

Section: Division of Nursing
Approval: _____

* **PROCEDURE***

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HACKETTSTOWN REGIONAL MEDICAL CENTER

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NEWBORN SERVICES
(Scope)

TITLE: BREAST MILK COLLECTION AND STORAGE

PURPOSE: To outline procedure for instructing patient in proper collection and storage of breast milk.

<p>CONTENT:</p> <p>PROCEDURE STEPS:</p> <ol style="list-style-type: none">1. Patient should be instructed to wash hands before handling breasts for milk collection. Milk may be expressed manually or with use of pump.2. Milk should be stored in a clean hard plastic container. This container must be labeled with patient's name and date and time collected.3. Chill milk immediately in Breast Milk refrigerator which is located in the Postpartum Med Room.4. Milk can be collected an ounce (or less) at a time.	<p>KEY POINTS:</p> <p>Milk should be collected in the cleanest manner possible that protects from contamination. The patient will use a disposable breast milk collection kit with the electric breast pump.</p> <p>Milk may be kept refrigerated for 5 days without breaking down. Refrigerated breast milk should be stored at 32 – 39 degrees F (0 – 4 degrees C). Breast milk may be warmed by swirling briefly in warm water. Do not microwave breast milk.</p> <p>Freshly expressed milk may be added to cooled refrigerated milk within the same 24 hour period.</p> <p>Do not save milk from a used bottle for another feeding.</p> <p>Do not freeze breast milk.</p>
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Resources: *Breastfeeding Information Guide, Medela, pp. 17 -18.

http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm