

National Children’s Study Breast Milk Collection Instructions

OMB#: 0925:xxxx
Expiration Date: xx/xxx

As part of the National Children’s Study, we are asking you to collect a sample of your breast milk. Please collect this sample as close to ___/___/___ as possible.

You have been provided with everything you will need to collect the sample.

- 3–Sterile absorbent cloths
- Breast pump accessories (breast shields, tubing, valves, membranes, collection bottles)
- 1–Pre-labeled plastic conical tube
- 1–Pre-labeled brown glass bottle
- Freezer packs (**Please place freezer packs in the freezer as soon as possible after you receive them.**)
- A Breast Milk Data Collection Form

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Important instructions before getting started!

- Make sure to pump enough milk ahead of time so that you have milk to feed your baby around the time of this collection. You may not have enough milk left after this collection to satisfy your baby.
- Do not feed your baby or pump, eat food, or take medication for 2 hours prior to this collection.
- Assemble pump using directions provided with the pump.

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Collection Instructions:

1. Thoroughly wash your hands, rinse, and dry with a clean towel.
2. Wash your breasts and nipples using the cloth provided and warm tap water. This is the area that will attach to the collection funnel of the pump. Gently dry the area with a clean dry cloth.
3. Center the breast shield over the nipple, such that the nipple is inside the opening of the shield (funnel portion of the apparatus).
4. Turn on the pump at minimum suction strength and increase in strength to meet your personal comfort level.

<p>Public reporting burden for this collection of information is estimated to average 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-xxxx*). Do not return the completed form to this address.</p>

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5. Sit back, relax and let the pump do the work. Try and collect as much as you can from both breasts, but you can stop if you reach 3 ounces total.
6. When the milk flow ceases you may turn off the pump. Lean forward and break the suction seal on the breast with a finger.
7. Set the pump bottles down on a flat surface and dry breasts, if needed, with a clean cloth.

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Immediately after collection complete the following steps:

1. Gently mix the milk in the pump collection bottles by swirling the bottles. (Combine the 2 bottles if possible.)
2. Pour the milk to the fill line in the plastic conical tube and immediately pour that volume into the brown glass bottle. Place the cap on the brown glass bottle.
3. Again, pour the milk from the pump collection bottles into the plastic conical tube to the fill line. If you don’t have enough milk to fill to the fill line, this is OK, just fill with what you have. Cap the plastic conical tube.
4. If there is any milk left over in the collection bottles it can be saved for your child.
5. Place the brown bottle and plastic tube into the plastic bag containing the absorbent pad, seal the bag and place it in the freezer.
6. Complete the Breast Milk Data Collection Form.

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Shipping Instructions:

The day after the sample is collected and frozen you should mail it to the NCS Biospecimen Repository. Follow the instructions provided below to mail your sample.

1. Place two frozen cold packs in the bottom of the shipping box then place the frozen breast milk samples on top of the cold packs. Place the remaining two frozen cold packs on top of the samples.
2. Place the completed Breast Milk Data Collection Form into the enclosed plastic bag and put the bag in the shipping box.
3. Seal the box with the strapping tape provided. Put today’s date on the FedEx label and call FedEx for a pick up. The Fed Ex telephone numbers and pick-up times are provided as a separate insert.

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Feel free to call if you have any questions.

[Name and phone numbers]

For Office Use Only	
Participant #	_____
Visit	# _____

National Children’s Study Breast Milk Data Collection Form

As part of the National Children’s Study, we are asking you to provide a breast milk sample.

You have been provided materials for collecting breast milk, including breast pump accessories (breast shields, tubing, valves, membranes, and collection bottles), a pre-labeled plastic conical tube, and a pre-labeled brown glass bottle.

Questions for Breast Milk Collection	Response
1) What is today’s date?	___ / ___ / _____
2) What time did you last pump or nurse before collecting your breast milk sample?	___ : ___ <input type="checkbox"/> am <input type="checkbox"/> pm
3) What time did you pump your breast milk sample?	___ : ___ <input type="checkbox"/> am <input type="checkbox"/> pm
4) What time did you place the samples in the freezer?	___ : ___ <input type="checkbox"/> am <input type="checkbox"/> pm
5) Comments/Notes:	_____ _____

Please be sure to include this form when shipping the sample to the repository.

Thank you for providing this information!

For Repository Use only	
Date received: ___ / ___ / _____	Condition: <input type="checkbox"/> Frozen <input type="checkbox"/> Thawed
Conical tube volume: _____ ml	Brown glass bottle volume: _____ ml

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