

## **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  
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**CW501**



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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