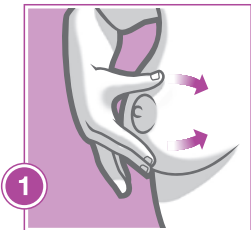
Breast milk can be expressed manually or with a breast pump. In any case, expression improves with practice and regularity.

#### 2.1. Hand expressing: Marmet technique

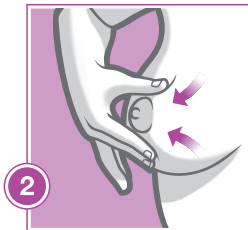
- Make a “C” with your thumb, index and middle finger, about 3-4 cm away from the nipple.



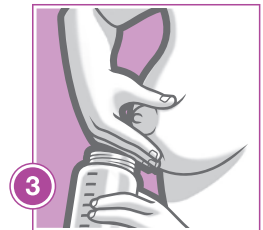
- Press your breast and release as indicated.



Apply pressure towards your cleavage.

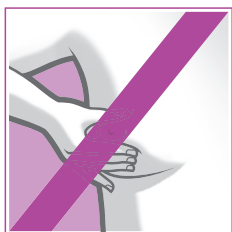


And back towards the nipple.

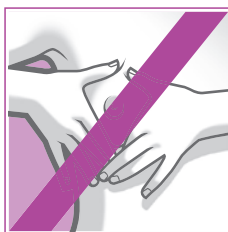


End of the technique.

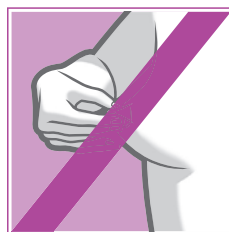
- Repeat the motion rhythmically until empty. To express other parts of the breast, roll the position of the fingers.
- To avoid bruising and irritation, it is important not to press and squeeze the breast, not to slide your hands across the skin and not to stretch the breast and nipple outwards.



Do not press.



Do not slide your hands.



Do not stretch.

## 2.2. Expressing with a breast pump

The recommendations of each model and manufacturer must be followed in order to use the breast pump correctly.

If you use the breast pump we have provided, please refer to the enclosed information leaflet.

Expression involves two phases:

- The first, for stimulation, imitates sucking and thus facilitates milk production.
- The second, for expression, allows for maximum amount of milk to be attained.

For any queries you can call

**Donor Services** on **+34 935 573 566**

or the centre that gave you the kit.

Consult the telephone numbers and opening hours on our web site **[bancsang.net/milk](http://bancsang.net/milk)**