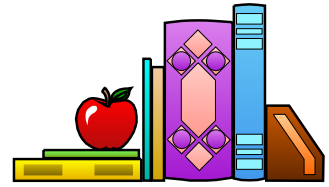


Saving Breastmilk



- Newly pumped breastmilk is safe at room temperature for 8 hours.
- Newly pumped breastmilk is safe in the refrigerator for 5 - 7 days.
- Breastmilk is safe in the refrigerator's freezer for up to 6 months or in a separate deep freeze for up to 12 months. Always store it in the back behind other food. Do not store breastmilk in the door of the freezer.
- If you are not going to use your milk in the next several days freeze it. Milk pumped at work on Friday is good in the refrigerator till Monday without being frozen.

In summary: If you aren't sure if the milk is still good, smell and/or taste it. If it smells fresh & tastes sweet, it is fine.

CONTAINERS

- Store your breastmilk in glass or hard plastic containers. You may use glass or plastic baby bottles, or any kind of food jars. Plastic baby bottle bags are not recommended for storage. Some of the cells in breastmilk that protect your baby from infections stick to the insides of the bags and are lost to your baby.
- if your baby goes to a day care, is in a NICU/special care nursery, is immuno-compromised, is less than a month old or has frequent ear infections your breastmilk should be collected, stored and fed to your baby in hard plastic or glass containers Plastic milk storage bags are OK for home use where your baby is only getting an occasional bottle of breastmilk or doesn't fall into any of the above categories. But some mothers report that the breastmilk stored in these bags smells and tastes bad. They were unable to use it for their babies. Use BPA free containers for feeding or storing breastmilk.

MIXING BREASTMILK

- When you pump both breasts at the same time, you can combine the two bottles of milk into one when you have finished pumping.
- You may add your breastmilk to milk that you pumped previously. First, chill both bottles of breastmilk in the refrigerator, then you can pour them together.

- If you want to add breastmilk to some that is already frozen, chill the breastmilk for at least 2 hours in the refrigerator, then pour it on top of the frozen breastmilk.

DEFROSTING AND HEATING BREASTMILK

- If you plan to use frozen breastmilk, take it out of the freezer the night before and put it in the refrigerator to thaw. Warm it before you give it to your baby.
- To warm cold or frozen breastmilk, place it in a pan of warm water or hold it under warm tap water. Gently shake the bottle several times as it warms.
- If breastmilk has been thawed in the refrigerator, use within 24 hours or re-freeze. You can only re-freeze if it has been in the refrigerator the entire time. You may only re-freeze it one time.
- If your baby doesn't finish the bottle some mothers have put the bottle back in the refrigerator so the baby can finish it at the next feeding. If you do this, be sure to put the unfinished bottle back into the refrigerator immediately. Allow the baby to finish what is in the bottle, then start a new bottle of breastmilk. Do not add new breastmilk to what was in the bottle in the refrigerator.

HINTS

- When your breastmilk sits in the refrigerator or freezer, the fat in it will rise to the top of the bottle. Gently swirl the bottle after it is warmed to mix the fat with the rest of the milk.
- If you and your baby plan to be away from home and you are unable to breastfeed him, take some pumped milk in a bottle and put it in your diaper bag with a little ice pack or take a bottle of frozen breastmilk and let it start thawing in your diaper bag. You can warm your bottles under running warm water if needed.