

# Breast Milk Collection and Storage

## Guidelines For Normal Newborns

### Collecting Breast milk

- First wash hands well.
- Wash breast pumps equipment that contacts the breast, milk, or collection containers in a dishwasher or by hand, in hot, soapy water. Rinse with cold water and air dry on a clean towel. Check with your hospital or doctor for any other instructions.
- When to pump depends on you and your baby's schedule. Your milk supply usually is most plentiful in the morning, so that is a good time. Try to pump midway between feedings. Be flexible. If your baby skips a feeding, nurses on one side, pump out the rest of the milk and save it. If you are planning to return to work and continue breastfeeding, begin pumping one to two weeks before you return. Try to simulate what your pumping schedule will be at work.
- Before pumping, get comfortably seated and relaxed. Pump your breasts according to the breast pump manufacturer's instructions.

### Storage

There are several containers available for storing breast milk. These include specially designed plastic bags, plastic bottles or glass containers. There are advantages to each.

1. If you are going to freeze your breast milk, leave some space at the top of the container. Breast milk, it freezes.
2. When using plastic bags, use those designed for breast milk collection. Before storing, fold the top several times and seal with freezer or masking tape. Place smaller bags in a larger bag to help protect against punctures. Medela's CSF bag come with

twist ties for easy sealing and don't need to be double bagged.

3. Mark the date and amount on each container.
4. Freeze your milk in two ounce to four ounce portions. Smaller amounts thaw quicker, and you will waste less milk if your baby consumes less than you anticipated.
5. You may continue to add small amounts of cooled breast milk to the same container throughout the day. Chill in the refrigerator until evening. Then, freeze in appropriate amounts.
6. You may also add to previous frozen milk. First refrigerate all freshly expressed milk until cold, and then add to the frozen milk. The newly added milk must be of a lesser amount than previously frozen milk.
7. If you carefully washed your hands before pumping or expressing, your breast milk will be safe for a few hours at room temperature, 68 degrees Fahrenheit. Immediate refrigeration, however is recommended.
8. Fresh milk may be stored in the refrigerator for up to 72 hours at 39 degrees Fahrenheit.
9. Frozen milk may be stored in the back of the freezer portion of a refrigerator-freezer for up to six months.
10. Frozen milk may be stored in a -20 degree Celsius deep freezer for up to 12 months.
11. Defrosted milk may be kept for up to 24 hours in the refrigerator.

Breast Milk Storage Guidelines				
	Room temp.	Refrigerator	Home Freezer	-20°C
Freshly Expressed breastmilk	6-10 hrs	72 hrs	6 months	12 months
Thawed breastmilk	Do not store	24 hrs	Never refreeze thawed milk	Never refreeze thawed milk

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## Defrosting

To defrost frozen milk:

- Place milk in refrigerator the night before you're going to use it. Refrigerator defrosting takes 12 hours.
- Place the frozen milk under warm running water or in a pan of warm water. Don't use hot water, as this can destroy some of the milk's immunological components.

**Caution:** Never microwave breast milk! Microwaving breast milk can change the milk's composition, and has the potential to burn your baby

- Fat in breast milk will separate and rise to the top. By gently swirling the container; you can mix any fat that may have separated.
- Never refreeze thawed breast milk.
- Remember, the color, consistency and odor of your breast milk may vary depending on your diet.
- Discard any breast milk you don't use during feeding.

## Intake Guidelines

How much breast milk should you anticipate for your baby for each feeding? That depends on the individual infant, but here are some guidelines!

Average intake by age:

0-2 months	2-5 oz. per feeding
2-4 months	4-6 oz. per feeding
4-6 months	5-7 oz. per feeding

Average intake by weight:

8lbs	23.3 oz. in 24 hours
9lbs	24.0 oz. in 24 hours
10lbs	26.7 oz. in 24 hours
11lbs	29.3 oz. in 24 hours
12lbs	32.0 oz. in 24 hours
14lbs	37.3 oz. in 24 hours
16 lbs	42.7 oz. in 24 hours