

Donating

If you have 100 ounces or more of extra milk, please consider donating it to the BC Women's Milk Bank. All donors must complete a screening process similar to blood screening.

Please call 604-875-2282 for more information.

Storage of Breast Milk and Equipment Preparation/ Cleaning

Developed by: C&W Lactation Services

Approved by: BC Women's Family Education Advisory Committee
October 1991

Revised: January 2008

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Shipping Milk

- ♦ If shipping/carrying milk for longer than 3 hours, pack containers tightly in a sturdy cooler using styrofoam chips or crumpled newspaper to fill extra space. This will keep milk frozen for about 20 hours. Do not use regular ice - use frozen gel packs
- ♦ If shipping for a longer time add dry ice. If using dry ice please check with the shipper for specific instructions
- ♦ Containers with dry ice should not be transported by car as dry ice is a hazardous substance
- ♦ The cooler should be sealed with packing tape
- ♦ Weather temperatures should be considered when packing milk for shipping
- ♦ When milk is shipped, it must be shipped frozen overnight by courier or bus

Couriers

- ♦ **Dan Foss:** 604-524-5959
Areas covered include Okanagan, Fraser Valley, Whistler/Squamish, Greater Vancouver, Vancouver Island and Kamloops
- ♦ **Greyhound Couriers**
Pick up and delivery: 604-523-3600 or 604-681-3526
Cheapest if dropped off and picked up

Occasionally the Lactation Service has shipping coolers and supplies. They can be reached at 604-875-2282 or on pager 01445 in the hospital.

At home if disinfection is required start with clean equipment and use one of the following methods:

Method 1: Boiling

- ◆ Place equipment in a pot with a lid
- ◆ Cover equipment with tap water
- ◆ Bring water to a boil
- ◆ Boil for 5 minutes (use oven timer to prevent damage)
- ◆ Remove equipment with tongs before pouring off water
- ◆ Air dry on a clean paper towel

Method 2: Household Bleach

- ◆ Mix 250 mL (1 cup) of household bleach with 2.25 litres (10 cups) of tap water in a glass or plastic (non-metal) container large enough to cover equipment
- ◆ Soak clean equipment for 10 minutes
- ◆ Rinse with boiled water
- ◆ Air dry on paper towel
- ◆ Use a new bleach and water solution each time

Method 3: Dishwasher

- ◆ Place equipment in a dishwasher on the top rack and run on the Sani cycle

Carrying Milk To and From the Hospital

- ◆ Keep expressed milk chilled while carrying it to and from the hospital (thermal lunch kit with a gel pack)
- ◆ Pack frozen milk in a thermal lunch kit or sturdy-walled cooler with gel packs. Remove any extra air with crumpled newspaper or paper towelling

Storage of Breast Milk and Equipment Preparation/Cleaning

Expressing/Pumping and storing milk:

Hygiene

- ◆ Wash hands well with soap and water
- ◆ Clean under your nails
- ◆ Dry hands with paper towels

Containers

In hospital

- ◆ Use hard plastic bottles (containers)
- ◆ Express into a new container each time

At home

- ◆ Use small, clean, glass or plastic containers with a solid lid or bottle liners/milk storage bags
- ◆ Double bag when using bottle liners/milk storage bags and use twist ties to close the bags. "Baggies" are not recommended
- ◆ If adding milk to a container, chill the fresh milk first then add to the cold milk

Labelling

In Hospital

The best and safest milk to give is your milk. These tips will help ensure ***your*** baby gets ***your*** milk.

- ◆ Preprinted labels are supplied to you while you or your baby are in hospital
- ◆ Label all containers with name, date and time of expression
- ◆ Place milk in your labeled bin in fridge or freezer
- ◆ Check the label of the bottle of milk before giving milk to your baby
- ◆ When you defrost frozen milk, write the date and time defrosted on the label before placing in the fridge or keeping at the bedside.

At home

- ◆ Write date of expression on tape and attach to container

Storage

- ◆ Do not store milk in the door of the fridge or freezer
 - ◆ Store milk in the back of the fridge or freezer
 - ◆ Leave space in the container for expansion when freezing milk
 - ◆ Package expressed milk in feeding size portions
- * **For babies in the NICU** please
- ◆ ask for a Mother's Milk Diary
 - ◆ put your expressed milk in the **fridge right after it is pumped** or freeze if not used within 48 hours
 - ◆ In the nursery, milk may be given to the baby with a feeding tube. When this happens, the milk may be out of the fridge for longer than an hour. This is safe practice in the hospital.

To store or freeze breast milk:

	6 hours	72 hours	1 month	2 months	6 months	6-12 months
Room Temperature	✓	--	--	--	--	--
Refrigerator (0-4 C)	✓	✓ 48 hour SCN	--	--	--	--
Freezer compartment in fridge	✓	✓	✓	--	--	--
Freezer with separate door as part of fridge	✓	✓	✓	✓	✓	
Deep freeze (-20 C)	✓	✓	✓	✓	✓	✓

To use

- ◆ Warm chilled milk by holding under running warm water
- ◆ Keep the cap of the container out of the water
- ◆ Defrost by holding container under running warm water, standing it in warm water or placing frozen milk in fridge
- ◆ Shake gently to mix separated milk
- ◆ Use thawed milk within 24 hours if refrigerated after defrosting
- ◆ Feedings that are partially consumed should be discarded if not used within one hour

DO NOT

- ◆ Refreeze milk
or
- ◆ Use a microwave to thaw or warm milk

Preparing equipment for cleaning

General information

- ◆ all equipment should be clean and dry before use

In hospital

- ◆ wipe down pump with the disinfectant provided before and after using
- ◆ a pump that does not appear clean should be sent for cleaning
- ◆ while in hospital your pump parts are **replaced every 24 hours**

At home

- ◆ follow the manufacturers directions for cleaning pumps
- ◆ when pumping for **an ill or premature infant**, pump parts should be disinfected once in 24 hours (see page 4)

To clean breast pump parts:

- ◆ Take equipment apart, take lids off bottles
- ◆ Rinse in cold water to wash away traces of milk
- ◆ Wash in hot soapy water and rinse well
- ◆ Place on paper towel to air dry