



IN THE INTEREST OF BABY SAFETY

TEMPERATURE MUST
BE RECORDED ON A
DAILY BASIS
THROUGHOUT WHOLE
DONATION PERIOD



PLEASE CHILL
BOTTLES IN FRIDGE
FOR 4 HOURS BUT NO
LONGER THAN 12
HOURS BEFORE
PUTTING INTO
FREEZER

BASIC CLEANLINESS IS KEY

*****Donors do it safely checklist (Please complete and give to Blood Biker)*****

About you	Agree (tick)	Comment
I have always washed my hands and breasts before expressing for donation		
I am not currently using any recreational drugs		
I am in good health – free from infections		
I have no breast infections		
I do not smoke		
I am not taking any new medications		
I do not drink more than 1 to 2 units of alcohol, once or twice a week		
I have washed my bra's separately from other underwear		
I have followed cleaning guidance highlighted on the Q&A leaflet regarding the sterilisation of any of pump equipment.		
Ensure tamper evident bottle lids (purple) are placed on each 100ml bottle and put into the fridge for 4 hours (no longer than 12 hours) then place into the freezer.		
I have followed all labelling instructions		
All my bottles are named, dated and have my donor number recorded in pen.		
Please ensure your donation is placed into the zip lock bags provided and are kept hygienically clean and safe for the return of your donation		

DISPATCH INFORMATION

Donation Packed			
Date	Time	Name / Date on all bottles	Signature
		YES / NO	

IMPORTANT INFORMATION

DONATED BREAST MILK MUST BE RETURNED WITHIN 3 MONTHS OF DATE FIRST EXPRESSED.

This form and temperature sheet needs to be fully completed to enable us to proceed with each donation.

TEMPERATURE SHEET ~ State figure which should be between -18°C and -25
2023

Signed _____
Printed _____

Day	Date	Temp	Day	Date	Temp	Day	Date	Temp	Day	Date	Temp
JAN			FEB			APR					
Sun	1		Sat	18		Wed	5		Tue	23	
Mon	2		Sun	19		Thur	6		Wed	24	
Tue	3		Mon	20		Fri	7		Thur	25	
Wed	4		Tue	21		Sat	8		Fri	26	
Thurs	5		Wed	22		Sun	9		Sat	27	
Fri	6		Thur	23		Mon	10		Sun	28	
Sat	7		Fri	24		Tue	11		Mon	29	
Sun	8		Sat	25		Wed	12		Tue	30	
Mon	9		Sun	26		Thur	13		Wed	31	
Tue	10		Mon	27		Fri	14				
Wed	11		Tues	28		Sat	15		JUN		
Thur	12					Sun	16		Thur	1	
Fri	13		MAR			Mon	17		Fri	2	
Sat	14		Wed	1		Tue	18		Sat	3	
Sun	15		Thur	2		Wed	19		Sun	4	
Mon	16		Fri	3		Thur	20		Mon	5	
Tue	17		Sat	4		Fri	21		Tue	6	
Wed	18		Sun	5		Sat	22		Wed	7	
Thur	19		Mon	6		Sun	23		Thur	8	
Fri	20		Tue	7		Mon	24		Fri	9	
Sat	21		Wed	8		Tue	25		Sat	10	
Sun	22		Thur	9		Wed	26		Sun	11	
Mon	23		Fri	10		Thur	27		Mon	12	
Tue	24		Sat	11		Fri	28		Tue	13	
Wed	25		Sun	12		Sat	29		Wed	14	
Thur	26		Mon	13		Sun	30		Thur	15	
Fri	27		Tue	14					Fri	16	
Sat	28		Wed	15		MAY			Sat	17	
Sun	29		Thur	16		Mon	1		Sun	18	
Mon	30		Fri	17		Tue	2		Mon	19	
Tues	31		Sat	18		Wed	3		Tue	20	
			Sun	19		Thur	4		Wed	21	
FEB			Mon	20		Fri	5		Thur	22	
Wed	1		Tue	21		Sat	6		Fri	23	
Thur	2		Wed	22		Sun	7		Sat	24	
Fri	3		Thur	23		Mon	8		Sun	25	
Sat	4		Fri	24		Tue	9		Mon	26	
Sun	5		Sat	25		Wed	10		Tue	27	
Mon	6		Sun	26		Thur	11		Wed	28	
Tue	7		Mon	27		Fri	12		Thur	29	
Wed	8		Tue	28		Sat	13		Fri	30	
Thur	9		Wed	29		Sun	14				
Fri	10		Thur	30		Mon	15				
Sat	11		Fri	31		Tue	16				
Sun	12					Wed	17				
Mon	13		APR			Thur	18				
Tue	14		Sat	1		Fri	19				
Wed	15		Sun	2		Sat	20				
Thur	16		Mon	3		Sun	21				
Fri	17		Tues	4		Mon	22				

