The Milk Bank
HUMAN MILK SAVES LIVES

# INSTRUCTIONS FOR HANDLING PASTEURIZED DONOR HUMAN MILK AT HOME

## STORING FROZEN MILK

- ✓ Check each bottle to ensure it is frozen and the bottle/cap is intact.
- ✓ Store the milk in a freezer until ready to use.
- ✗ Do not store milk in the freezer door due to temperature changes when the door is opened.
- ✓ Check milk expiration dates and use oldest milk first.

## THAWING AND HANDLING

- ✓ Ideally, thaw frozen milk gradually by placing in the fridge overnight.
- ✓ Frozen milk can be thawed quickly in a container of warm water (not to exceed 98 degrees Fahrenheit). Take care that water does not touch the bottle cap.
- ✗ **NEVER USE A MICROWAVE TO THAW OR WARM HUMAN MILK.** Microwaving destroys some of the important nutritional properties and can cause hot spots.
- ✓ Once the milk is **completely thawed,** store in the refrigerator and **use within 96 hours**.
- ✗ **Do not re-freeze.**

**Instructions continue on back**

The Milk Bank
HUMAN MILK SAVES LIVES

# INSTRUCTIONS FOR HANDLING PASTEURIZED DONOR HUMAN MILK AT HOME

## FEEDING PREPARATION

- ✓ Practice good hygiene before handling milk or feeding equipment.
  CDC Guide-Safe Handling & Cleaning Of Infant Feeding Equipment
- ✓ Gently SWIRL (DO NOT SHAKE) thawed milk to protect some of the milk's valuable components and to ensure an equal distribution of the nutrients.
- ✓ Pour approximate amount for feeding into a clean container/bottle.
- ✓ Recap bottle and store any remaining milk in refrigerator.
- ✓ Milk for an individual feeding can be warmed by standing the container of milk briefly in warm water or by holding it under warm water. Care must be taken to keep the cap dry.
- ✗ **NEVER microwave human milk.**
- ✓ Milk leftover from a feeding must be stored in a refrigerator and used within 2 hours.

CDC Best Practices

## NEED MORE HELP?

- ✓ If you have any questions, please contact The Milk Bank team at 317-536-1670 or outpatient@themilkbank.org