

## INSTRUCTIONS FOR MOTHERS FOR STORAGE OF EXPRESSED BREAST MILK FOR THEIR BABIES IN NSCU

1. Wash your hands and fingernails with soap and water before assembling equipment to express your milk.
2. After each use wash you breast pump attachments that come in contact with milk with warm soapy water. Rinse thoroughly and dry.
3. Sterilize milk collection equipment daily by boiling the attachments in water for 15 to 20 minutes or using a microwave sterilizing bag or microwave sterilizers.
4. Store your expressed breast milk in plastic bottles given to you by your baby's nurse.
5. Write the date and time you expressed your milk on you baby's label given to you by your baby's nurse.
6. Refrigerate or freeze your expressed breast milk immediately after you express it (within 1 hour).
  - Store **REFRIGERATED** breast milk at 36°F to 42°F.  
Refrigerated breast milk must be used within 48 hours of expressing.  
Unused portions must be discarded after 48 hours.
  - Store **FROZEN** breast milk at minus 5°F to 5°F.  
Frozen breast milk can be stored for up to 6 months if the freezer is kept at 0°celcius.
7. Store your expressed breast milk in the back of the refrigerator/freezer; it is the coldest part of the refrigerator/freezer.
8. Store your expressed breast milk in the refrigerator/freezer at home until you are ready to leave to bring it to the hospital.
9. Use oldest milk first.
10. **Once frozen breast milk starts to defrost it cannot be refrozen.**
  - Defrosted breast milk can be stored in the refrigerator for 24 hours. It must be discarded 24 hours after defrosting.
11. Bring only a daily supply of breast milk to the hospital each day.
  - Storage facilities at the hospital cannot accommodate more than a daily supply.
12. Transport your breast milk in an insulated bag with an ice pack to keep frozen breast milk frozen and refrigerated milk cold.
  - If you do not have and insulated bag to transport your breast milk and did not receive one from your baby's nurse ask you baby's nurse for an insulated bag.
13. When you bring milk to the hospital for your baby always check each bottle of milk with a nurse to make sure bottles are labeled properly.
  - Sign the Breast Milk Log with the nurse after you and the nurse check each bottle of breast milk.
14. If you are visiting during a feeding and your baby is being fed you expressed breast milk, check the label on the breast milk with your baby's nurse and sign the log with her.