

## Breastmilk Collection Instructions

How to collect a breastmilk sample:

- Sterilize the pump shield, bottle, and collection tube in the bag provided prior to collection of the sample.
- Manually squeeze a couple of drops from breast.
- Clean nipple area with wipes/swab provided.
- Pump an entire breast at the second feeding (at or after 9am) of the day. This should be the breast you didn't offer to your child or pump for this feeding.
- When finished, close the bottle containing the breastmilk and shake it well for 30 seconds.
- Pour some breastmilk (about ½ ounce) into the sample tube with the yellow cap we provided you. If necessary, the remainder of the breastmilk can be used to complete this feeding.
- Close the tube cap tightly. Write the date and time collected on the tube label.
- Store the sample in the refrigerator overnight and bring it to your next visit by placing it in the Ziploc bag provided. Please **add ICE** to keep it cool.

As always, feel free to call us if you have any questions at **(501) 364-3309**, toll-free at **(866) 423-1311**, or email at [acncstudies@archildrens.org](mailto:acncstudies@archildrens.org). Thank you for your dedication to our study.