Signed _____
 Printed _____

2023

Day	Date	Temp	Day	Date	Temp	Day	Date	Temp	Day	Date	Temp
JUL			AUG			OCT			NOV		
Sat	1		Fri	18		Tue	3		Mon	20	
Sun	2		Sat	19		Wed	4		Tue	21	
Mon	3		Sun	20		Thur	5		Wed	22	
Tue	4		Mon	21		Fri	6		Thur	23	
Wed	5		Tue	22		Sat	7		Fri	24	
Thur	6		Wed	23		Sun	8		Sat	25	
Fri	7		Thur	24		Mon	9		Sun	26	
Sat	8		Fri	25		Tue	10		Mon	27	
Sun	9		Sat	26		Wed	11		Tue	28	
Mon	10		Sun	27		Thur	12		Wed	29	
Tue	11		Mon	28		Fri	13		Thur	30	
Wed	12		Tue	29		Sat	14				
Thur	13		Wed	30		Sun	15		DEC		
Fri	14		Thur	31		Mon	16		Fri	1	
Sat	15					Tue	17		Sat	2	
Sun	16		SEPT			Wed	18		Sun	3	
Mon	17		Fri	1		Thur	19		Mon	4	
Tue	18		Sat	2		Fri	20		Tue	5	
Wed	19		Sun	3		Sat	21		Wed	6	
Thur	20		Mon	4		Sun	22		Thur	7	
Fri	21		Tue	5		Mon	23		Fri	8	
Sat	22		Wed	6		Tue	24		Sat	9	
Sun	23		Thur	7		Wed	25		Sun	10	
Mon	24		Fri	8		Thur	26		Mon	11	
Tue	25		Sat	9		Fri	27		Tue	12	
Wed	26		Sun	10		Sat	28		Wed	13	
Thur	27		Mon	11		Sun	29		Thur	14	
Fri	28		Tue	12		Mon	30		Fri	15	
Sat	29		Wed	13		Tue	31		Sat	16	
Sun	30		Thur	14					Sun	17	
Mon	31		Fri	15		NOV			Mon	18	
			Sat	16		Wed	1		Tue	19	
AUG			Sun	17		Thur	2		Wed	20	
Tue	1		Mon	18		Fri	3		Thur	21	
Wed	2		Tue	19		Sat	4		Fri	22	
Thur	3		Wed	20		Sun	5		Sat	23	
Fri	4		Thur	21		Mon	6		Sun	24	
Sat	5		Fri	22		Tue	7		Mon	25	
Sun	6		Sat	23		Wed	8		Tue	26	
Mon	7		Sun	24		Thur	9		Wed	27	
Tue	8		Mon	25		Fri	10		Thur	28	
Wed	9		Tue	26		Sat	11		Fri	29	
Thur	10		Wed	27		Sun	12		Sat	30	
Fri	11		Thur	28		Mon	13		Sun	31	
Sat	12		Fri	29		Tue	14				
Sun	13		Sat	30		Wed	15				
Mon	14					Thur	16				
Tue	15		OCT			Fri	17				
Wed	16		Sun	1		Sat	18				
Thur	17		Mon	2		Sun	19				