

**Instructions for Breastmilk Collection**

Thank you for participating in the Lactation Lab Mother and Infant Microbiome & Metabolome (MIMM) Study! For this portion of the study, we ask that you provide us with a sample of a full expression of one breast.

**Materials Needed**

* Breast pump
* Bottle that attaches to pump
* Sample collection container (provided to you)
* Sharpie or permanent marker

**Amount of Breastmilk Requested for Study:** 15 mL in the provided container

**Instructions for Pumping Sample**

* Wash and dry hands thoroughly.
* Apply pump to breast. Pump breast completely (from foremilk to hindmilk) in any bottle that attaches to the pump.
* After your breast is emptied, remove the breast pump from your breasts, and then remove the bottle from the breast pump.
* Tightly seal the bottle with the pumped breast milk and gently swirl the pumped breast milk for 30 seconds to mix the sample.
* Carefully open the lid of the pumped breast milk and fill the provided study container to the **15 mL mark.**
* Please write the date and time of collection (time you started pumping) as well as which breast was pumped (right or left) on the label provided.
* Tightly seal the provided container and store in the refrigerator.

**Returning Sample to Study Staff**

* Place the breastmilk container in the provided bag and place in provided cooler.
* Mail sample to study staff using provided materials or call study staff to coordinate pick up.

If you have any questions, please do not hesitate to contact us by email at candrews@bwh.harvard.edu or by phone at 401-533-8326.