



## **Guidelines for Pumping, Storage and Defrosting Breast Milk**

### **Pumping breast milk for occasional bottle:**

- To pump a bottle of breast milk for storage or going out, the milk supply is greatest from early morning to about 1pm
- Pump after nursing
- Pump after 2 hours if baby is sleeping; if baby is only feeding every 4 hours
- Pump partially empty breast, if baby fails to nurse adequately to empty
- Pump in place of feeding while bottle of previously pumped milk is used

Let-Down: If having difficulty with let-down be sure to be comfortable, relax, think of the baby and find a quiet area without distractions. If engorged, use heat for 10 minutes prior to pumping and gently massage breasts while pumping. Additional nipple stimulation may also help.

### **Storage Timetable:**

- Fresh pumped milk – can feed immediately after pumping
- Room temperature – 8 hours
- Refrigerator – 7 days
- Freezer compartment of refrigerator – 3 months
- Deep freeze zero degree temperature – 6 months
- Defrosted milk in refrigerator – 24 hours

Do not refreeze defrosted breast milk or reuse an unfinished portion of breast milk or formula that is more than 2 hours old and has been previously used for a feeding. Storage of pumped breast milk should be in sterile plastic containers or special bags for freezing breast milk. Use small amounts (2-3 oz) to avoid wasting milk when thawed. Roll down the top of the bag, seal with masking or freezer tape with date and time pumped noted. Double bag for sturdier storage and transportation to avoid losing milk to accidents. Allow room in the bag for freezer expansion. When adding fresh pumped milk to already frozen milk or refrigerated milk **BE SURE TO COOL** in a separate container in refrigerator at least one hour before combining.

### **Defrosting:**

- Place frozen milk in a cup of warm tap water 15-30 minutes prior to feeding. Defrosting slowly provides greatest preservation of immunities and other milk components.
- **DO NOT MICROWAVE BREAST MILK** – it will alter components and may have hot spots that can burn the baby.
- **DO NOT PLACE BREAST MILK IN BOILING OR VERY HOT WATER.**
- Avoid vigorous shaking of milk. Fat globules will break and adhere to sides of containers.
- **Average intake per feeding**
  - 0-2 months = 2-4 oz.
  - 2-4 months = 3-5 oz.
  - 4-6 months = 4-6 oz.