

# Department of Paediatrics and Adolescent Medicine

## 兒童及青少年科學系



### 家長使用針筒運送母乳須知

### Information to Parents on Transporting Expressed Breast Milk Using Syringes

1. 家長可到瑪麗醫院S座地下病人合作社購買所需針筒「5/10毫升」和紅色通用帽「紅豆」。(嬰兒每天大概吃12-18餐)(合作社資料在背頁)。 Buy the syringes (5/10cc) and luer lock plugs from the Co-op shop at ground floor Block S Queen Mary Hospital. (estimated feeds per day:12-18 times) (Information of Co-op shop on back page)
2. 用不脫色筆把姓名、床號及擠奶時間、日期寫在標籤上。 Write the name, bed number, time and date of milk collection on the labels with a permanent ink pen.
3. 清潔桌面，預備已消毒的奶瓶、針筒、「紅豆」、已寫好的標籤及抹手紙放在已清潔的桌面上。 Clean the table. Prepare a sterile bottle, syringes, luer lock plugs, labels and clean paper towels.
4. 洗手後，將母乳擠入奶瓶，並蓋好奶瓶。 Wash hands and express milk into the bottle as instructed. Cover the bottle after expression.
5. 完成後再洗手，撕開「紅豆」及針筒的包裝紙，但保持「紅豆」及針筒在包裝紙內。打開奶瓶，用針筒抽出嬰兒一餐所需的份量(小心不要弄髒針筒嘴或母乳)。 Wash hands again. Peel open the required number of luer lock plugs and syringes but keep them inside the wrapper. Open the bottle. Aspirate the required amount of milk for one feed into the syringe without contaminating the nozzle or milk.
6. 用「紅豆」把針筒嘴鎖好，再用抹手紙清潔針筒周圍，然後在針筒上貼上標籤，放回「針筒」的包裝紙內。重覆抽奶步驟，直至所有母乳用完。 Cap the syringe with the luer lock plug without contaminating the nozzle of the syringe and then clean the outside of the syringe with a paper towel. Stick the label onto the syringe and put back to the syringe wrapper. Repeat the procedure until the milk is emptied.
7. 將同時間準備的針筒放入一個清潔的膠袋中，然後放入冰箱內(需與其他食品分開存放)。 Group all the wrapped syringes with same collection time into a clean zipped plastic bag before putting into the freezer away from other food.
8. 請將母乳放入隔熱的容器內，最少用三塊冰墊圍著放著針筒的袋，送到醫院。已融化的冰奶是不會接受的。 Transport the expressed milk to hospital in an insulated container with at least 3 ice packs surrounding the bags of syringes. Thawing milk will not be accepted.
9. 當每餐份量超過10毫升，便應轉用奶瓶運送。請勿用奶袋或針筒。 Change to bottles for transport when the required amount exceeds 10ml per feed. Do not use milk bags or syringes.

