



## PREM bank and caring for your expressing kit

The PREM Bank maintains a high level of microbiological control to ensure the donor milk we provide to our preterm and vulnerable babies meets the Operational Guidelines for Milk Banks in Australia and New Zealand and of the Food Standards Australia New Zealand (FSANZ).

To help us achieve this, we have provided this helpful guide to cleaning and sterilising your expressing kit.

### Hand washing and hygiene



Before expressing or handling equipment, lather your hands with liquid soap and water for 30 seconds.

Pay attention around and under your fingernails when washing.

Don't touch anything else (like your phone) after you've washed your hands.

You can use a hand gel after washing to help reduce contamination from germs even further.

### Hand wash your kit as soon as possible after each use.

- Separate all parts – the tubing should not be washed.
- Rinse all pieces that touch the milk with cold water first – avoid contact with the sink.
- Wash everything with hot, soapy water and a clean bottle brush.
- Rinse off the soap with clean hot water.
- Shake off any excess water.
- Air dry on a clean paper towel.
- When everything's dry place the kit into a clean, dry container and keep in the fridge until you need it again. Keeping your kit in the fridge inhibits bacterial growth between uses.



Please avoid washing your kit with other dishes.

Make sure nobody else handles the kit without washing their hands first.

**STERILISE** your kit **EVERY TIME** prior to expressing for the PREM Bank.



## Microwave steam bags provided

- We will provide you with microwaveable steam sterilising bags. Please let us know when you are running low and we will provide more bags when you next deliver your milk.
- These bags can be used 20 times – there is a handy check box guide on the back of the bags to help you keep track of this.
- Place bottle and all parts (excluding tubing) into the microwave sterilisation bag with **60mLs of water**.
- Seal and place in the microwave for **3 minutes – regardless of microwave wattage**.
- Using caution, carefully pour out excess water through the vent.
- Using caution, remove pieces from the bag – they will be hot.
- Shake off excess water and place on a clean surface. All pieces are now ready to use.



## Alternative steam sterilising

You may use your own sterilising equipment if preferred. Please follow the manufacturers guidelines for use.

For the purposes of milk donation, we recommend removing the kit from the steriliser once the sterilisation process has finished to air dry, then store in a clean container in the fridge. Bacteria can grow in a wet, warm environment so by doing this, it will ensure your kit remains as clean as possible.

---

We know time is precious, but the babies receiving your donation can be extremely preterm and vulnerable to infections. By following this guide, we can work together to help keep our donated milk safe. Thank you for your support.

## Further information

We are always here to help! If you have any questions, please contact us:

**Phone:** (08) 6458 1207

**Mobile:** 0466 466 854

**Email:** [PREMBank@health.wa.gov.au](mailto:PREMBank@health.wa.gov.au)



Government of **Western Australia**  
Child and Adolescent Health Service



**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Telephone: (08) 6456 2222  
Produced by: Neonatology  
Ref: 1603 © CAHS 2023

This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.  
© State of Western Australia, Child and Adolescent Health Service.