



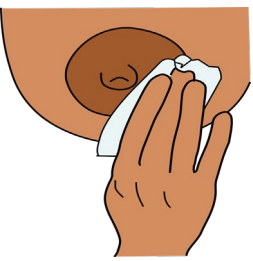
G E N V

1

You need:

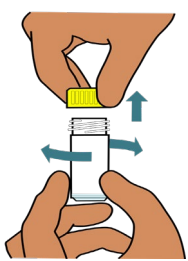
- This instruction card
- Your milk collection tube
- A pouch with an absorbent pad
- Two baby wipes (not provided)
- A pen (not provided)

2



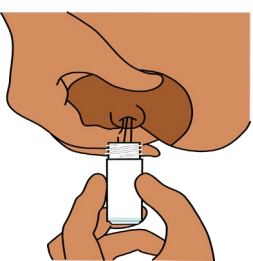
- Choose which breast to express from
- Either breast is fine
- Clean breast, nipple, and near the nipple with a baby wipe

3



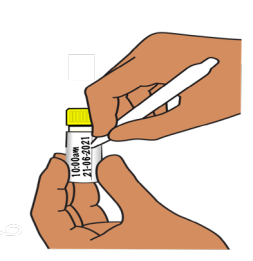
- Take the cap off the milk collection tube
- Try not to spill the powder inside

4



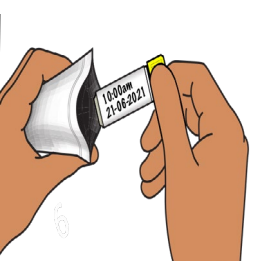
- Express milk into the tube
- You can use a clean breast pump instead – then pour the milk into the tube
- Try to fill the tube halfway (a teaspoon worth)
- If you can't collect that much just collect as much as you can

5



- **Put the lid back on the tube** - check it is tightly closed
- Clean the breast, nipple, and near the nipple again with a baby wipe
- Write the date and time on the milk tube, where it says '**Date and Time Collected**'

6



- Put the tube into the pouch with the absorbent pad
- Press the pouch edges together - seal with as little air as you can

We believe that childhood health problems can be solved.

GenV Breast Milk Instructions

- **Baby less than a week old?** Collect sample at age 7 days, or as soon as you can after that
- **Baby is more than a week old?** Collect sample as soon as you can
- **Forgot or hard to collect?** Return your sample at any time - every sample is important
- It can be easier to collect milk before a feed - after feeding is OK too.

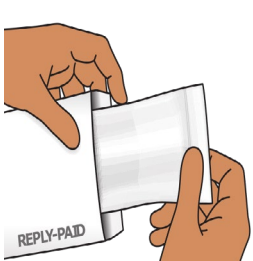
Lost the kit or made a mistake? – contact us

Phone: 1800 436 888 Website: www.genv.org.au

Safety information:

Keep away from children. Do not let children touch the tube.
The tube holds some powder. It's safe, but it can irritate eyes, skin, or airways.
If the powder touches skin or eyes – wash with water.
Seek medical help if irritation persists.

7



- Put the pouch into the reply-paid envelope
- Seal the envelope
- It can stay at room temperature (not in the fridge or freezer)

8



- Post the sample to GenV, as soon as possible after collection
- Use any Australia Post box
- No stamp needed

9



- If you need more information, scan the QR code
- It goes to 'Instructions to collect biosamples' on the GenV website

Thank you for helping to make the next generation the healthiest ever.